

EAT. DRINK. SOCIALIZE.

Monday – Friday

THE MART @ METLIFE

Breakfast | 7:15 am – 10:00 am

Lunch | 11:30 am – 2:00 pm

WEEK OF MARCH 31ST

SOUPS

MONDAY

Chicken Noodle

Cream of Asparagus Soup (VG) (MWG)

TUESDAY

Chicken Pozole

Minestrone (VG)

WEDNESDAY

Ham & Split Pea Soup (MWG)

Carrot Ginger (VG) (MWG)

THURSDAY

Italian Wedding Soup

Vegan Thai Coconut Curry (V) (MWG)

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Just Veg Pita, Chickpea, Zucchini, Ricotta Fritters, Quick Pickled Carrots, Tzatziki (VG)

SALAD

Superfood Seaweed Salad: Wakame, Avocado, Cashews, Kale, Carrots, Cabbage, Corn and Radish (VG)

Grilled Chicken, Herb Roasted Salmon, Garlic Shrimp, Crispy Battered Cauliflower

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack Cheese, Pickled jalapenos, Brioche Bun

Lemon Pepper Chicken, Asparagus and Boursin Sandwich on Focaccia

Teriyaki Chicken, Spring Vegetable Fried Rice (VG) (MWG), Seasonal Vegetables (VG) (MWG)

SUSHI & ACTION

SUSHI

No Rice Roll: Tuna, Salmon, Spicy Kani Salad, Avocado, Soybean Wrapper, Tofu Puree, Sriracha Sauce.

ACTION: Sofrito

Choice of Protein: Coriander Green Curry Shrimp, Pork Pernil, Turmeric Grilled Chicken

Choice of Green & Grain (Choose One) Arugula, Romaine, Coconut Lentils, & Brown Rice

Choice of Toppings: (Choose Four) Citrus Slaw, Allspice Roasted Sweet Potato, Cucumber lime Salsa, Grilled Corn & Black Bean Salad, Plantain,

Choice of Dressings: Avocado Aioli & Chimichurri

PIZZA

Tuesday White Pizza w/ Bacon Leeks and Ricotta

Wednesday Spring Vegetable Pie (Peas, Artichoke Hearts, Asparagus, Garlic and Marinara)

Thursday White Shrimp and Spinach Pizza w/ Lemon Cream



RISE & SHINE

From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V) (MWG), Turkey Bacon, Tater Tots (VG) (MWG)

Tuesday- Cage Free Scrambled Eggs (V) (MWG), Vanilla Spiced French Toast-Mango Compote, Pork Sausage

Wednesday- Cage Free Egg, Pico De Gallo, & Pepperjack Quesadilla (V), Vegan Sausage, Breakfast Potatoes (VG) (MWG)

Thursday- Cage Free Scrambled Eggs Black beans (V) (MWG), Mexican Chorizo, Hash Browns (MWG)

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

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

Breakfast Grill Special- Bacon, Leek and Cheddar Omelet

MON

GLOBAL-Meatless Monday (India)

Saag Paneer (V) (MWG)

Curried Cauliflower (VG) (MWG)

Vegetable Biryani (VG) (MWG)

Vegetable Samosa, Tamarind Chutney, Cilantro Chutney (V) (MWG)

TUES

GLOBAL-Taco Tuesday

Chicken Tinga (MWG)

Pork Al Pastor (MWG)

Grilled Elotes Corn (V) (MWG)

Mexican Red Rice (VG) (MWG)

Guacamole, Salsa Verde, Pico de Gallo, Shredded Lettuce, Sour Cream, Shredded Jack Cheese

Flour & Corn Tortilla

WED

GLOBAL- Bulgogi

Korean Fried Chicken

Bulgogi Beef (MWG)

Kimchi Fried Rice (VG)

Spicy Daikon-Carrot (VG) (MWG)

Roasted Eggplant Banchan (VG) (MWG)

THURS

GLOBAL- Cajun/Creole

Cajun Pasta with Chicken and Andouille Sausage

Blackened Salmon w/ Holy Trinity Sauce (MWG)

Roasted Okra (VG) (MWG)

Red Beans and Rice (VG)

FRI

GLOBAL- Chef's Choice

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MET CAFÉ