

METROPOLITAN

COFFEEHOUSE + WINE BAR

Lunch Menu

Lunch Served 11:30 am to 5:00 pm

Weekly Dine-In Lunch Specials

Monday

Any Lunch Quesadilla
\$7

Thursday

Any Lunch Wrap (excluding Peking Duck Wrap
and Blackened Tuna Wrap)
\$7

Tuesday

Any Lunch Burrito
\$7

Wednesday

Cup of Soup and Sandwich
Grilled Cheese or PB&J or BLT \$7

Friday

Cheeseburger, Turkey Burger or
Black Bean Burger \$7

Snacks & Appetizers

Home-Made Onion Rings	7.00	Crab Deviled Eggs	6.00
Shoestring Fries	5.00	Four deviled eggs made with crab and Old Bay	
Poutine	7.00	Smoked Fish Dip	8.00
Shoestring fries, gravy, cheese curds		House-smoked fish dip with crostini	
With Montreal-Style Smoked Meat (Brisket)	10.00		
With Pulled Duck	12.00		
Onion & Goat Cheese Pizza	8.00	Smoked Duck Pizza	10.00
Flatbread, caramelized onions, goat cheese, arugula		Flatbread, smoked duck, fresh Mozzarella, basil pesto	
Argentinian Chorizo Pizza	8.00	Irish Bangers & Mash	8.00
Flatbread, Argentinian chorizo, Chimichurri, onion		Irish sausages, mashed potato, gravy	
Smoked Fish Plate	11.00	Tuna Tartare	14.00
Smoked Mahi and smoked salmon with chopped egg, capers, tomato, onion, Horseradish sauce and crackers		Tuna tartare with sesame oil, scallions, peppers, onion Jalapeños	
Cheese & Fruit	11.00	Grilled Chicken Skewers	9.00
A selection of artisanal cheese with apples & pears		Skewers of yogurt-marinated chicken and veggies	
Crab & Spinach Dip	13.00	Green Lip Mussels	11.00
Served with pita wedges		Steamed with white wine, garlic, butter	
Fried Calamari	10.50	Tomato, Mozzarella & Basil	8.00
Served with Thai chili sauce		Drizzled with olive oil	
Hummus Platter	10.00	Pan-Fried Mozzarella	8.50
Served with pita bread, cucumber, celery, carrots, red onions, Kalamata olives, Roma tomato, and Feta		Lightly breaded and fried Mozzarella wedges with Marinara sauce	
Nachos Grande	7.50	Scottish Egg	6.00
Cheddar cheese, tomatoes, onions, olives, Jalapeños, guacamole, salsa, sour cream		A hard-boiled egg, wrapped in pork country sausage and bread crumbs and deep-fried	
With Beef or Veggie Chili	10.50	Vegetarian Sausage Version	6.00
With Grilled Chicken	12.50		

Soups

Vegetarian Chili

bowl **6.00**
cup **3.50**

Keith's Ghost of Terlingua Chili

bowl **7.00**
cup **4.50**

Soup of the Day

bowl **6.00**
cup **3.50**

Salads

Ladykiller Salad small 13.00/large 18.00

Fresh romaine lettuce with shrimp, julienned peppers olives, onion, peperoncini, white Cheddar, Parmesan, hardboiled eggs and bacon, in a sesame ginger vinaigrette topped with jumbo lump crab

Mediterranean Tuna Salad 17.00

Grilled tuna steak with white beans, Kalamata olives fresh Mozzarella, hearts of palm, tomato and hardboiled egg over mixed greens tossed in a basil pesto vinaigrette

Jane's Ultimate Salad 17.00

Blackened tuna, blackened salmon, diced apples, mangoes, pears, avocado over chopped greens

Grilled Shrimp, Corn & Avocado Salad 17.00

Grilled shrimp, yellow corn, avocado, roasted red pepper red onion, tomato, tortilla chips and cilantro over romaine lettuce tossed in Cilantro Pepita dressing

Cobb Salad 13.00

Grilled chicken tenderloins, mixed greens, Bleu cheese tomato, avocado, bacon, hard-boiled egg

Bleu Steak Salad 14.00

Thin strips of bistro steak, mixed greens, roasted vegetables, crumbled Bleu cheese

Trivia Salad 13.00

Grilled chicken, black beans, onions, peppers, tomato, avocado and cilantro over romaine lettuce

Spicy Beef Salad 14.00

Marinated steak strips, cucumber, tomato, red onion, cilantro, mint tossed in sesame ginger dressing

Hearts of Palm Salad 9.00

Hearts of palm, Feta, mushrooms, cherry tomato Arugula, Romaine, lemon olive oil

Roasted Beets & Arugula Salad 9.00

Red and golden beets, arugula, goat cheese, walnuts

Spinach Salad 9.00

Baby spinach, Gorgonzola, red onion, apples, walnuts roasted red peppers

Greek Salad 8.00

Romaine, Feta, tomatoes, Kalamata olives, cucumbers red onion, peperoncini

Garden Salad 8.00

Mixed greens, tomatoes, cucumbers, mushrooms carrots, red onion, sprouts

Caesar Salad 7.00

Romaine, croutons, Parmesan, pine nuts

Add Grilled or Blackened Chicken \$6

Add Grilled or Blackened Salmon \$10

Add Grilled or Blackened Tuna \$10

Add Grilled or Blackened Bistro Steak \$7

Add Grilled or Blackened Shrimp \$8

Add Jumbo Lump Crabcake \$12

Salad Dressings

Balsamic Vinaigrette, Basil Pesto Vinaigrette, Bleu Cheese, Cilantro Pepita, Gorgonzola Vinaigrette, Lemon and Olive Oil, Ranch, Roasted Garlic Parmesan, Raspberry Vinaigrette, Sesame Ginger Vinaigrette

Sandwiches

All sandwiches served with spicy coleslaw and shoestring fries

Crabcake Sandwich 5 oz Jumbo Lump crabcake, tomato, lettuce, roll	15.00	American "Kobe" French Dip Sliced American Kobe beef with Provolone on a hard roll, Au Jus	15.00
Bison Burger 8 oz. Bison patty, choice of cheese, lettuce tomato, red onion	14.00	Cheeseburger 8 oz. Black Angus beef, choice of cheese, lettuce tomato, red onion	12.00
Turkey Burger Ground turkey patty, choice of cheese, lettuce tomato, red onion	11.00	Black Bean Burger Black bean patty, lettuce, tomato, onion, sprouts	10.00
Five-O Club Sandwich Turkey, bacon, lettuce, tomato, Russian dressing, on rye	12.00	Doo's Grilled Ham Sandwich Grilled ham, Fresh Mozzarella, sundried tomato, basil, spinach on focaccia	12.00
Grilled Monte Cristo Grilled turkey breast, grilled ham, Swiss cheese, Texas French toast, side Melba sauce	12.00	Turkey Reuben Grilled seasoned turkey, sauerkraut, Swiss cheese Russian dressing, on rye	12.00
Blackened Chicken Club Blackened chicken breast, bacon, lettuce, tomato Russian dressing on Texas toast	12.00	Grilled Chicken Pesto Grilled chicken, basil pesto, Provolone, Roasted red pepper, on focaccia	12.00
Grilled Vegetable Focaccia Grilled Portobello, Feta, eggplant, tomato, spinach, sprouts, roasted red peppers, Provolone & fresh basil on focaccia with guacamole	13.00	Caprese Gaio Sandwich Fresh Mozzarella, tomato, spinach, sundried tomato, Basil pesto on focaccia	12.00
Choripan Grilled Argentinian chorizos on a baguette with Chimichurri	11.00		

Grilled Cheese 6.50 PB&J 6.50 Applewood-Smoked BLT 6.50

Cheese Choices

American, Blue Cheese, Cheddar, Pepper Jack, Provolone, Swiss

Lunch Entrees

Meatloaf Served with mashed potatoes, brown gravy, veggies	13.00	Hot Open-Faced Turkey Hot sliced turkey with gravy, mashed potato, cranberry over white bread	10.00
Chicken Fajitas Grilled chicken, tortillas, green peppers, onions, Cheddar and Monterrey Jack cheeses, salsa	12.00	Steak Fajitas Grilled steak, tortillas, green peppers, onions, Cheddar and Monterrey Jack cheeses, salsa	13.00
Steak & Shrimp Fajitas Grilled steak, grilled shrimp, tortillas, green peppers, onions, Cheddar and Monterrey Jack cheeses, salsa	15.00	Shrimp, Beans & Rice Sautéed shrimp with black beans and rice tossed with green onions in curry and coconut rum	15.00
Jerk Chicken Jerk spice chicken with mango salsa, pita	12.00	Chicken Chipotle with Rice Sautéed chicken, onion, peppers, walnuts in Chipotle sauce	12.00

Burritos, Tacos, & Quesadillas

Burritos served with tortilla chips and salsa

Engine #2 Firehouse Burrito	12.00	Chicken Burrito	10.00
Black Angus beef, green onion, black beans, tomato chipotle sauce, Cheddar Jack cheese		Grilled chicken, onions, peppers, lettuce, tomato, black beans, Cheddar Jack cheese	
Black Bean Burrito	9.00	Eric's Southwestern Burrito	12.00
Black beans, tomatoes, onions, lettuce, Cheddar Jack cheese		Steak, green peppers, onions, tomato, rice, lettuce Cheddar Jack cheese	
Duck Tacos	15.00	Blackened Fish Tacos	13.00
Three pulled duck tacos with tomatillo avocado salsa on flour tortillas		Three blackened Mahi Mahi tacos with lettuce, pico de gallo and tartar sauce on blue corn tortillas	
Steak Quesadilla	13.00	Chicken Tacos	10.00
Grilled steak, Cheddar Jack cheese, onions, peppers, lettuce, tomato		Marinated chicken, salsa picante, blue corn tacos lettuce, sour cream	
Buffalo Chicken Quesadilla	12.00	Vegetable Quesadilla	12.00
Grilled chicken, bacon, tomatoes, onions, lettuce Blue cheese, Cheddar Jack cheese, Buffalo sauce		Black beans, peppers, tomatoes, onions, spinach, Cheddar Jack cheese	

Wraps

All wraps served with spicy coleslaw and shoestring fries

Blackened Tuna Wrap	15.00	Peking Duck Wrap	15.00
Blackened tuna steak with cucumber, avocado, lettuce, tomato and red pepper sauce		Pulled duck, cucumber, red pepper, scallions, arugula, and Hoisin sauce	
Blackened Chicken Caesar Wrap	12.00	California Chicken Wrap	12.00
Sliced blackened chicken breast, romaine, Caesar dressing pine nuts, Parmesan cheese		Grilled chicken breast, guacamole, cucumber, lettuce side Sesame Ginger dressing	
Smoked Salmon Wrap	13.00	Sante Fe Chicken Wrap	12.00
Smoked salmon, light cream cheese, tomatoes red onion, capers, lettuce		Grilled chicken, Provolone, bacon, lettuce, BBQ sauce	
Buffalo Shrimp Wrap	13.00	Jenny Wrap	13.00
Sautéed shrimp in buffalo sauce with bacon, tomato, Blue cheese, lettuce		Sautéed chicken, spinach, roasted red pepper, black olives, eggplant, and Feta	
Chipotle Chicken Wrap	12.00	Vegetable Wrap	13.00
Sautéed chicken, corn, onion, peppers, lettuce and Chipotle mayonnaise		Roasted vegetables, Portobello, hummus, Feta	

Substitute onion rings, side garden salad or Chef's veggies for additional **3.00**