

# EAT. DRINK. SOCIALIZE.

## METLIFE WHIPPANY

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

### WEEK OF JULY 14<sup>TH</sup>



## RISE & SHINE

### BREAKFAST SPECIALS

**MONDAY** – breakfast toast with zucchini, scrambled eggs & tomato-apple jam  
**TUESDAY** – italian style breakfast wrap  
**WEDNESDAY** – power up breakfast burrito  
**THURSDAY** – farmhouse breakfast hash brown bowl  
**FRIDAY** – create your own omelet or breakfast sandwich

MON

**MEZZE** 0.52 oz.  
lemon oregano grilled chicken, shrimp saganaki, greek lemon rice, citrus roasted beet salad, harissa cauliflower with pita on the side  
**FLAME** 9.00  
black bean burger with peppejack cheese, chipotle aioli on brioche bun

TUES

**BIG CITY BBQ** 0.52 oz.  
bbq beef brisket, chipotle mango bbq fire braised pork ribs, jicama-cilantro slaw, grilled local white corn, garlic green beans, jalapeño & cheddar corn bread  
**FLAME** 9.00  
chicken & mushroom quesadilla with guacamole ranch sauce

WED

**STREET EATS** 0.52 oz.  
crispy parmesan garlic wings, teriyaki wings, honey-bbq wings, mac & cheese, roasted summer vegetables, coleslaw, potato salad  
**FLAME** 9.00  
turkey burger with grilled ratatouille jam & spicy feta spread

THURS

**SOFRITO – PUERTO RICO** 0.52 oz.  
pollo guisado (puerto rican chicken stew), sour orange pork, arroz con gandules, tostones, yucca fries with pickled red onions  
**FLAME** 9.00  
mediterranean grain bowl with lemon shallot vinaigrette

FRI

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



### WEEKLY SPECIALS

buffalo cauliflower wrap 8.75  
roast beef with brie pesto, roasted red peppers on brioche 9.25  
veggie cauliflower crust pizza 8.75

### CARVERY BOARD

herb roasted flank steak 9.00



## MET CAFÉ

Download and order  
with the app today!

## CHEF'S TABLE

July 15<sup>th</sup> & 17<sup>th</sup>  
**CHICKEN MILANESE**  
over local heirloom tomatoes &  
burrata salad  
**\$11.50**

## CONNECT WITH US

#eurestculinary

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