

EAT. DRINK. SOCIALIZE.

Monday – Friday

THE MART @ METLIFE

Breakfast | 7:15 am – 10:00 am

Lunch | 11:30 am – 2:00 pm

WEEK OF OCTOBER 27TH



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, Sweet Potato Hash Potatoes (VG)(MWG)

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

Thursday– Cage Free Scrambled Eggs (V), Chicken Apple Sausage, Hash Browns (VG)

Friday– Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Home Fries (V)

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

MON

GLOBAL: American BBQ

Memphis Style BBQ Pork Ribs (MWG)

Honey BBQ Glazed Chicken Thighs (MWG)

Black Eyed Pea & Corn Succotash (VG)(V)

Creamed Spinach (VG)

TUES

GLOBAL–Fall Favorites

Apple Cider Brine Turkey Breast w/ Mushroom Gravy (MWG)

Maple Mustard Glazed Cod (MWG)

Roasted Brussel Sprouts (MWG)

Garlic Mashed Sweet Potatoes (VG)(MWG)

WED

GLOBAL– Italian

Chicken Marsala w/ Wild Mushrooms

Eggplant Parmesan w/ Marinara

Baked Pasta w/ Ricotta

Roasted Broccoli Rabe w/ Garlic Confit (V)(MWG)

THURS

GLOBAL– Flavors Of Ecuador

Seco De Pollo (Chicken Stew)(MWG)

Bistec de Carne (MWG)

Arroz Blanco (VG)(MWG)

Curry Roasted Se (VG)(MWG)

FRI

GLOBAL– Chef's Choice

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WITH US**



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



MET CAFÉ

SOUPS

MONDAY

Chicken Noodle Soup (MWG)

Vegetable Minestrone (VG)

TUESDAY

Chicken Dumpling Soup (MWG)

Apple & Parsnip Soup (VG)

WEDNESDAY

Italian Wedding Soup (MWG)

Vegetable Minestrone Soup (MWG)

THURSDAY

Chicken Lemon Rice Soup (MWG)

Sopa de Queso

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Grilled Chicken Caesar Wrap

SALAD

Za'atar Cauliflower Bowl, Sumac Chicken, Quinoa & Pomegranate Seeds

GRILL

SPECIAL

Pat La Frieda Burger w/ Your
Choice of Toppings on a
Brioche Bun

ACTION STATION

ACTION: COOKS CORNER – RHONDA'S CURRIES

Choice of Protein: Chicken Curry, Shrimp Curry or
Curry Chana (Chickpea & Potato)(V)(MWG)

Choice of Side: Coconut Jasmine Rice, Paratha
Bread, Yucca Dumpling or Cucumber & Tomato
Salad

Served with Sautéed Spinach & Mango Chutney

SUSHI/PIZZA

Double Spicy Roll: Spicy Tuna, Avocado, Topped w/
Spicy Assorted Fish

Tuesday Spinach & Ricotta Roll

Wednesday Chicken Parmesan Sandwich

Thursday Roasted Pesto Vegetables & Provolone