

# 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 SEPTEMBER 8th



### RISE & SHINE

#### BREAKFAST SPECIALS

<b>Monday:</b> zo's breakfast pizza with gravy, cheese, egg, and choice of bacon & sausage, or veggie	3.25
<b>Tuesday:</b> breakfast flatbread sandwich with bacon, egg, & cheddar	3.25
<b>Wednesday:</b> zo's breakfast pizza with gravy, cheese, egg, and choice of bacon & sausage, or veggie	3.25
<b>Thursday:</b> breakfast flatbread sandwich with bacon, egg, & cheddar	3.25

Mon

<b>Flame Grill:</b> corned beef reuben with swiss cheese and sauerkraut on rye	6.40
<b>Piccola Italia:</b> beef Bolognese pasta bake with ricotta & parmesan, pesto & vegetable whole wheat penne pasta bake, italian spiced zucchini, caesar salad, garlic cheese bread	\$ .50/oz
<b>Earth Bowl:</b> create your own bowl with choice of roasted chicken or grilled tofu, choice of steamed rice or cauliflower rice, greens, assorted vegetables, assorted toppings & sauces	8.95

Tues

<b>Flame Grill:</b> crispy chicken ranch wrap with bacon, lettuce, & tomato in a flour tortilla	6.40
<b>Kitchen &amp; Co.:</b> brined garlic sage pork loin, roasted chicken thighs, parmesan green beans, wild rice, tomato basil wedge salad	\$ .50/oz
<b>Thai &amp; True-Curry:</b> thoughtfully crafted curry dishes with choice of shrimp chu chee curry or green curry tofu, served with jasmine rice & assorted vegetables	8.95

Wed

<b>Flame Grill:</b> corned beef reuben with swiss cheese and sauerkraut on rye	6.40
<b>Ginger Republic:</b> black pepper chicken, peking tofu, vegetable lo mien, steam jasmine rice, edamame dumplings	\$ .50/oz
<b>Street Eats Naanwich:</b> create your own naan sandwich with choice of crisp chicken or roasted vegetables, choice of assorted spreads & toppings, served with indian street corn	9.50

Thurs

<b>Flame Grill:</b> crispy chicken ranch wrap with bacon, lettuce, & tomato in a flour tortilla	6.40
<b>Big City BBQ:</b> smoked pork ribs, smoked turkey breast, vegetarian collard greens, potato salad, fresh baked corn muffins	\$ .50/oz
<b>Turo Turo:</b> choice of filipino style bbq pork, filipino style bbq chicken, or stir-fried tofu & bean sprouts, served with garlic fried rice, caramelized sweet potato, & jicama salad,	9.50

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
philly cheesesteak calzone	6.00
buffalo cauliflower on cauliflower crust with buffalo ranch, & blue cheese	6.00

##### BUTCHER & BAKER

mediterranean corned beef sandwich with tzatziki, lettuce, & tomato on pretzel bun	6.40
roasted turkey "blt" wrap with ranch in a garlic herb tortilla	6.40
fall vegetable sandwich with pumpkin hummus on a whole wheat bun	6.40



MET CAFÉ

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### SOUPS

#### MONDAY

clam chowder	12 oz 3.30
	16 oz 4.40

#### TUESDAY

southwest tortilla	12 oz 3.30
	16 oz 4.40

#### WEDNESDAY

wicked thai chicken & rice	12 oz 3.30
	16 oz 4.40

#### THURSDAY

broccoli cheddar	12 oz 3.30
	16 oz 4.40