

Metro market CAFE

Monday-Friday 11am-2pm
2012 WINTER-SPRING MENU

SOUP

Cup of Soup *with Focaccia* 4.75

Bowl of Soup *with Focaccia* 6.50

SALADS

Organic Greens
dressed with balsamic vinaigrette, served with focaccia 5.50/6.75

Caesar with Romano
& garlic croutons 6.00/7.25

Lemon-Roasted Chicken Breast
add to any salad 3.00

Add Tuna 'Niçoise'
add to any salad 3.00

SANDWICH WRAPS

Middle Eastern-Spiced
Chickpea Spread *with Carrots,*
English Cucumbers & Organic Greens
in a Whole Wheat Wrap 6.75

Caesar Salad and
Lemon-Roasted Chicken Breast
rolled in a Spinach Tortilla 7.25

Roasted Turkey Breast Wrap with Mango
Chutney Cream Cheese, Cucumbers, Carrots
and
Organic Greens 7.50

GRILLED PANINI SANDWICHES

on Essential Bakery Focaccia

Turkey Breast *with Provolone*
& *walnut-parsley pesto* 8.00

Honey Ham *with Swiss*
& *rosemary mustard* 7.25

3-Cheese Grilled Panini with *any*
combination of Tillamook Cheddar, Swiss or
Provolone 6.25
add bacon +1.50

BAGUETTE SANDWICHES

Tuna Salad 'Niçoise'
albacore with olives, capers
& *sun-dried tomatoes* 7.50

Peppered Roast Beef
with roasted red pepper aioli
& *organic greens* 8.25

Baked Roasted Vegetable Baguette
including bell peppers, sweet onions &
squash with your choice of cheese 7.50
add pesto +.35

ALL SANDWICHES ARE ACCOMPANIED BY
TIM'S CASCADE POTATO CHIPS

SANDWICH PUNCH CARDS AVAILABLE
(BUY TEN GET ONE FREE)

EXTRAS AND RETAIL ITEMS

Focaccia .75

Tim's Cascade Potato Chips .75

add Bacon (to anything) 1.50

Perrier 2.00

Water and Soft Drinks 1.00

San Pellegrino Sparkling Juices 2.00

Freshly Brewed Coffee or Tea 2.00

Metro Market Vegan Frozen Soups
15.00 per quart

Metro Market Blueberry-Maple-Walnut
Granola 8.50 per lb.

Metro Market Balsamic Vinaigrette
or

Metro Market Caesar Dressing
5.50 per ½-pint

Metro market CATERING

FOR LIFE'S CELEBRATIONS,
GRAND AND INTIMATE
...A World of Flavor