

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 27TH



RISE & SHINE BREAKFAST SPECIALS

Monday: bacon, egg & cheese flatbread with sausage gravy	3.90
Tuesday: crispy chicken biscuit with roost sauce	3.90
Wednesday: bacon, egg & cheese flatbread with sausage gravy	3.90
Thursday: crispy chicken biscuit with roost sauce	3.90

Mon

Flame Grill: bbq cheddar burger with bacon, crispy onions, & bbq sauce on brioche	6.70
Fish & Chip Shop: crispy breaded flounder, steamed old bay shrimp, tartar, remoulade, crispy wedge fries, vinegar coleslaw, steamed vegetable medley	\$.55/oz
Mac & Cheesyology: creamy mac & cheese bowl with choice of buffalo roasted chicken, bbq roasted shrimp, or bbq plant-based meatballs tossed with assorted vegetables	9.40

Tues

Flame Grill: crispy chicken buffalo ranch wrap with lettuce, tomato, & blue cheese in a flour tortilla	6.70
Kitchen & Co.: curry roasted chicken, curry roasted tofu, mango chutney, wild rice, steamed broccolini, roasted summer squash & peppers	\$.55/oz
Chef's Table: create your own poke bowl or burrito with choice of ahi tuna, salmon, or tofu, with assorted toppings and sauces	9.40/10.50

Wed

Flame Grill: bbq cheddar burger with bacon, crispy onions, & bbq sauce on brioche	6.70
Ginger Republic: beef & broccoli, peking tofu, vegetable lo mein, sesame roasted carrots, vegetable egg rolls, steamed chicken dumplings	\$.55/oz
Rhythm & Roux: choice of chicken & sausage jambalaya or cajun shrimp cake with creole sauce, served with butter bean succotash, red beans & rice, corn muffins	10.00

Thurs

Flame Grill: crispy chicken buffalo ranch wrap with lettuce, tomato, & blue cheese in a flour tortilla	6.70
Kitchen & Co.: southern fried chicken, plant-based chicken tenders, southern style bacon green beans, smashed potato salad, cucumber & tomato salad	\$.55/oz
Revolution Noodle: choice of chicken miso ramen or mushroom miso ramen, with soy marinated egg & bok choy, with option to add on pork belly	10.00/12.50

Fri

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

ITEMS AVAILABLE ALL WEEK PICCOLA ITALIA

cheese flatbread	5.50
meat flatbread	5.50
veggie flatbread	5.80
naan bread pizza with butter paneer, serrano, mozzarella & cilantro chutney	6.30
buffalo chicken cauliflower crust pizza	6.30

BUTCHER & BAKER

honey mustard ham & brie with orange marmalade on telera	6.70
tuna salad croissant with lettuce, tomato & mayonnaise	6.70
roasted summer vegetable wrap with lettuce, tomato, provolone & balsamic vinaigrette in a spinach wrap	6.70



MET CAFÉ

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SOUPS

MONDAY

broccoli cheddar	12 oz 3.50
	16 oz 4.60

TUESDAY

chicken tortilla	12 oz 3.50
	16 oz 4.60

WEDNESDAY

lemon chicken orzo	12 oz 3.50
	16 oz 4.60

THURSDAY

chef's selection	12 oz 3.50
	16 oz 4.60

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WITH US**



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