

METROPOLITAN CAFE

~ breakfast all day ~

fresh fruit salad ~ our crème fraiche 5.75
metro granola bowl ~ yogurt, our ricotta or steamed milk 5.75
café bread ~ butter & jam 4
toasted breakfast tart 4
toasted bagel 1.50 ~ our cream cheese +1 | salmon dill spread +1.75
cured salmon ~ toasted bagel, our cream cheese, cucumber tomato salad 8.95
smoked whitefish salad ~ bagel, pickled red onion, tomato, butter lettuce 9.50
fried egg sandwich ~ sautéed greens, potato, oven roasted tomato, rouille, poppy seed twist 7.50
biscuit & egg sandwich ~ bacon onion jam, cheddar cheese | without bacon 5.95
mexican baked eggs ~ spicy tomato sauce, potato, cheddar cheese 8
overnight brioche french toast ~ seasonal syrup 5.95

~ soups | salads | snacks ~

soup of the day ~ café bread **Sm.** 4.25 | **Lg.** 6.25
warm pretzel ~ house mustard 2.95
hummus & toast ~ cucumber tomato salad, olives 8
mixed greens ~ lemon mustard vinaigrette or Caesar dressing 7.50 | sliced chicken +1
chopped vegetable salad ~ green goddess dressing 10.25 | Applewood smoked bacon +1.50
beet & fennel salad ~ candied pumpkin seeds, greens, grain vinaigrette, feta 10.50 | cured salmon +2.50
french tarragon chicken salad ~ lemon mustard vinaigrette 10.75

~ sandwiches ~

french tarragon chicken salad ~ café bread, lettuce 9.50
short rib ~ caramelized onion, taleggio, pickles, café bread 10.50
crushed almond & lemon pesto ~ fontina, goat cheese, café bread 10
ready-to-eat selection ~ vegetable 7.75 | meat 8.50

~ from the oven ~

savory tart ~ greens 8.75
top crust chicken pot pie 8.95
shepherd's pie 8.95
half pizza or focaccia ~ greens 8.75

frittata ~ greens 8.75

~ sweets ~

double crust pie 4.50

carrot layer cake 6

chocolate layer cake 6

chocolate chip cookie ~ warmed 2.25

metro ice cream ~ scoop 2 | metro ice cream pie slice 4.50

metro sweets to order

~ drinks ~

drip coffee 1.95

espresso ~ single 1.25 | double 2.25

americano 2.75

cappuccino 3.50

latte 3.50

mocha 3.95

mochaccino 3.95

café au lait 2.95

macciato 2.45

chai latte 3.95

crème caramel steamer 2.25

hot chocolate 3.50

teas by premium steep (see list below) 3.50

iced coffee 2.75

iced tea 3.25

iced americano 3.50

iced cappuccino 4.25

iced latte 4.25

iced mocha 4.70

iced mochaccino 4.70

iced café au lait 3.70

iced macciato 3.20

iced chai latte 4.70

affogato 4.50

orange juice 4

GREENS TEAS ~ *low caffeine*

Yin Gou ~ organic Chinese green tea with robust taste, no bitterness

Moroccan Mint ~ organic Chinese gunpowder tea flavored with peppermint

Genmaicha ~ medium bodied Japanese green tea with a sweet and toasted nutty flavor

BLACK TEAS ~ *moderate caffeine*

Earl Grey ~ classic blend of organic Assam (India) & Nilgiri (India) black tea flavored with bergamot

Yoga Chai ~ authentic organic Indian spiced tea blended with cinnamon, cloves, cardamom, fennel

Mt. Everest ~ robust breakfast blend with organic Assam (India) and Yunnan (China)

Black Peach ~ refreshing organic Nilgiri (India) black tea flavored with peach

Apple Ginger ~ blended with fall spice – clean crisp apple and a touch of ginger

HERBAL TEAS ~ *caffeine free*

Ginger & Lemongrass ~ organic ginger and lemongrass, digestive

Lemon Myrtle Rooibos ~ clean, crisp lemon myrtle (Australia) and sweet rooibos (South Africa)

Chamomile & Lavender ~ relaxing blend of organic chamomile and lavender