

EAT. DRINK. SOCIALIZE.

METLIFE MARKETPLACE

Breakfast Monday – Friday 7:30 am – 9:30 am

Lunch Monday – Friday 11:30 am – 2:00 pm

WEEK OF OCTOBER 26TH



RISE & SHINE BREAKFAST SPECIALS

Monday: southern crispy chicken tater tot bowl with scrambled eggs, sausage gravy & cheddar 4.50

Tuesday: smoked salmon breakfast wrap with hashbrowns, peppers, scrambled eggs & caramelized onions in a whole wheat wrap 4.75

Wednesday: southern crispy chicken tater tot bowl with scrambled eggs, sausage gravy & cheddar 4.50

Thursday: smoked salmon breakfast wrap with hashbrowns, peppers, scrambled eggs & caramelized onions in a whole wheat wrap 4.75

Mon

Flame Grill: uncle joey's italian braised pork & broccoli rabe sandwich with provolone on a hoagie roll 7.00

Piccola Italia: pesto roasted chicken alfredo, hot italian sausage with marinara, eggplant parmesan, assorted pasta, italian roasted vegetables, caesar salad & garlic bread \$.55/oz

Chef's Table: grilled salmon served over choice of fall vegetable risotto or greens with citrus, avocado, fennel, pistachios & herb vinaigrette 11.00

Tues

Flame Grill: southern beef cheesesteak hoagie with pimento cheese & pickles 7.00

Mezze: shawarma roasted chicken, falafel, harissa marinated chickpeas, spiced cauliflower, turmeric pickled cucumbers, tabbouleh, pita & assorted toppings \$.55/oz

Earth Bowl: choice of roasted chicken, grilled flank steak, or grilled tofu served with choice of greens & grains, fresh & roasted fall vegetables, assorted toppings & sauces 9.40/10.50

Wed

Flame Grill: uncle joey's italian braised pork & broccoli rabe sandwich with provolone on a hoagie roll 7.00

Island Eats: spicy jerk braised pork shoulder, jerk roasted tofu, caribbean carrot salad, coconut rice & beans, sweet plantains, island roasted butternut squash 55/oz

Bibimbap: choice of bulgogi chicken or gochujang tofu, served over steamed brown rice with a fried egg & choice of vegetables and toppings 9.40

Thurs

Flame Grill: southern beef cheesesteak hoagie with pimento cheese & pickles 7.00

Kitchen & Co.: antonio's crispy fried chicken wings tossed with choice of sauce & served with macaroni salad & vegetable crudité \$.55/oz

Mac & Cheesyology: mac & cheese bowls with choice of bbq chicken, beef brisket, or bbq plant-based meatballs, choice of assorted vegetables and toppings 10.00/11.00

Fri

Kitchen & Co.: chef's selection \$.55/oz

WEEKLY FEATURES

ITEMS AVAILABLE ALL WEEK PICCOLA ITALIA

cheese flatbread 5.50

meat flatbread 5.50

veggie flatbread 5.80

grilled pizza crust with greens, kalamata olives, parmesan cheese, sundried tomatoes, boiled eggs, & caesar dressing 6.30

cauliflower crust pizza with mozzarella, provolone, italian sausage, pepperoni, red onion, bell pepper, & black olives 6.30

BUTCHER & BAKER

roast beef with blue cheese, lettuce, tomato, & horseradish cream on ciabatta 6.70

buffalo chicken & bacon salad with cheddar cheese, lettuce & tomato on brioche 6.70

grilled squash, cabbage, carrots, herbs, arugula, tahini and creamy whipped feta on flour tortilla 6.70



MET CAFÉ

Download and order with the app today!

SOUPS

MONDAY

chicken noodle 12 oz 3.50
16 oz 4.60

TUESDAY

broccoli cheddar 12 oz 3.50
16 oz 4.60

WEDNESDAY

new england clam chowder 12 oz 3.50
16 oz 4.60

THURSDAY

chef's seasonal selection 12 oz 3.50
16 oz 4.60

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