

## Salads & Soups

Add: chicken \$3, shrimp \$5, salmon \$8

<b>Metropolitan Salad</b>	<b>\$6/\$10</b>
mixed greens, cucumber, tomato, onion, beet, goat cheese, balsamic vinaigrette	
<b>Field Ceasar</b>	<b>\$7/\$11</b>
field greens, ceasar dressing, parmesan, croutons	
<b>Greek Salad</b>	<b>\$7/\$11</b>
spinach, cucumber, red onion, tomato, feta, katamala olives, banana peppers, greek dressing	
<b>Quinoa Salad</b>	<b>\$12</b>
arugula, quinoa, cucumber, cherry tomato, red onion, golden raisins, citrus vinaigrette	
<b>Triple Bean Chili</b>	<b>\$6</b>
<b>Tomato Bisque</b>	<b>\$6</b>
<b>Soup of the Week</b>	<b>\$6</b>

## Sandwiches

Served with Fries or Met Salad

<b>Met Burger</b>	<b>\$12</b>
ground black Angus, choice of swiss, white cheddar, blue	
<b>Chef's Burger</b>	<b>\$13</b>
chef's selection	
<b>Moroccan Lamb Burger</b>	<b>\$13</b>
ground lamb, feta pesto, apricot chitney	
<b>Cubano Sandwich</b>	<b>\$11</b>
baguette, porchetta, swiss, honey-dijon, pickles	
<b>Zucchini Burger</b>	<b>\$11</b>
caramelized onions, tomato, lettuce, goat cheese tzatziki	
<b>Chipotle Fried Chicken</b>	<b>\$11</b>
roasted jalapeno aioli, adobo slaw, pickles	
<b>Black Eyed Pea Burger</b>	<b>\$11</b>
bbq, caramelized onions lettuce, tomato	

*Consuming raw or undercooked meat, seafood, or poultry may increase your risk of food-borne illness*



## Entrees

<b>Seared Scallops</b>	<b>\$23</b>
cous cous vegetable sauté, cilantro jalapeno vinaigrette	
<b>Sirloin Filet</b>	<b>\$23</b>
Smoked gouda vegetable mash, charred kale, demi glaze, herbed garlic butter	
<b>Maple-Dijon Salmon</b>	<b>\$20</b>
tasso ham brussels, baby carrots	
<b>Brick Chicken</b>	<b>\$18</b>
pistachio encrusted, tasso ham brussels, chick pea hash	
<b>Seared Rockfish</b>	<b>\$22</b>
charred kale, baby carrots, lemon-thyme beurre blanc	
<b>Braised Short Rib</b>	<b>\$20</b>
smoked gouda vegetable mash, broccolini, au jus	
<b>The Vegan</b>	<b>\$18</b>
beet hummus, vegetable cous cous, broccolini	

## Flatbreads

<b>The "Cure"</b>	<b>\$12</b>
marinara, mozzarella, salami, pepperoni, basil, feta	
<b>The Rosemary</b>	<b>\$11</b>
roasted garlic spread, bacon, cheddar, red potato, onion, rosemary	
<b>Fig and Goat Cheese</b>	<b>\$12</b>
onion jam, bacon, goat cheese, figs, arugula, fig reduction	
<b>The Garden</b>	<b>\$11</b>
marinara, zucchini, squash, cheddar, fresh herbs	

*Fall & Early Winter 2016*

## Small/Share Plates

<b>Chick Pea Hash</b>	<b>\$7</b>
roasted beet hummus, chick peas, peppers, onions	
<b>Porchetta Sliders</b>	<b>\$9</b>
italian style pork, pesto, arugula, brioche	
<b>Mussels</b>	<b>\$11</b>
tasso ham, tomato, garlic, spice blend, baguette	
<b>Ahi Tuna Poké</b>	<b>\$12</b>
sesame soy marinade, avocado cremé, wonton chips	
<b>Rock Lettuce Wraps</b>	<b>\$12</b>
rockfish, bibb, spice rub, adobo slaw, pico de gallo	
<b>Met Wings</b>	<b>\$9</b>
choose: buffalo, honey old bay, or bbq, and ranch or blue cheese	
<b>Cajun Shrimp and Grits</b>	<b>\$12</b>
blackened shrimp, smoked gouda grits, cajun-tasso cream	
<b>Golden Brussels</b>	<b>\$8</b>
fresh shredded brussels, golden raisins, pecans, honey	
<b>Crab Dip</b>	<b>\$12</b>
lump crab, cheese blend, chips, baguette	
<b>Met Dip Board</b>	<b>\$11</b>
roasted beet hummus, olive tapenade, baba ganoush, flatbread	
<b>Cheese Board</b>	<b>\$13</b>
chef's selection, baguette, figs, truffle honey, chutney, pecans	
<b>Baked Mac &amp; Cheese</b>	<b>\$9</b>
bacon, cheese blend, panko-cheddar crust	
<b>add: chicken \$3, shrimp \$5, salmon \$8</b>	

## Sweets

<b>Crème Bruleé</b>	<b>\$7</b>
<b>Bread Pudding</b>	<b>\$7</b>
<b>Cast Iron Cookie</b>	<b>\$7</b>
<b>Dessert of the Week</b>	<b>\$7</b>

*Executive Chef: Christopher Newark*