

# EAT. DRINK. SOCIALIZE.

20 HAPPY  
26 PRIDE MONTH

## METLIFE WHIPPANY

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

WEEK OF JUNE 8<sup>TH</sup>



### RISE & SHINE

#### BREAKFAST SPECIALS

<b>MONDAY</b> - breakfast toast with zucchini, scrambled eggs and tomato jam	6.80
<b>TUESDAY</b> - whole grain waffle with yogurt and berries topped with toasted almonds	6.80
<b>WEDNESDAY</b> - caprese egg white breakfast sandwich	6.80
<b>THURSDAY</b> - sausage egg and cheese breakfast flatbread sandwich	6.80
<b>FRIDAY</b> - create your own omelet or breakfast sandwich	

MON

#### MEZZE 0.62 oz

beef and shiitake mushroom kofta, shawarma spiced salmon, mezze summer roasted vegetables, crispy falafel, horiatiki (greek style chopped salad), tzatziki, hummus, grilled pita, baklava

#### FLAME

grilled bourbon glazed salmon, baby greens, tomato, and cucumber on brioche 9.70

TUES

#### LITTLE LIME 0.62 oz

beef picadillo, chicken, baja shrimp, cauliflower pastor, little lime black beans, mexican red rice, cilantro lime crema, quacamole, sour cream, queso fresco, pico de gallo, sliced jalapenos, hard and soft shell tacos, rice pudding

#### FLAME

sweet and sour chicken fry toss with sweet potato fries topped with pineapple and sesame seeds 9.70

WED

#### RHYTHM AND ROUX

chicken and andouille gumbo, shrimp etouffee, vegan vegetable gumbo, steamed white rice, sauteed collard greens with bacon, jalapeno and cheddar corn bread

#### FLAME 9.70

black bean burger with pepperjack cheese, chipotle mayo on brioche bun

THURS

#### KITCHEN AND CO. 0.62 oz

brined garlic sage pork loin, buttermilk chicken thighs, smashed roasted fingerling potatoes, parmesan green beans, sweet potato puree, tomato basil iceberg salad

#### FLAME 9.70

twin chili dogs with cheddar cheese sauce and crispy onions

FRI

#### FLAME

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



#### BUTCHER AND BAKER SPECIALS

grilled buffalo chicken panini	9.70
prosciutto, gorgonzola, asparagus, and arugula on baguette	9.70
caprese on herb focaccia with tomato, basil pesto and arugula	8.90

#### CARVERY BOARD

honey maple roast turkey	9.50
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## MET CAFÉ

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