

# EAT. DRINK. SOCIALIZE.

Monday – Friday

**THE MART @ METLIFE**

Breakfast | 7:15 am – 10:00 am

Lunch | 11:30 am – 2:00 pm

**WEEK OF SEPTEMBER 2TH**



## 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**

**CLOSED – LABOR DAY**

**TUES**

### GLOBAL-Flavors of Jamaica

Jerk Chicken w/ Pineapple Salsa (MWG)

Beef Patties (MWG)

Coconut Rice & Peas (V)(MWG)

Curry Roasted Vegetables (V)(MWG)

**WED**

### GLOBAL- Inspired By India

Tandoori Chicken (MWG)

Curry Tofu Sag Paneer (MWG)

Basmati Rice (VG)(MWG)

Vegetable Samosas (V)(MWG)

**THURS**

### GLOBAL- Asian Flare

Bulgogi Chicken (MWG)

Beef & Broccoli (V)(MWG)

Vegetable Fried Rice (V)(MWG)

Scallion Pancakes (V)(MWG)

**FRI**

**GLOBAL- Chef's Choice**

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**MET CAFÉ**

## SOUPS

**MONDAY**

CLOSED – Labor Day

**TUESDAY**

Chicken & Dumpling

Broccoli & Cheese (V)

**WEDNESDAY**

Chicken Noodle Soup (MWG)

Curry Vegetable Garden (V)(MWG)

**THURSDAY**

Chicken & Lentil (MWG)

Vegetable Hot & Sour Soup (V)

**FRIDAY**

**Chef's Choice**

## DELI & SALAD

### DELI

Brie, Cranberry, Apples & Walnuts on 7 Grain

### SALAD

Kale Salad w/ Roasted Apples, Pear & Pumpkin Seeds

## GRILL

### SPECIALS

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

## ACTION STATION

### ACTION: BYO Pasta (Mezzi Rigatoni)

**Choice of 1 Protein:** Herb Chicken or Garlic Shrimp (MWG)

**Choice of Toppings:** Broccoli Rabe, Cherry Tomatoes, Green Peas, Mushrooms, Kalamata Olives, Cremini Mushrooms, Caramelized Onions (VG)(MWG)

**Choice of Sauce:** Marinara, Alfredo or Basil Pesto

Served w/ Garlic Bread

## SUSHI/PIZZA

**Red Roof Roll:** Shrimp Tempura, Avocado w/ Spicy Tuna Roll

**Tuesday** Buffalo Cauliflower w/ Blue Cheese

**Wednesday** Grilled Peach & Burrata, Balsamic Glaze

**Thursday** Zucchini, Basil, Sundried Tomato Pesto