



Salads & Soups

Add: chicken \$3, shrimp \$5, salmon filet \$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	
Winter Salad	\$7/\$11
spinach, candied pecans, blue cheese, apples, cranberry vinaigrette	
Mediterranean Quinoa	\$10
quinoa, greek dressing, cucumber, tomato, onion, olive, basil	
Tomato Bisque	\$6
Chili	\$6
Soup of the Week	\$6

Sandwiches

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

Chef's Burger	\$12
8oz local beef with chef's toppings selection	
Moroccan Lamb Burger	\$13
ground lamb, feta pesto, apricot chutney	
Cubano Sandwich	\$12
hoagie roll, porchetta, swiss, spicy honey mustard, pickles	
Zucchini Burger	\$11
hummus spread, zatziki, lettuce, tomato, onion	
Chipotle Fried Chicken	\$11
spicy aioli, buffalo slaw, pickles	
Black Bean Burger	\$11
caramelized onions, spicy aioli, lettuce, tomato	

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

Entrees

Grilled Salmon	\$20
brown sugar glaze, grilled broccolini, roasted turnip, crispy kale	
Brick Chicken	\$19
pistachio encrusted, gouda vegetable mash, sautéed kale	
Pan-Roasted Rockfish	\$22
kale and sweet potato sauté, braised carrots, charred tomato vin.	
Braised Short Rib	\$20
gouda vegetable mash, grilled broccolini, au jus	
"The Vegan"	\$18
grilled eggplant, charred tomato vin., purple mushroom risotto	
Bistro Major	\$22
8oz grilled filet, mushroom veal glaze, roasted turnip, kale sweet potato sauté	
Seared Scallops	\$23
Purple mushroom risotto, crispy kale, charred tomato vin.	

Flatbreads

The Cure	\$12
marinara, mozzarella, pepperoni, sausage, bacon, feta	
The Rosemary	\$11
roasted garlic spread, bacon, cheddar, red potato, onion, rosemary	
Fig and Goat Cheese	\$13
onion jam, bacon, goat cheese, figs, arugula, fig reduction	
Bamino	\$11
marinara, mozzarella, parmesan, oregano	
Tsunami	\$12
honey mustard, mozzarella, braised pork, onion, bell pepper, spice	
Mediterranean	\$12
marinara, mozzarella, onion, bell pepper, feta, balsamic glaze	

Small/Share Plates

Sweet Potato Fries	\$6
spicy mayo	
Mussels	\$12
tasso ham, mushroom, white wine, garlic, spice blend, baguette	
Ahi Tuna Poké	\$13
sesame soy marinade, avocado slices, wonton chips	
Rock Lettuce Wraps	\$12
rockfish, leaf lettuce, spice rub, 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, honey, garlic, raisins, pecans	
Crab Dip	\$12
lump crab, cheese blend, chips, baguette	
Met Dip Duo	\$11
red pepper hummus, baba ganoush, fresh vegetables, flatbread	
Cheese Board	\$13
chef's selection, baguette, raisins, apple, honey, chutney, pecans	
Spicy Mac & Cheese	\$10
bow tie pasta, cheddar, sriracha, spice	
add: chicken \$3, shrimp \$5, salmon filet \$8	

Sides \$5

Smoked Gouda Mash	Fries
Roasted Turnip	Crispy Kale
Braised Carrots	Broccolini
Kale & Sweet Potato Sauté	

Executive Chef: Christopher Newark