

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 8TH



RISE & SHINE BREAKFAST BAR

Monday- CLOSED

Tuesday- Cage Free Scrambled Eggs (V)(MWG), Cherry Tomato & Mozzarella Egg White Frittata , Chicken Apple Sausage, Shredded Potato Hash Browns (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Spinach & Swiss Cheese 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

CLOSED – LABOR DAY

TUES

GLOBAL- Creole

Chicken & Andouille Sausage Jambalaya (MWG)

Shrimp Etouffee

Cajun Green Beans (V)(MWG)

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

WED

GLOBAL- Moroccan Flavors

Saffron Roasted Chicken (MWG)

Lamb Tagine (MWG)

Ras El Hanout Cauliflower (V)

Lemon Herb Couscous (V)

THURS

GLOBAL: Peru

Lomo Saltado (MWG)

Pollo A La Brasa (MWG)

Papas A La Huancaína (MWG)

Aji Amarillo Roasted Vegetables (VG) MWG)

FRI

CHEF'S CHOICE

**CONNECT
WITH US**



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



MET CAFÉ

SOUPS

MONDAY

CLOSED – LABOR DAY

TUESDAY

Chicken Vegetable & Farro (MWG)

Cajun Vegetable Soup (V)(MWG)

WEDNESDAY

Chicken Noodle Soup (MWG)

Corn Chowder (V) – Made w/ Dairy

THURSDAY

Chicken & Wild Rice (MWG)

Spicy Lentil Soup (V)(MWG)

FRIDAY

Chef's Choice

DELI & SALAD

DELI - Smoked Turkey BLT – Smoked Turkey, Applewood Bacon, Gotham Greens, Tomatoes, Garlic Aioli, Avocado on Ciabatta

SALAD- Grilled Chicken Salad – Pearl Barley, Arugula, Cherry Tomatoes, Cucumbers & Feta Cheese

GRILL

SPECIAL

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

ACTION STATION

ACTION : BUFFALO WRAPS

Choice of Protein : Grilled Chicken, Breaded Chicken or Crispy Cauliflower

Choice of Toppings : Lettuce, Tomato, Bacon Bits, Charred Corn, Peppadew Peppers, Sliced Onions, Pepper Jack Cheese or American Cheese

Choice of Sauce : Buffalo Sauce, Avocado Green Goddess, Blue Cheese or Ranch

Served w/ Carrots, Celery & House Made Chips

Better For You : Whole Wheat Wrap, Crispy Cauliflower, Lettuce, Tomato, Charred Corn, Sliced Onions w/ Avocado Green Goddess

SUSHI/PIZZA

Rainbow Roll | California Roll, Tuna, Salmon & Yellowtail

Tuesday | Wild Mushrooms, Whipped Ricotta, Baby Arugula, Truffle Oil

Wednesday | Meatball Parmigiana w/ Mozzarella & Basil

Thursday | Roasted Apples, Prosciutto, Gorgonzola