

EAT. DRINK. SOCIALIZE.

METLIFE WHIPPANY

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

WEEK OF JULY 27TH



RISE & SHINE

BREAKFAST SPECIALS

MONDAY - spicy Italian egg breakfast sandwich	6.80
TUESDAY - two eggs any style and corned beef hash	6.80
WEDNESDAY - zucchini, tomato, and basil omelet	6.80
THURSDAY - breakfast egg burrito, black beans, peppers, onions, and salsa and sour cream	6.80
FRIDAY - create your own omelet or breakfast sandwich	

MON

BIG CITY BBQ

0.62 oz

texas style shredded pork, honey chipotle bbq chicken, baked sweet potato and marshmallow casserole, roasted summer vegetables, creamy broccoli and bacon salad

FLAME

ham and gruyere grilled cheese on thick cut brioche 9.70

TUES

DHABA

0.62 oz

chicken bhuna masala, shrimp coconut curry, potato and pea samosas, jeera rice, punjabi ramja (spiced red bean curry), naan bread, cilantro mint chutney, cucumber raita

FLAME

spicy salmon rice bowl with shredded cabbage, cucumber, avocado, and spicy mayo 9.70

WED

FLY CHIX

0.62 oz

buffalo wings, honey mustard chicken wings, vegan incognito chicken, sweet smoke fries, sauteed garlic and broccoli, creamy coleslaw, scallion and cheddar corn bread

FLAME

thai curry vegetable burger with kimchi, avocado and sriracha mayo on brioche 9.70

THURS

YAMATO SUSHI

MP

assorted sushi and rolls made to order

FLAME

pork carnitas quesadillas with sour cream, guacamole, and salsa 9.70

FRI

FLAME

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



BUTCHER AND BAKER SPECIALS

blackened chicken caesar wrap	9.70
Italian sub salami, pepperoni, ham, provolone cheese, fresh lettuce, tomato, onion and mustard on sub roll	9.70
caprese sandwich on ciabatta	8.90

CARVERY BOARD

rosemary roasted flank steak	9.50
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