

EAT. DRINK. SOCIALIZE.

Monday- Friday

THE MART @ METLIFE

Breakfast | 7:15 am -10:00 am

Lunch | 11:30 am-2:00 pm

WEEK OF JUNE 8TH



RISE & SHINE BREAKFAST BAR

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

Tuesday- Cage Free Scrambled Eggs (V)(MWG), Roasted Red Pepper Egg White Frittata (V), Chicken Apple Sausage, Shredded Potato Hash Browns (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Baby Kale & Provolone 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 - Farmer's Market

Herb Roasted Chicken w/ Heirloom Tomatoes & Olives (MWG)

Lemon Green Pea Farro w/ Parmesan (V)(MWG)

Catskill Honey Glazed Squash (V)(MWG)

TUES

GLOBAL- Spain

Seafood Paella (MWG)

Pollo al Ajillo (MWG)

Patatas Bravas (V) (MWG)

Garlic Paprika Roasted Vegetables (V)(MWG)

WED

GLOBAL - Creole

Chicken & Andouille Sausage Jambalaya (MWG)

Monkfish Etoufee

Cajun Green Beans (V)(MWG)

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

THURS

GLOBAL- Summer of Soccer

Carne Asada w/ Salsa Roja (MWG) - Mexico

Chicken Bulgogi - South Korea

Prague Roasted Carrots (V)(MWG) - Czechia

Geelrys (Yellow Rice) (V)(MWG) - South Africa

FRI

GLOBAL- Chef's Choice

SOUPS

MONDAY Chicken Noodle Soup (MWG)
3 Bean Vegetable Soup (MWG)

TUESDAY Chicken & Dumpling Soup
Caldo Gallego (Kale Vegetable Soup) (V)(MWG)

WEDNESDAY Chicken Vegetable & Farro (MWG)
Garden Vegetable Soup (V)

THURSDAY Chicken Pozole (MWG)
Curry Spiced Carrot Soup (V)(MWG)

FRIDAY **Chef's Choice**

DELI & SALAD

DELI

Ham Bahn Mi, Pickled Vegetables, Jalapenos, Cilantro, Chili Sauce on French Hero

SALAD

Santa Fe Turkey Salad, Spring Lettuce, Avocado, Roasted Corn, Tomatoes, Pepper Jack Cheese, Ranch

GRILL

SPECIAL

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

ACTION STATION

ACTION: GLOBAL GRAINS

Choice of Protein - Balsamic Glazed Chicken, Za'atar Shrimp or Firecracker Tofu

Choice of Toppings - Curry Chickpeas, Roasted Button Mushrooms, Olives, Cucumbers, Roasted Red Peppers, Shredded Cabbage, Carrots, Cherry Tomatoes, Charred Zucchini, Feta Cheese or Parmesan

Choice of Base - Farro, Black Barley or Tri Color Quinoa

Choice of Sauce - Lemon Vinaigrette, Harissa Dill Yogurt or Garlic Tini Dressing

SUSHI/PIZZA

Summer Roll | Tuna, Salmon, Yellowtail, Avocado, Mango, Massago wrapped in Soybean

Tuesday | Sausage & Peppers Calzone

Wednesday | Roasted Figs, Goat Cheese, Balsamic Glaze w/ Arugula

Thursday | Spring Peas, Asparagus, Prosciutto & Pesto

**CONNECT
WITH US**



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



MET CAFÉ