

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 9TH



RISE & SHINE BREAKFAST BAR

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

Tuesday- Cage Free Scrambled Eggs (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, 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 - Moroccan Bazaar

Lamb Tagine w/ Lemon Couscous (MWG)

Turmeric Roasted Cauliflower w/ Preserved Lemons & Olives (V)(MWG)

Roasted Carrots w/ Tahini & Pomegranate Seeds (V)(MWG)

TUES

GLOBAL- Flavors of Portugal

Peri Peri Chicken (MWG)

Garlic Beef w/ Creamy White Wine Sauce & Herbs (MWG)

Vegetable Paella (V)(MWG)

Allspice Braised Kale (V)(MWG)

WED

GLOBAL- Women's History Month (Julia Child)

Duck Confit Cassoulet (MWG)

Boeuf Bourguignon (MWG)

Ratatouille (V)(MWG)

Garlic Mashed Potatoes (V)(MWG)

THURS

GLOBAL- American BBQ

BBQ Glazed Chicken Wings w/ Alabama White Sauce (MWG)

Smoky Brown Sugar Glazed Salmon (MWG)

Creamy Mac & Cheese

Corn on the Cobb w/ Chipotle BBQ Butter (V)(MWG)

FRI

GLOBAL- Chef's Choice

SOUPS

MONDAY	Chicken & Farro Soup (MWG) Moroccan Vegetable Harira Soup (V) (MWG)
TUESDAY	Clam Chowder Caldo Verde Soup (V)(MWG)
WEDNESDAY	Herb Chicken & Beluga Lentil (MWG) Vichyssoise (Potato & Leek) Soup (V) (MWG)
THURSDAY	Baked Potato Soup Wild Mushroom Bisque (V)
FRIDAY	Chef's Choice

DELI & SALAD

DELI	Garlic Herb Pork Loin, Peppernata, Chickpeas, Spinach, Lemon Aioli on Ciabatta
SALAD	Chicken Farro Bowl, Baby Kale, Brussel Sprouts, Spiced Maple Sunflower Seeds & Pomegranate

GRILL

BREAKFAST SPECIAL TUESDAY- THURSDAY
Egg White, Turkey, Broccoli Pesto
 Egg Whites, Roasted Turkey, Roasted Tomato & Broccoli Pesto Wrapped In a Whole Wheat Wrap

ACTION STATION

ACTION: BOURBON STREET

Choice of Protein: Creole Chicken or Andouille Sausage or Crispy Okra

Choice of Topping: Green Peas, Charred Corn, Blistered Cherry Tomatoes, Chayote Squash, Collard Greens or Red Beans

Choice of: Jambalaya Rice or Mustard Greens

Choice of Sauce: Creole Dressing or Cajun Vinaigrette or Spicy Remoulade

SUSHI/PIZZA

Paradise Roll: Spicy Assorted Fish, Topped w/ Seared Tuna, Salmon, Avocado, Fish Roe & Scallion

Tuesday Chicken, Bacon, Ranch Pie

Wednesday Prosciutto, Ricotta, Arugula w/ Hot Honey

Thursday Spinach & Artichoke Pie w/ Shaved Parmesan

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MET CAFÉ