

EAT. DRINK. SOCIALIZE.

Monday– Friday

THE MART @ METLIFE

Breakfast | 7:15 am –10:00 am

Lunch | 11:30 am–2:00 pm

WEEK OF JULY 27TH



RISE & SHINE BREAKFAST BAR

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

Tuesday– Cage Free Scrambled Eggs (V)(MWG), Spinach Feta Egg White Frittata (V), Chicken Apple Sausage, Shredded Potato Hash Browns (VG)(MWG)

Wednesday– Cage Free Scrambled Eggs (V)(MWG), Broccoli Cheddar White Frittata , Pork Kielbasa Sausage, Home Fries (VG)

Thursday– Cage Free Scrambled Eggs (V), Chicken Apple Sausage , Smoked Paprika Home Fries (VG)

Friday– Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (V)

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

MON

GLOBAL – Mykonos (Greek)

Lemon & Oregano Chicken Souvlaki (MWG)

Gigantes Plaki (Tomato Braised Gigante Beans) (V)(MWG)

Warm Bulgur Salad With Zucchini, Squash, Tomato & Olives (V)

TUES

GLOBAL– Taco Tuesday

Braised Chicken Tinga (MWG)

Fajita Style Shrimp (MWG)

Chipotle Beans (V)(MWG)

Arroz Rojo (Red Rice)(V)(MWG)

WED

GLOBAL– Amalfi Coast (Italy)

Pan Seared Chicken w/ Limoncello With Peas And Spinach

Steak Pizzaiola With Pepper and Olive sauce (MWG)

Pasta Alla Nerano (Stanley Tucci's Favorite Zucchini Pasta)(V)

Lemon Garlic Broccoli (V)(MWG)

THURS

GLOBAL: Philippines

Chicken Adobo

Crab Fried Rice(MWG)

Mushroom Lumpia (VG)

Laing (Coconut Braised Kale With Chilis)(VG)(MWG)

FRI

CHEF'S CHOICE

SOUPS

MONDAY

Chicken Noodle Soup (MWG)

Veggie Lemon Orzo (VG)

TUESDAY

Chicken Dumpling Soup (Made With Dairy)

Fiery Vegetable Chili (V)(MWG)

WEDNESDAY

Chicken Minestrone

Broccoli Cheddar Soup (V)(Made With Dairy)

THURSDAY

Stuffed Baked Potato (Made With Dairy)

Vegetarian Sinigang (VG)

FRIDAY

Chef's Choice

DELI & SALAD

DELI –Turkey, Bacon, Avocado, Bibb Lettuce, Tomato & Garlic Aioli on Ciabatta

SALAD– Cobb Salad – Chopped Lettuce, Tomato, Egg, Turkey, Balsamic Vinaigrette, Blue Cheese, Bacon

GRILL

SPECIAL TUESDAY-THURSDAY

Carolina Gold Pulled Pork Sandwich

Classic Tangy Coleslaw and pickles on Brioche served With Chips

ACTION STATION

ACTION : Island Bowl

Choice of Protein: Huli Huli Chicken or Jerk Salmon

Choice of Base: Coconut Rice, Quinoa, or Mixed Greens

Choice of Topping: Marinated Mango, Black Beans, Heirloom Cherry Tomato, Sweet Potato, Pickled Veg, Grilled Pineapple Salsa, Peppadew Peppers, Edamame, Cucumber, Thin Red Onion, Avocado ,Sliced Jalapeno

Choice of Sauce: Jerk Aioli, Mango Habanero Sauce, Cilantro Lime Vinaigrette.

Toppers: Toasted Shredded Coconut, Crispy Onion, Crispy Garlic, Cilantro

SUSHI/PIZZA

Rainbow Roll | California Roll Topped W/ Tuna, Salmon, Yellow Tail

Tuesday | Chicken Cutlet Prosciutto, Arugula, Tomato, Balsamic Glaze & Pesto

Wednesday | Pickled Jalapenos, Red pepper, Crispy Garlic & Chili oil

Thursday | Tomato, Olive, Artichoke, Feta Pizza

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WITH US**



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MET CAFÉ