

Salads & Soups

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

Metropolitan Salad	\$6/\$10
mixed greens, cucumber, tomato, onion, beet, goat cheese, balsamic vinaigrette	
Field Greens Caesar	\$7/\$11
field greens, caesar dressing, parmesan, croutons	
Greek Salad	\$7/\$11
spinach, cucumber, red onion, tomato, feta, katamala olives, banana peppers, greek dressing	
Summer Salad	\$7/\$11
field greens, blueberry vinaigrette, strawberries, pecans, goat cheese, apples	
Quinoa Salad	\$12
arugula, quinoa, cucumber, cherry tomato, red onion, golden raisins, citrus vinaigrette	
Tomato Bisque	\$6
Soup of the Week	\$6

Sandwiches

Served with fries. Salad add \$1, Soup add \$2

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

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



Entrees

Sirloin Filet	\$23
cauliflower mash, balsamic braised baby carrots, demi glaze	
Grilled Salmon	\$20
honey old bay glazed, crab mango salsa, grilled asparagus and brown rice pilaf	
Brick Chicken	\$18
pistachio encrusted, gouda vegetable mash, sautéed kale	
Seared Rockfish	\$22
charred tomato burre blanc, balsamic gilled carrots, sautéed kale	
Braised Short Rib	\$20
gouda vegetable mash, grilled asparagus, au jus	
Vegan Fried Rice	\$18
brown rice, snaps peas, onion, carrot, squash, zucchini, shiitaki, soy	
Catch of the Day	Market
chef's daily prepared seafood dish	

Flatbreads

The "Cure"	\$12
marinara, mozzarella, salami, pepperoni, basil, feta	
The Rosemary	\$11
roasted garlic spread, bacon, cheddar, red potato, onion, rosemary	
Fig and Goat Cheese	\$12
onion jam, bacon, goat cheese, figs, arugula, fig reduction	
Bamino	\$11
marinara, mozzarella, parmesan, oregano	
The Garden	\$12
marinara, zucchini, squash, cheddar, sun dried tomatoes, bell peppers fresh herbs	

Spring Summer 2017

Small/Share Plates

Met Pasta Salad	\$9
italian vinaigrette, sun dried tomatoes, olives, red onion, tomatoes, feta	
Porchetta Sliders	\$9
italian style pork, pesto, arugula, brioche	
Mussels	\$11
tasso ham, shiitaki, white wine, garlic, spice blend, baguette	
Ahi Tuna Poké	\$12
sesame soy marinade, avocado slices, wonton chips	
Rock Lettuce Wraps	\$12
rockfish, bibb, spice rub, adobo slaw, pico de gallo	
Met Wings	\$10
choose: buffalo, honey old bay, or sancho sauce, and ranch or blue cheese	
Cajun Shrimp and Grits	\$12
blackened shrimp, smoked gouda grits, cajun-tasso cream	
Golden Brussels	\$9
quartered, blueberries, honey, garlic, raisins, pecans	
Crab Dip	\$12
lump crab, cheese blend, chips, baguette	
Summer Duo	\$11
red pepper hummus, baba ganoush, fresh vegetables, flatbread	
Cheese Board	\$13
chef's selection, baguette, raisins, apple, honey, chutney, pecans	
Crab Mac & Cheese	\$10
charred cherry tomatoes, basil	
add: chicken \$3, shrimp \$5, salmon \$8	

Sweets

Crème Bruleé	vanilla bean or blueberry lavender	\$7
Bread Pudding	apple cinnamon crunch, maple frosting	\$7
Cast Iron Cookie		\$7
Dessert of the Week		\$7

Executive Chef: Christopher Newark