

# 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 JULY 21st



## RISE & SHINE

### BREAKFAST SPECIALS

<b>Monday:</b> avocado toast with fried egg, pickled onion, tomato, & olive oil on multigrain	3.25
<b>Tuesday:</b> farmhouse breakfast hash bowl with scrambled egg, pork sausage, potato, roasted mushrooms, roasted tomato, & peppers & onions	3.25
<b>Wednesday:</b> avocado toast with fried egg, pickled onion, tomato, & olive oil on multigrain	3.25
<b>Thursday:</b> farmhouse breakfast hash bowl with scrambled egg, pork sausage, potato, roasted mushrooms, roasted tomato, & peppers & onions	3.25

Mon

<b>Flame Grill:</b> crispy cod sandwich with lettuce, tomato, & tartar sauce on brioche	6.40
<b>Kitchen &amp; Co.:</b> honey mustard pork lion with maple glazed onions, maple balsamic tofu, steamed broccoli & cauliflower, sweet potato with pecan butter, roasted brussels sprouts	\$ .50/oz
<b>Dhaba Tikka Bowls:</b> create your own tikka bowl with choice of chicken tikka or matar paneer, served with basmati rice, assorted toppings & sauces, & kachumbar salad	8.95

Tues

<b>Flame Grill:</b> white truffle veggie burger with bacon, whipped goat cheese, lettuce, tomato, & onion on brioche	6.40
<b>Kitchen &amp; Co.:</b> baked haddock with a mango orange sauce, chipotle garlic mojo shrimp, roasted carrots with cumin & cilantro, steamed green beans, black bean mango salad, crispy potato wedges	\$ .50/oz
<b>Nice Thai:</b> create your own curry bowl with choice of thai chicken or tofu, rice noodles or brown rice, yellow or red curry sauce, & assorted toppings	8.95

Wed

<b>Flame Grill:</b> crispy cod sandwich with lettuce, tomato, & tartar sauce on brioche	6.40
<b>Machu Peru:</b> lomo saltado (steak stir fry), pollo ala brasa, peruvian roasted tofu, asparagus, salsa criolla, peruvian fried rice, aji amarillo dipping sauce	\$ .50/oz
<b>Chef's Table:</b> wild mushroom and summer vegetable risotto with choice of grilled salmon (11.00) or pesto soy nuggets (8.95), topped with carrot chips	

Thurs

<b>Flame Grill:</b> white truffle veggie burger with bacon, whipped goat cheese, lettuce, tomato, & onion on brioche	6.40
<b>Rhythm &amp; Roux:</b> cajun roasted chicken, blackened tilapia, collard greens, butter bean succotash, fried okra, red beans & rice	\$ .50/oz
<b>Meatball Inc.:</b> create your own meatball sub with choice of beef & pork meatballs OR plant-based meatballs, choose your style-philly cheese with peppers & onions, chicago style with giardiniera, or classic italian with marinara, served with pesto pasta salad	8.95

Fri

<b>Kitchen &amp; Co.:</b> chef's selection	\$ .50/oz
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## WEEKLY FEATURES

### ITEMS AVAILABLE ALL WEEK

#### PICCOLA ITALIA

cheese flatbread	4.75
meat flatbread	5.25
veggie flatbread	5.55
buffalo chicken & blue cheese hand pi	5.55
cauliflower crust margherita pizza	5.55

#### BUTCHER & BAKER

pimento cheese BLT wrap in a garlic herb tortilla	6.40
tuscan vegetable sandwich with white bean spread, roasted peppers, artichokes, spinach, arugula, & cucumber on focaccia	6.40
house roasted turkey, brie, cucumber, lettuce, and honey mustard on telera	6.40



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## SOUPS

### MONDAY

lemon chicken orzo	12 oz 3.30
	16 oz 4.40

### TUESDAY

jerk style chicken & rice	12 oz 3.30
	16 oz 4.40

### WEDNESDAY

clam chowder	12 oz 3.30
	16 oz 4.40

### THURSDAY

chicken noodle	12 oz 3.30
	16 oz 4.40