

EAT. DRINK. SOCIALIZE.

Monday– Friday

THE MART @ METLIFE

Breakfast | 7:15 am –10:00 am

Lunch | 11:30 am–2:00 pm

WEEK OF OCTOBER 26TH



RISE & SHINE BREAKFAST BAR

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

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

Wednesday– Cage Free Scrambled Eggs (V)(MWG), Broccoli & Cheddar 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)

Fire Roasted Baby Carrots (V)(MWG)

Rosemary Roasted Baby Potatoes (V)(MWG)

TUES

GLOBAL– Diwali Festival

Chicken Tikka Masala (MWG)

Alo Chole (MWG)

Saag Paneer (V)(MWG)

Basmati Rice Pulla (V)(MWG)

WED

GLOBAL– NOLA Eats

Shrimp & Grits w/ Basil Butter (MWG)

Andouille Sausage & Peppers (MWG)

Creole Green Beans (V)(MWG)

Vegetable Jambalaya (V)(MWG)

THURS

GLOBAL: Thai Flavors

Thai Green Curry Chicken

Shrimp Pad Thai

Jasmine Rice (V)(MWG)

Spicy Stir-Fried Vegetables (V)(MWG)

FRI

CHEF'S CHOICE

SOUPS

MONDAY

Baked Potato Soup (MWG) – Made w/ Dairy

Tomato Basil Bisque – Made w/ Dairy

TUESDAY

Chicken Noodle Soup (MWG)

Corn Chowder – Made w/ Dairy

WEDNESDAY

Beef Barley (MWG)

Spiced Carrot Soup (MWG)

THURSDAY

Chicken Dumpling – Made w/ Dairy

FRIDAY

Spicy Lentil Soup (VG)(MWG)

Chef's Choice

DELI & SALAD

DELI – Ham Bahm Mi Sandwich – Smoked Ham, Genoa Salami, Pickled Cabbage, Jalapenos, Chili Sauce, Cilantro on French Bread

SALAD– Crunchy Thai Shrimp Salad – Chili Shrimp, Bell Peppers, Cabbage, Snow Peas, Carrots, Radish, Gotham Greens, Peanuts

GRILL

SPECIAL

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

ACTION STATION

ACTION: BYO KORRITO BOWL

Choice of Protein | Korito Achiote Grilled Chicken or Bulgogi
Shiitake & Trumpet Mushrooms

Choice of Base | Kimchi Fried Rice or Vegetable Japchae Noodles (VG)

Choice of 4 Toppings | Julienne Peppers, Pickled Daikon, Miso Pickled Jalapenos, Scallions, Baby Mizuna, Kimchi, Fried Garlic, Crispy Shallots, Baby Bok Choy or Cucumbers

Choice of Sauce | Gochujang Chipotle Aioli, Yuzu Crema, Mango Salsa or Korean BBQ

Better For You | Bulgogi Mushrooms, Miso Pickled Jalapenos, Kimchi, Cucumbers, Baby Mizuna on Japchae Noodles w/ Mango Salsa

SUSHI/PIZZA

Fusion Trio Salmon Roll | Tuna Kani Avocado Roll, Topped w/ Salmon, Chimichurri, Rayu, & Dry Miso

Tuesday | Grilled Asparagus, Sundried Tomatoes & Herb Ricotta

Wednesday | Shrimp Diavolo w/ Hot Honey

Thursday | Balsamic Brussels & Bacon w/ Fried Garlic

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

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

Wednesday– Cage Free Scrambled Eggs (V)(MWG), Broccoli & Cheddar 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)

Fire Roasted Baby Carrots (V)(MWG)

Rosemary Roasted Baby Potatoes (V)(MWG)

TUES

GLOBAL– Diwali Festival

Chicken Tikka Masala (MWG)

Alo Chole (MWG)

Saag Paneer (V)(MWG)

Basmati Rice Pulla (V)(MWG)

WED

GLOBAL– NOLA Eats

Shrimp & Grits w/ Basil Butter (MWG)

Andouille Sausage & Peppers (MWG)

Creole Green Beans (V)(MWG)

Vegetable Jambalaya (V)(MWG)

THURS

GLOBAL: Thai Flavors

Thai Green Curry Chicken

Shrimp Pad Thai

Jasmine Rice (V)(MWG)

Spicy Stir-Fried Vegetables (V)(MWG)

FRI

CHEF'S CHOICE

SOUPS

MONDAY

Baked Potato Soup (MWG) – Made w/ Dairy

Tomato Basil Bisque – Made w/ Dairy

TUESDAY

Chicken Noodle Soup (MWG)

Corn Chowder – Made w/ Dairy

WEDNESDAY

Beef Barley (MWG)

Spiced Carrot Soup (MWG)

THURSDAY

Chicken Dumpling – Made w/ Dairy

FRIDAY

Spicy Lentil Soup (VG)(MWG)

Chef's Choice

DELI & SALAD

DELI – Ham Bahm Mi Sandwich – Smoked Ham, Genoa Salami, Pickled Cabbage, Jalapenos, Chili Sauce, Cilantro on French Bread

SALAD– Crunchy Thai Shrimp Salad – Chili Shrimp, Bell Peppers, Cabbage, Snow Peas, Carrots, Radish, Gotham Greens, Peanuts

GRILL

SPECIAL

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

ACTION STATION

ACTION: BYO KORRITO BOWL

Choice of Protein | Korito Achiote Grilled Chicken or Bulgogi
Shiitake & Trumpet Mushrooms

Choice of Base | Kimchi Fried Rice or Vegetable Japchae Noodles (VG)

Choice of 4 Toppings | Julienne Peppers, Pickled Daikon, Miso Pickled Jalapenos, Scallions, Baby Mizuna, Kimchi, Fried Garlic, Crispy Shallots, Baby Bok Choy or Cucumbers

Choice of Sauce | Gochujang Chipotle Aioli, Yuzu Crema, Mango Salsa or Korean BBQ

Better For You | Bulgogi Mushrooms, Miso Pickled Jalapenos, Kimchi, Cucumbers, Baby Mizuna on Japchae Noodles w/ Mango Salsa

SUSHI/PIZZA

Fusion Trio Salmon Roll | Tuna Kani Avocado Roll, Topped w/ Salmon, Chimichurri, Rayu, & Dry Miso

Tuesday | Grilled Asparagus, Sundried Tomatoes & Herb Ricotta

Wednesday | Shrimp Diavolo w/ Hot Honey

Thursday | Balsamic Brussels & Bacon w/ Fried Garlic

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

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

Wednesday– Cage Free Scrambled Eggs (V)(MWG), Broccoli & Cheddar 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)

Fire Roasted Baby Carrots (V)(MWG)

Rosemary Roasted Baby Potatoes (V)(MWG)

TUES

GLOBAL– Diwali Festival

Chicken Tikka Masala (MWG)

Alo Chole (MWG)

Saag Paneer (V)(MWG)

Basmati Rice Pulla (V)(MWG)

WED

GLOBAL– NOLA Eats

Shrimp & Grits w/ Basil Butter (MWG)

Andouille Sausage & Peppers (MWG)

Creole Green Beans (V)(MWG)

Vegetable Jambalaya (V)(MWG)

THURS

GLOBAL: Thai Flavors

Thai Green Curry Chicken

Shrimp Pad Thai

Jasmine Rice (V)(MWG)

Spicy Stir-Fried Vegetables (V)(MWG)

FRI

CHEF'S CHOICE

SOUPS

MONDAY

Baked Potato Soup (MWG) – Made w/ Dairy

Tomato Basil Bisque – Made w/ Dairy

TUESDAY

Chicken Noodle Soup (MWG)

Corn Chowder – Made w/ Dairy

WEDNESDAY

Beef Barley (MWG)

Spiced Carrot Soup (MWG)

THURSDAY

Chicken Dumpling – Made w/ Dairy

FRIDAY

Spicy Lentil Soup (VG)(MWG)

Chef's Choice

DELI & SALAD

DELI – Ham Bahm Mi Sandwich – Smoked Ham, Genoa Salami, Pickled Cabbage, Jalapenos, Chili Sauce, Cilantro on French Bread

SALAD– Crunchy Thai Shrimp Salad – Chili Shrimp, Bell Peppers, Cabbage, Snow Peas, Carrots, Radish, Gotham Greens, Peanuts

GRILL

SPECIAL

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

ACTION STATION

ACTION: BYO KORRITO BOWL

Choice of Protein | Korito Achiote Grilled Chicken or Bulgogi
Shiitake & Trumpet Mushrooms

Choice of Base | Kimchi Fried Rice or Vegetable Japchae Noodles (VG)

Choice of 4 Toppings | Julienne Peppers, Pickled Daikon, Miso Pickled Jalapenos, Scallions, Baby Mizuna, Kimchi, Fried Garlic, Crispy Shallots, Baby Bok Choy or Cucumbers

Choice of Sauce | Gochujang Chipotle Aioli, Yuzu Crema, Mango Salsa or Korean BBQ

Better For You | Bulgogi Mushrooms, Miso Pickled Jalapenos, Kimchi, Cucumbers, Baby Mizuna on Japchae Noodles w/ Mango Salsa

SUSHI/PIZZA

Fusion Trio Salmon Roll | Tuna Kani Avocado Roll, Topped w/ Salmon, Chimichurri, Rayu, & Dry Miso

Tuesday | Grilled Asparagus, Sundried Tomatoes & Herb Ricotta

Wednesday | Shrimp Diavolo w/ Hot Honey

Thursday | Balsamic Brussels & Bacon w/ Fried Garlic

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MET CAFÉ