

EAT. DRINK. SOCIALIZE.

METLIFE WHIPPANY

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

WEEK OF DECEMBER 15TH



RISE & SHINE

BREAKFAST SPECIALS MONDAY – THURSDAY

philly cheesesteak and scrambled egg breakfast wrap with peppers, onions, and American cheese

\$6.50

FRIDAY

create your own omelet or breakfast sandwich



WEEKLY SPECIALS

italian sub with ham, prosciutto, salami, provolone, lettuce, tomato, and banana peppers on hero bread 9.75

crispy chicken ranch wrap with bacon, lettuce, tomato, cheddar cheese, and ranch dressing 9.75

CARVERY BOARD

herb roasted turkey breast 9.00

MON

MEZZE

0.52 oz.

lemon-garlic sumac chicken, chickpea falafel with tzatziki sauce, moroccan spiced roasted vegetables, lentil chickpea stew, grilled pita, greek salad

FLAME

11.50

grilled jerk salmon with mango salsa, brown rice, and sweet plantains

TUES

KITCHEN & CO.

0.52 oz.

rosemary, thyme and lemon herb roasted chicken, natural jus, grilled flank steak with roasted purple pearl onions, maple roasted winter vegetables, roasted local tri-color fingerling potatoes

FLAME

11.50

grilled jerk salmon with mango salsa, brown rice, and sweet plantains

WED

LITTLE LIME

0.52 oz.

citrus carnitas, beef picadillo, spicy black beans, red rice, pico de gallo, salsa roja, shredded lettuce, guacamole, cheddar cheese, sour cream, corn and flour tortillas, tri-color tortilla chips, cinnamon-sugar churros with caramel sauce

FLAME

11.50

grilled jerk salmon with mango salsa, brown rice, and sweet plantains

THURS

PICCOLA ITALIA

0.52 oz.

chicken parm, pasta alfredo, eggplant parm, haddock piccata, roasted garlic broccoli, garlic bread

FLAME

11.50

grilled jerk salmon with mango salsa, brown rice, and sweet plantains

FRI

FLAME

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



MET CAFÉ

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WITH US**



#eurestculinary



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TAKE IT HOME FOR THE
HOLIDAYS