

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 28TH



RISE & SHINE BREAKFAST BAR

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

Tuesday– Cage Free Scrambled Eggs w/ Peppers and Onions (V)(MWG), Chicken Apple Sausage, Breakfast Potatoes(VG)(MWG)

Wednesday– Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Tater Tots (VG)

Thursday– Cage Free Scrambled Eggs (V), Turkey Sausage Patty's, Hash Browns (VG)

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

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

MON

GLOBAL- Saint Ann's Italian Festival

Chicken Milanese with Arugula & Tomato Salad

Steak Pizzaiola (MWG)

Pesto Risotto with Tomatoes & Peas (V)(MWG)

Eggplant Agrodolce (V)(MWG)

TUES

GLOBAL-Bourbon St.

Creamy Cajun Chicken with Trinity

New Orleans Shrimp & Grits (MWG)

Vegetarian Jambalaya (V)(MWG)

Cajun Green Beans (V)(MWG)

WED

GLOBAL-Island Vibes

Jamaican Jerk Chicken Thighs (MWG)

Puerto Rican Pernil (MWG)

Trinidadian Rice & Peas (VG)(MWG)

Haitian Root Vegetable Curry (VG)(MWG)

THURS

GLOBAL- Seoul Food

Gochujang Braised Pork Loin

Bulgogi Style Roasted Chicken & Scallion

Kimchi Fried Rice (V)(MWG)

Soy Braised Bok Choy with Sesame (V)

FRI

GLOBAL- Chef's Choice

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WITH US**



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



MET CAFÉ

SOUPS

MONDAY

Chicken Noodle

Vegetable Minestrone (V)

TUESDAY

Andouille Gumbo

Chana Masala (VG)

WEDNESDAY

Caribbean Chicken & Coconut Soup

Broccoli Cheddar Soup (V)

THURSDAY

Yukgaejang (Spicy Beef Soup w/
Vegetables) (MWG)

Three Sisters Bean Soup (V)

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Blackened Chicken Sandwich with Chipotle Honey
Mustard

SALAD

Crunchy Thai Shrimp Salad

GRILL

SPECIALS

Pat LaFrieda Burger with Your
Choice of Toppings on a Brioche
Bun

ACTION STATION

ACTION: Burrito Bowl, Salad or Wrap

Choice of Base : Green & Cabbage Salad, Cilantro
Lime Brown Rice

Choice of 1 Protein: Chipotle Chicken, Garlic Lime
Shrimp, Vegan Chorizo

Choice of 3 Toppings: Pico De Gallo, Black Beans,
Cotija Cheese, Cheddar Jack Cheese, Guacamole,
Roasted Corn Salsa

Choice of Dressing: Crema, Salsa Roja or Salsa
Verde

Served with Tortilla Chips

SUSHI/PIZZA

Fabulous Roll: Tuna, Salmon, Avocado Inside.
Topped With Spicy Crab Stick, Tempura Flakes and
Scallion

Tuesday Buffalo Chicken Pizza with Ranch

Wednesday Crispy Eggplant & Ricotta Pizza

Thursday Lemon Spinach & Ricotta Calzone