

## SOUP & SALAD COMBO

\$6.95

**Today's Soup, Mixed Green Salad & a Roll**

Served with a French or Sourdough Roll (other rolls priced individually)

## SOUP OF THE DAY

\$4.95

Served with a French or Sourdough Roll (other rolls priced individually)

All soups are Vegan – See Specials Board for today's selection

## CREATE YOUR OWN METRO SALAD

\$6.95

Served with a French or Sourdough Roll  
(other rolls priced individually) Add Soup +4.00

### GREENS - Pick 1

Mixed Greens      Baby Spinach      Romaine

### VEGGIES - Pick 3 (over 3 +.95 each except as noted)

Beets	Garbanzo Beans	Roasted Red Peppers
Black Beans	Grape Tomatoes	Grilled Red Onion +1.50
Black Olives	Plum Tomatoes	Roasted Portobello +3.15
Carrots	Red Onion	Artichoke Hearts +1.70
Cucumbers	Sprouts	

### SEEDS/FRUITS/NUTS - Pick 1 (over 1 + .95ea)

Sliced Almonds	Walnuts	Raisins
Dried Cherries	Dried Cranberries	Apples (red or green)

### CHEESE (+1.20 ea. except as noted)

American	Provolone	Feta +1.60
Cheddar	Swiss	Mozzarella +1.60
Muenster	Bleu +1.60	Parmesan +1.60
Pepperjack	Chevre +1.60	

### PROTEIN

Bacon – Turkey or Pork +1.75	Vegetarian Chicken Salad +2.95
Smoked Salmon +4.00	Roasted Chicken +3.00
Tuna Salad +2.95	Whitefish Salad +4.00
Smoked Ham or Turkey +2.00	Chicken Salad +2.95
Eggless Egg Salad +2.95	Thai Tofu +1.50

### DRESSING

Asian Sesame Ginger	Raspberry Vinaigrette	Honey Mustard
Balsamic Vinaigrette	Caesar	Balsamic Vinegar
Lemon Vinaigrette		Olive Oil

## HOT DRINKS

Served with whole, skim, 2%, half & half or soy milk

Small Espresso Drinks – one shot

Large Espresso Drinks – two shots

	small / large
Coffee . . . . .	2.00 / 2.25
Americano . . . . .	2.15 / 2.45
Café au Lait . . . . .	2.25 / 2.55
Cappuccino . . . . .	3.35 / 3.85
Chai . . . . .	3.25 / 3.75
Espresso . . . . .	1.95 / 2.40
Latte . . . . .	3.40 / 3.90
Macchiato . . . . .	2.25 / 2.60
Mocha . . . . .	3.65 / 4.15
Redeye . . . . .	2.75 / 3.05
Steamer (includes flavor shot) . . . . .	1.95 / 2.25
Numi Organic Tea (one size) . . . . .	2.50
Hot Chocolate (White, Dark or Aztec) (one size) . . . . .	3.50
Hot Cider (seasonal) . . . . .	2.35 / 2.85
add caramel sauce . . . . .	3.00 / 3.60
add cinnamon stick . . . . .	2.70 / 3.20
Extra Espresso Shot . . . . .	.95
Flavor Shot . . . . .	.85
Amaretto, Blackberry, Caramel, Cherry, Cinnamon, Coconut, Hazelnut, Lavender, Lemon, Lime, Mint, Peach, Pomegranate, Raspberry, Strawberry, Vanilla,	
Sugar-free: Caramel, Hazelnut, Vanilla	
Coffee Refills (iced or hot) . . . . .	.50 / .75

## ICED DRINKS - 16 oz

Coffee . . . . .	2.50	Iced Tea . . . . .	2.50
Americano . . . . .	2.45	(Whole Leaf Black, Green or Raspberry Green - unsweetened)	
Latte . . . . .	3.95	Italian Soda . . . . .	2.85
Mocha . . . . .	4.15	French Soda . . . . .	3.10
Chai . . . . .	3.75	(Italian Soda w/ soy or half & half)	

### Wide Selection of Bottled Drinks

See Case for Variety

# METROPOLITAN BAKERY

& CAFÉ

## MENU

Café ♥ Coffee Bar ♥ Catering  
Artisan Bread & Baked Goods

(215) 222-1492

4013 Walnut Street, Philadelphia, PA 19104

Open: Mon – Fri 7:30 am to 7:00 pm

Sat – Sun 8:00 am to 7:00 pm

OUR FOOD IS MADE FRESH TO ORDER  
WE APPRECIATE YOUR PATIENCE

ALL MAJOR CREDIT CARDS ACCEPTED  
WE APPRECIATE A \$10 MINIMUM CHARGE

WWW.METROPOLITANBAKERY.COM

## BREAKFAST

### MUFFINS – PASTRIES - DANISH – SCONES

\*see counter display for prices\*

#### METRO GRANOLA

Original (dried fruit & nuts), Pomegranate Cinnamon,  
Coffee Chocolate Chip, or Gluten Free w/milk . . . . . 4.95  
w/ Pequea Valley Yogurt. . . . . 6.25

**STEEL CUT OATMEAL** w/milk . . . . . 3.95  
w/milk & two toppings\* . . . . . 4.95  
Toppings: Local Maple Syrup, Brown Sugar, Dried Cherries, Cranberries,  
Raisins, Local Peanut Butter, Metro Jam, Walnuts, Almonds, Metro Granola  
\*add'l toppings .95 each

**BAGEL** Plain, Seeded, or Multigrain . . . . . 1.35  
**TOAST** Wheat or White . . . . . 1.25

<b>CREAM CHEESE</b> . . . . .85	<b>HOUSEMADE CREAM CHEESE</b>
Regular or Lite	Veggie, Veggie Lite, Garlic Herb,
<b>BUTTER</b> . . . . .35	Cinnamon Raisin, Blueberry 1.50
<b>METRO JAM</b> . . . . .1.05	<b>WHITEFISH SALAD</b> (2 oz) 2.00
<b>ALL NATURAL LOCAL PEANUT BUTTER</b> 1.05	<b>SMOKED SALMON</b> . . . 4.00

## METRO BREAKFAST SANDWICHES

**THE BASIC EGG SANDWICH** . . . . . 4.25  
2 Scrambled Eggs on a Plain, Seeded or Multigrain Bagel,  
Wheat or White Toast, or on a White, Wheat, Spinach or Tomato Wrap  
See "Sandwich Ingredients / Add-ons"

**CREATE YOUR OWN**  
The Basic Plus "Sandwich Ingredients / Add-ons" . . . . . 4.25+

**SOUTH PHILLY SLAMMER**  
Two Eggs, Turkey Bacon, Sundried Tomato Tapenade,  
Mozzarella, Spinach & Grilled Onion on Wheat or White Toast . . . 8.25

**☑ BREAKFAST BURRITO**  
Two Eggs, Cheddar, Spinach, Guacamole, Black Beans & Salsa  
on a White, Wheat, Spinach or Tomato Wrap . . . . . 7.95

**THE LUMBERJACK**  
Two Eggs, Maple Turkey Sausage, Chevre & Mixed  
Greens on Wheat or White Toast . . . . . 7.95

**THE GEEK**  
Two Eggs, Turkey Bacon, Feta & Tomato on a Plain Bagel . . . . . 7.95

**TOM'S FAVORITE**  
Smoked Salmon, Cream Cheese, Capers, Raw Onion  
& Tomato on a Bagel . . . . . 8.50

Bread Change: Croissant +\$2.00 • Focaccia +\$1.00



## & CAFÉ

### PANINI

On Focaccia. Served w/ pickles. Add side salad +1.25

**☑ THREE CHEESE**  
Parmesan, Mozzarella & Provolone w/ Tomato,  
Grilled Red Onion & Romesco Sauce . . . . . 7.95  
**SMOKED TURKEY**  
w/ Roasted Red Peppers & Pepperjack. . . . . 8.50  
**PROSCIUTTO**  
w/ Artichokes & Provolone . . . . . 9.00  
**ROASTED CHICKEN**  
w/ Bacon, Cheddar & Honey Mustard. . . . . 8.75  
**CALI COWBOY**  
Roast Beef, Guacamole, Pepperjack, Spinach & Tomato . . . . . 9.00  
**☑ ROASTED PORTOBELLO MUSHROOM**  
w/ Roasted Red Peppers, Provolone Cheese & Basil Pesto . . . . . 9.00  
**CREATE YOUR OWN** . . . . . 4.00+  
See "Sandwich Ingredients / Add-ons"

## SANDWICHES & WRAPS

**Chicken Salad, Tuna Salad, Whitefish Salad** (Add \$1.10)  
Served w/ pickles. Add side salad +1.25  
w/ Lettuce & Tomato on Wheat or White Bread,  
or a White, Wheat, Spinach or Tomato Wrap. . . . . 6.95  
**CREATE YOUR OWN**  
See "Sandwich Ingredients / Add-ons" . . . . . 3.75+  
Served on Bread, Bagel or Wrap. Additional charge for Croissant or Focaccia

### SANDWICH INGREDIENTS / ADD-ONS

<b>SPREADS</b>	<b>CHEESE</b>
Sundried Tomato, Romesco, Pesto, Black Olive Tapenade, Hummus, Salmon Dill . . . 1.75	American, Cheddar, Muenster, Pepperjack, Provolone, Swiss 1.20
<b>VEGGIES</b>	Bleu, Chevre, Feta, Mozzarella, Parmesan . . . 1.60
Capers, Cucumber, Romaine, Mixed Greens, Roasted Red Peppers, Raw Onion, Spinach, Tomato .95	<b>MEAT</b>
Grilled Red Onion . . . 1.50	Bacon/Sausage - Pork or Turkey 1.75
Artichokes, . . . . . 1.70	Smoked Ham or Smoked Turkey 2.00
Roasted Portobello Mushrooms 3.15	Smoked Salmon . . . . . 4.00
	Roasted Chicken . . . . . 3.00

### Breakfast & Lunch Specials Daily

See chalkboard at register

No substitutions on specials please

Kitchen Closes at 6:00pm

## VEGAN OPTIONS

**VEGETARIAN CHICKEN SALAD**  
w/ Lettuce & Tomato on Wheat or White Bread, or  
a White, Wheat, Spinach or Tomato Wrap . . . . . 7.75  
**EGGLESS EGG SALAD**  
w/ Lettuce & Tomato on Wheat or White Bread, or  
a White, Wheat, Spinach or Tomato Wrap . . . . . 7.75  
**VEGAN BURRITO**  
Spicy Tofu, TVP, Black Beans, Onion, Spinach, Tomato,  
Green Pepper, Tomato Sauce & Guacamole, in a  
White, Wheat, Spinach or Tomato Wrap . . . . . 8.95  
**THAI TOFU WRAP**  
Sesame Ginger Tofu, Guacamole, Cucumber, Carrots, Sprouts  
and Spinach in a White, Wheat, Spinach or Tomato Wrap 8.50

## GRILLED CHEESE

On Wheat or White Bread. Served w/ pickles.  
Add side salad +1.25

**TUSCAN**  
Roasted Chicken, Provolone & Sundried Tomato Tapenade . . . . . 7.95  
**CLASSIC**  
Bacon, Tomato & Cheddar . . . . . 7.75  
**TURKEY MONSTER**  
Smoked Turkey, Muenster & Mayonnaise . . . . . 7.75  
**☑ PESTO PESTO**  
Basil Pesto, Cheddar & Tomato. . . . . 7.50  
**☑ GUAC & JACK**  
Guacamole, Spinach & Pepperjack . . . . . 7.50  
**CREATE YOUR OWN**  
See "Sandwich Ingredients / Add-ons" . . . . . 3.75+  
Served on Bread, Bagel or Wrap. Additional charge for Croissant or Focaccia

## HOUSE SALADS

Served with a French or Sourdough Roll (other rolls priced individually)  
**☑ METRO**  
Cranberries, Walnuts & Chevre on Mixed Greens . . . . . 7.50  
**☑ 4013**  
Granny Smith Apple Slices, Walnuts & Bleu Cheese on Mixed Greens. 7.50  
**☑ GREEK**  
Romaine Lettuce, Grape Tomatoes, Cucumber,  
Red Onion, Black Olives & Feta Cheese . . . . . 8.25  
**☑ MIXED GREEN**  
Mixed Greens, Grape Tomatoes & Cucumber . . . . . 6.25  
**CAESAR**  
Romaine Lettuce, Grapes Tomatoes, Cucumber & Parmesan Cheese . 7.50

☑ denotes vegetarian item