

## BREAKFAST

MUFFINS ~ PASTRIES ~ DANISH ~ SCONES ~ ROLLS

\*see counter display for prices\*

BAGEL - Plain, Seeded, or Multigrain	1.25
TOAST - Wheat or White	1.10
Cream Cheese .50 Butter .35 Jam .85 Peanut Butter .95 Spreads	
Black Bean Salsa, Metro Spreads, or Bobbi's Hummus	1.60
<b>NEW!</b> Whitefish Salad	1.95
Veggies, etc.	
Capers, Cucumber, Lettuce, Olives, Onion, Spinach, Tomato	.85
Artichokes, Roasted Red Peppers	1.60
METRO GRANOLA w/ Milk	4.50
w/ Pequea Yogurt	5.15

## EGG SANDWICHES \*\*

<b>THE BASIC **</b>	3.75
2 Scrambled Eggs on a Bagel, Toast, or Wrap / <b>add:</b>	
<b>Cheese</b>	
Cheddar, Muenster, Pepperjack, Provolone, or Swiss	1.10
Blue, Chevre, Feta, Mozzarella, Parmesan	1.50
<b>Meat</b>	
Bacon / Sausage - Pork or Turkey -	1.65
Smoked Ham	1.75
Smoked Salmon	3.95
<b>Bread Change</b>	
Croissant	2.00
Focaccia	1.00

## METRO BREAKFAST SANDWICHES \*\*

<b>SOUTH PHILLY SLAMMER</b>	7.75
Two Eggs, Turkey Bacon, Sundried Tomato Tapenade, Mozzarella, Spinach & Onion on Wheat or White Toast	
<b>BREAKFAST BURRITO</b>	7.00
Two Eggs, Cheddar Cheese, Spinach, Guacamole & Black Bean Salsa on a Flour Tortilla	
<b>THE GEEK</b>	7.50
Two Eggs, Turkey Bacon, Feta Cheese & Tomato on a Plain Bagel	
<b>BLUE EGGS &amp; HAM</b>	6.50
Two Eggs, Blue Cheese & Smoked Ham on Wheat or White Toast	

\*\*served until 3 p.m.

## SANDWICHES / WRAPS

served w/ pickles • side salad - add 1.25

<b>CHICKEN, TUNA, or EGG SALAD (WHITEFISH SALAD +\$1)</b>	6.95
w/ Lettuce & Tomato on Wheat or White Bread, or Spinach, White, Wheat, or Tomato Wrap	
<b>METRO PB &amp; J</b>	4.00
Peanut Butter & Metro Jam on Wheat or White Bread	

## GRILLED CHEESE

served w/ pickles • side salad - add 1.25

<b>TUSCAN</b>	6.95
Grilled Chicken, Provolone Cheese & Sundried Tomato Tapenade	
<b>CLASSIC</b>	6.95
Bacon, Tomato & Cheddar Cheese	
<b>TURKEY MONSTER</b>	6.95
Smoked Turkey, Muenster Cheese & Mayonnaise	
<b>PESTO PESTO</b>	6.95
Basil Pesto, Tomato & Cheddar Cheese	
<b>GUAC &amp; JACK</b>	6.95
Guacamole, Baby Spinach & Pepperjack Cheese	

## PANINI

served w/ pickles • side salad - add 1.25

<b>THREE CHEESE</b>	7.75
Parmesan, Mozzarella, & Provolone w/ Tomato, Red Onion, & Romesco Sauce	
<b>SMOKED TURKEY</b>	7.75
w/ Roasted Red Peppers & Pepperjack Cheese	
<b>PROSCIUTTO</b>	7.75
w/ Artichokes & Provolone Cheese	
<b>GRILLED CHICKEN</b>	7.75
w/ Bacon, Cheddar Cheese & Honey Mustard	
<b>ROAST BEEF</b>	7.75
w/ Grilled Onions, Swiss Cheese & Dijon Mustard	
<b>ROASTED RED PEPPER</b>	7.75
w/ Artichokes, Goat Cheese & Black Olive Tapenade	
<b>GRILLED PORTOBELLO MUSHROOM</b>	7.75
w/ Roasted Red Peppers, Provolone Cheese & Basil Pesto	

## SALADS

served with a French or Sourdough Roll & your choice of

Lemon, Balsamic, or Raspberry Vinaigrette

<b>METRO</b>	7.95
Cranberries, Walnuts & Goat Cheese on Mixed Field Greens	
<b>4013</b>	7.95
Granny Smith Apple Slices, Walnuts & Blue Cheese on Mixed Field Greens	
<b>GREEK</b>	7.75
Romaine Lettuce, Grape Tomatoes, Cucumber, Red Onion, Black Olives & Feta Cheese	
<b>MIXED GREEN</b>	6.75
Mixed Field Greens, Grape Tomatoes & Cucumber	
<b>CAESAR</b>	7.75
Romaine Lettuce, Grape Tomatoes, Cucumber & Parmesan	
<b>salad adds:</b>	
Chicken, Tuna, or Egg Salad	2.75
Smoked Salmon	3.95
Grilled Chicken Breast	3.15
<b>NEW!</b> Whitefish Salad	3.90

## CAFÉ PLATES

<b>TUSCAN</b>	6.85
Metro Tuscan White Bean Spread, Black Olives, Mixed Field Greens & a Metro Demi Baguette - w/ your choice of Lemon, Balsamic, or Raspberry Vinaigrette	
<b>TRIO</b>	7.50
Three of our Metro Spreads - Tuscan White Bean, Romesco & Basil Pesto - along with a Sliced Demi Baguette	

## TODAY'S SOUP

served with a French or Sourdough Roll 4.75

## BREAKFAST / LUNCH SPECIALS

see specials board at register  
(no substitutions on specials please)

• Kitchen closes at 6:00 pm •