

EAT. DRINK. SOCIALIZE.

Monday – Friday

THE MART @ METLIFE

Breakfast | 7:15 am – 10:00 am

Lunch | 11:30 am – 2:00 pm

WEEK OF JULY 14TH

SOUPS

MONDAY

Chicken Lemon Orzo

Lentil and Chickpea Stew

TUESDAY

Santa Fe Tortilla (V)

Beef Vegetable Soup

WEDNESDAY

Creamy Chicken & Mushroom Soup

Spiced Carrot (V)

THURSDAY

Chicken Tortellini

Italian tomato Bisque (MWG)

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Chicken Caesar Wrap with Shredded Parmesan & Creamy Caesar Dressing

SALAD

Farro, Arugula, Egg & Avocado Bowl with Lemon Thyme Vinaigrette

Grilled Chicken, Herb Roasted Salmon, Marinated Tofu

GRILL

SPECIALS

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

SUSHI & ACTION

SUSHI

Amazing Roll: Spicy Mixed Fish, Seared Tuna, Salmon, Avocado, Fish Roe, Scallions, Spicy Mayonnaise

ACTION: Greens & Grains

Choice of Protein: Herb Grilled Chicken, Rosemary-Garlic Skirt Steak, Balsamic Roasted Portobello

Choice of Green & Grain: Arugula, Spinach, Chickpea & Quinoa or Bulgur Wheat tabouleh

Choice of Topping (Choose Four): Fire Roasted Corn, Cherry Tomatoes, Cucumbers, Pickled Red Onions, Marinated Feta, Kalamata Olives, Roasted Broccoli

Choice of Dips: Dill Tzatziki, Beet Hummus

Choice of Dressings: Lemon Tahini or Green Goddess

PIZZA

Tuesday Chorizo Roasted Pepper and Onion Pizza w/ Queso Chihuahua

Wednesday Prosciutto Fig Goat Cheese and Arugula

Thursday Roasted Corn Pizza w/ Green Chiles and Pesto



RISE & SHINE

From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V) (MWG), Turk Sausage, Hashbrowns (VG) (MWG)

Tuesday- Cage Free Scrambled Eggs w/ Spinach and Feta (V) (MWG), Turkey Bacon, Breakfast Potatoes

Wednesday- Cage Free Egg, Chicken Apple Sausage, Breakfast Potatoes (V) (MWG)

Thursday- Cage Free Scrambled Eggs (V) (MWG), Pork Sausage, Hashbrowns (MWG)

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

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

MON

GLOBAL- Wellness Monday

Roasted Salmon with Fennel Citrus Slaw, Toasted Pumpkin Seeds (MWG)

Chicken Paillard with Roasted Pepper, Olive, & Red Onion (MWG)

Honey Roasted Cauliflower with Raisins & Sunflower Seeds (V) (MWG)

Rice Pilaf with Arugula Pesto (V) (MWG)

TUES

GLOBAL- Taco Tuesday

Chicken Tinga (MWG)

Carne Asada (MWG)

Braised Black Beans with Queso Fresco (MWG)

Cilantro Lime Rice (VG) (MWG)

Served w/ Guacamole, Pico De Gallo, Shredded Cheese & Sour Cream

WED

GLOBAL- Sustainable Summer

Monkfish Bouillabaisse (MWG)

Chicken Fricassee (MWG)

Eggplant ratatouille (V) (MWG)

Herb Roasted Garlic Potatoes (MWG)

THURS

GLOBAL- Mambo Italiano

Sausage & Peppers

Eggplant Parm with Whipped Ricotta

Spicy Penne Alla Vodka with Burrata

Sauteed Broccoli Rabe with Garlic

FRI

GLOBAL- Chef's Choice

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WITH US



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MET CAFÉ