

EAT. DRINK. SOCIALIZE.

Monday – Friday

THE MART @ METLIFE

Breakfast | 7:15 am – 10:00 am

Lunch | 11:30 am – 2:00 pm

WEEK OF SEPTEMBER 8TH



RISE & SHINE BREAKFAST BAR

Monday- Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (VG)

Tuesday- Cage Free Scrambled Eggs w/ Peppers and Onions (V)(MWG), Chicken Apple Sausage, Breakfast Potatoes(VG)(MWG)

Wednesday- Cage Free Scrambled Eggs(V)(MWG), Pork Sausage Links, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V) , Turkey Sausage Patty's, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

Made to Order from the Grill- Eggs Any Style, Sausage, Breakfast Sandwiches, French Toast, Pancakes

MON

GLOBAL- Mediterranean

Roasted Za'atar Chicken w/ Lemon Yogurt (MWG)

Crispy Falafel w/ Sumac Tahini (V)

Roasted Eggplant w/ Pomengrante Glaze & Pine Nuts (V)(MWG)

Lemon Potatoes w/ Oregano

TUES

GLOBAL-Moroccan Flavor

Saffron Roasted Chicken (MWG)

Lamb Tagine (MWG)

Ras El Hanout Cauliflower (VG)(MWG)

Lemon Herb Cous Cous (VG)(MWG)

WED

GLOBAL- Peru – Latin Heritage Month

Lomo Saltado (MWG)

Pollo A La Brasa (MWG)

Papa A La Huancaína

Aji Amarillo Roasted Vegetables (V)(MWG)

THURS

GLOBAL- Apple Festival

Rosemary Roasted Pork Loin, Apple Chutney (MWG)

Herb Crusted Cod, Roasted Fennel & Green Apples (MWG)

Roasted Baby Carrots, Apple Cider Glaze(V)(MWG)

Warm Farro w/ Baby Kale, Apples & Dried Fruit (V)(MWG)

FRI

GLOBAL- Chef's Choice

SOUPS

MONDAY

Beef Barley
Spicy Lentil Vegetable Soup (V)
(MWG)

TUESDAY

Chicken & Wild Rice (MWG)
Baked Stuffed Potato (V)

WEDNESDAY

Chicken Noodle Soup (MWG)
Vegetable Minestrone (V)(MWG)
Chicken & Lentil (MWG)
Native 3 Sister's Soup (V)(MWG)

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Chipotle Apple Sandwich

SALAD

Chicken Salad w/ Apples and Pecans

GRILL

SPECIALS

Pat LaFrieda Burger with Your
Choice of Toppings on a Brioche
Bun

ACTION STATION

ACTION: Kati Roll or BYO Bowl

Choice of 1 Protein: Chicken Tikka Marsala,
Tandoori Tofu or Palak Paneer

Choice of Side: Vegetable Samosa or Kachumber
Salad

Choice of Toppings: Cucumber Raita, Pickled Red
Onions, Tamarind, Cilantro Chutney

Choice of Sauce: Classic Curry Sauce or Tikka
Masala

Served w/ Basmati Rice or Paratha

SUSHI/PIZZA

Snow Mountain Roll: Shrimp Tempura, Mango,
Avocado, Seafood Salad, Tempura Flakes

Tuesday Shrimp Florentine w/ Spinach

Wednesday Wild Mushrooms, Whipped Ricotta,
Truffle Oil

Thursday Roasted Apples, Prosciutto, Gorgonzola

**CONNECT
WITH US**



<https://racafes.compass-usa.com/MetlifeNY>



MET CAFÉ