

EAT. DRINK. SOCIALIZE.

Monday- Friday

THE MART @ METLIFE

Breakfast | 7:15 am -10:00 am

Lunch | 11:30 am-2:00 pm

WEEK OF APRIL 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), Asparagus & Cheddar Egg White Frittata, Chicken Apple Sausage, Sweet Potato Hash Potatoes (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Rosted Red Pepper Egg 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 - Healthy Start

Orzotto, Broccoli Rabe, Garlic, Chili Oil (V)(MWG)

Roasted Asparagus w/ Lemon & Shaved Parmesan (MWG)

Buttered Snap Peas (V)(MWG)

TUES

GLOBAL- American Classics

Lemon Roasted Chicken w/ Fiddlehead Ferns (MWG)

Herb Pork Chops w/ Wild Mushroom Jus (MWG)

Spring Garlic New Potatoes MWG)

Charred Cauliflower w/ Romesco (V)(MWG)

WED

GLOBAL - Flavors Of Peru

Lomo Saltado

Cod al Horno (Baked Cod w/ Lemon & Herbs) (MWG)

Vegetable Arroz Chaufa (VG)(MWG)

Aji Amarillo Roasted Vegetables (V)

THURS

GLOBAL- Wing Bar

Buffalo Chicken Wings (MWG)

Garlic Parmesan Chicken Wings (MWG)

Potato Wedges MWG)

Garlic Roasted Broccoli (V)(MWG)

FRI

GLOBAL- Chef's Choice

SOUPS

MONDAY Chicken & Dumpling
Vegetable Minestrone (MWG)

TUESDAY Chicken Noodle Soup (MWG)
Broccoli & Cheddar

WEDNESDAY Beef Barley Soup
Spicy Curried Rice & Lentil (MWG)

THURSDAY Chicken & Farro (MWG)
Spicy Lentil Soup (V)

FRIDAY **Chef's Choice**

DELI & SALAD

DELI

Chicken Caesar Wrap

SALAD

Santa Fe Turkey Salad, Spring Mix, Cherry Tomatoes, Pepper Jack Cheese, Corn, Avocado, Chipotle Ranch

GRILL

SPECIAL

Pat La Frieda Smash Burger,
Caramelized Onions, Cheddar Cheese,
Smash Sauce on Brioche

ACTION STATION

ACTION: SOFRITO FLAVORS OF THE CARIBBEAN

Choice of Base - Lemongrass Quinoa, Rice w/
Pigeon Peas or Seasonal Salad

Choice of Sides - Allspice Yams, Cucumber Carrot
Slaw, Garlic Green Beans, Yucca Salad, Black Eye
Peas & Tomato Salad, Pickled Cabbage, Avocado or
Chayote

Choice of Protein - Spiced Juniper Chicken, Ropa
Vieja or Local Roasted Fish

Choice of Sauce - Garlic Mayo, Cuban Sofrito,
Tropical Salsa or Lemon Parsley Gremolata

SUSHI/PIZZA

Red Roof | Shrimp Tempura, Avocado & Spicy Tuna

Tuesday Meatball Parmigiana w/ Mozzarella

Wednesday Spinach & Ricotta Roll

Thursday White Broccoli Pie w/ Garlic Confit

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WITH US**

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



MET CAFÉ