

# EAT. DRINK. SOCIALIZE.

**METLIFE WHIPPANY**

Monday – Friday  
Breakfast 7:30 am – 9:30 am  
Lunch 11:30 am – 2:00 pm

**WEEK OF OCTOBER 26<sup>TH</sup>**



## RISE & SHINE

### BREAKFAST SPECIALS

|                                                                                                    |      |
|----------------------------------------------------------------------------------------------------|------|
| <b>MONDAY</b> - sweet potato egg white breakfast burrito with black beans and pico de gallo        | 6.80 |
| <b>TUESDAY</b> - grilled portobello, fried egg, fontina, chive shallot marmalade on english muffin | 6.80 |
| <b>WEDNESDAY</b> - southwest egg white breakfast flatbread                                         | 6.80 |
| <b>THURSDAY</b> - breakfast platter with silver dollar pancake, bacon and one egg any style        | 6.80 |
| <b>FRIDAY</b> - create your own omelet or breakfast sandwich                                       |      |

**MON**

### GRAZE-CUBAN

0.62 oz

boliche cubano (cuban style stuffed beef roast), cuban shrimp creole, sweet plantains, rice and black beans, yucca with mojo

### FLAME

9.70

kansas city style hot dog with baked beans, bbq pulled pork and coleslaw and scallions on brioche bun

**TUES**

### ISLAND EATS

0.62 oz

spicy jerk chicken thighs, spicy jerk pork, island vegetable curry, island spiced yellow rice, island style greens

### FLAME

hot pastrami reuben sandwich with sauerkraut and swiss cheese on rye with 1,000 island dressing 9.70

**WED**

### PICCOLA ITALIA

0.62 oz

agnello con le patate (lamb stew with potatoes), garlic and herb roasted chicken, sauteed broccoli rabe with garlic, meatless lasagna, marinara sauce, garlic bread

### FLAME

9.70

thai vegetable curry burger with spicy slaw, avocado, and sriracha mayo on brioche

**THURS**

### FLY CHIX

0.62 oz

sweet smoke bbq ranch wings, buffalo style chicken wings, incognito vegan chicken, baked pimiento mac and cheese, mustard barballo sauce, ranch dressing, celery and carrot sticks, cornbread with jalapeno and cheddar

### FLAME

mediterranean salmon couscous bowl with tomato, cucumber, feta, lemon oregano vinaigrette 9.70

**FRI**

### FLAME

choose from our grill menu including cheesesteaks, made to order burgers, grilled chicken sandwiches & quesadillas



### BUTCHER AND BAKER SPECIALS

classic pork cubano with roast pork, ham, swiss and mustard on portuguese bread 9.70

blackened chicken caesar wrap with romaine, cherry tomato, parmesan cheese and croutons 9.70

grilled pesto portobello and goat cheese sandwich on ciabatta roll 8.90

### CARVERY BOARD

carne asada flank steak



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## FEATURED CHEF'S TABLE SPECIAL

THURSDAY OCTOBER 29<sup>TH</sup>  
BYO AREPAS



CARNE MECHADA – \$14.50

Shredded Flank Steak

REINA PEPIADA – \$14.50

Shredded Chicken with Avocado

DOMINO (VEGETARIAN) – \$10.50

Black Beans with White Cheese

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WITH US**



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