

EAT. DRINK. SOCIALIZE.

METLIFE TAMPA
Monday – Friday | 7:30 am – 2:00 pm

WEEK OF APRIL 28

FLAME

BREAKFAST SANDWICHES

Bacon egg and cheese burrito, egg and cheese English muffin, bacon egg and cheese croissant, sausage egg and cheese English muffin

CHEF TABLE

TUESDAY & WEDNESDAY



Caesar Salad

Classic or blackened caesar salad with choice of chicken, shrimp or steak and a variety of toppings.

9.50

MON

Mezze:

Protein: Chicken souvlaki, falafel



Sides: Mezze spiced jasmine rice, french fries with parsley and garlic, romaine lettuce, diced tomatoes, kalamata olives, feta cheese, greek side salad, hummus and tzatziki

TUES

Island Eats



Protein: Spicy jerk pork, spicy jerk chicken, spicy jerk tofu



Sides: Island rice and peas, island style cabbage, island curry roasted cauliflower, sweet plantains

WED

Earth Bowl:



Protein: Roasted Salmon, Falafel



Sides: Rainbow carrot and asparagus hash, grilled pineapple, asparagus stem pesto, marinated chickpeas, sliced almonds, micro greens

THURS

Cool Chix:



Protein: Breaded dill pickle chicken nugget bites, grilled honey mustard chicken nuggets



Sides: Garlic broccoli, pimento cheese macaroni salad, cucumber tomato pepper salad, sweet smoke potato wedges, honey mustard coleslaw

FRI

Little Lime:



Protein: Fajita chicken, fajita zucchini and corn



Sides: Red rice, refried pinto beans, pico de gallo, shredded cheese, shredded lettuce, sauteed onions, sauteed bell peppers

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FIT meal

VEGAN option

VEGETARIAN option

WELLNESS GUIDANCE

MONDAY

Falafels with spiced jasmine rice, lettuce, tomatoes, olives and hummus

TUESDAY

Cucumber Feta Hummus Wrap with fresh sliced cucumbers, hummus, smoked paprika and feta cheese

WEDNESDAY

Roasted Salmon with carrot and asparagus hash, pineapple, chickpeas and asparagus stem pesto

THURSDAY

Grilled Honey Mustard Nuggets with garlic broccoli and sweet smoke potato wedges

Friday

Zucchini and Corn Fajitas With red rice, pinto beans and pico de gallo

BUTCHER + BAKER



ITEMS AVAILABLE ALL WEEK

Cucumber Feta Hummus Wrap

Fresh sliced cucumbers, hummus, smoked paprika and feta cheese 7.50

Ham and Pepper Jack

Ham, lettuce, tomatoes, poblano peppers, pepper jack cheese and chipotle mayo on a telera roll 7.50

Turkey Apple Brie

Roasted turkey, fresh apples, lettuce, brie cheese and honey on wheat 7.50

Bakers Chips – BBQ

White Bean Salad- FIT Salad

PICCOLA ITALIA



ITEMS AVAILABLE ALL WEEK

Classic Cheese Pizza 5.30

Pepperoni Pizza 5.50

Pepperoni and jalapeno Pizza 5.80