

EAT. DRINK. SOCIALIZE.

Monday – Friday

THE MART @ METLIFE

Breakfast | 7:15 am – 10:00 am

Lunch | 11:30 am – 2:00 pm

WEEK OF DECEMBER 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, 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– Creole

Chicken & Andouille Sausage Jambalaya

Shrimp Etouffee

Cajun Green Beans (VG)(MWG)

Crispy Potatoes w/ Creole Sauce (V)(MWG)

TUES

GLOBAL–Taco Tuesday

Carne Asada w/ Salsa Roja (MWG)

Chipotle Roasted Chicken (MWG)

Cumin Braised Beans (MWG)(V)

Cilantro Lime Rice (MWG)(V)

WED

GLOBAL– Jamaican Flavors

Jerk Chicken w/ Pineapple Salsa (MWG)

Beef Patties

Coconut Rice & Beans (VG) MWG)

Kale Callaloo (V)(MWG)

THURS

GLOBAL– Japan

Teriyaki Pepper Steak (MWG)

Miso Glazed Tofu (MWG)

Sticky Rice w/ Furikake (MWG)

Stir Fry Vegetables (MWG)

FRI

GLOBAL– Chef's Choice

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



MET CAFÉ

SOUPS

MONDAY

Chicken Noodle (MWG)

Broccoli Cheddar Soup (VG)

TUESDAY

Green Chicken Pozole (MWG)

Vegetable Garden Soup (VG)

WEDNESDAY

Beef Barley w/ Vegetable Soup (MWG)

Jerk Apple Butternut Squash Soup (VG)(MWG)

THURSDAY

Chicken Sweet & Sour Soup (MWG)

Vegetable Minestrone (MWG)

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Honey Dijon Chicken on Whole Wheat

SALAD

Arugula, Apricot & Radicchio Salad

GRILL

SPECIALS

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

ACTION STATION

ACTION: BYO PASTA (MEZZE RIGATONI)

Choice of Protein: Herb Grilled Chicken or Garlic Shrimp

Choice of Toppings: Broccoli Rabe, Cherry Tomatoes, Green Peas, Cremini Mushrooms, Kalamata Olives,

Choice of Sauce: Marinara, Alfredo or Pesto

Served w/ Garlic Beard

SUSHI/PIZZA

SNOW MOUNTAIN ROLL: Tuna, Salmon, Avocado, Topped w/ Seafood Salad & Tempura Flakes

Tuesday BBQ Chicken w/ Crispy Shallots

Wednesday Shrimp Scampi w/ Herbs

Thursday Roasted Zucchini w/ Pesto