# **SANDWICHES**

## 

Apple wood smoked ham with pepper jack cheese, balsamic onion jam, with lettuce and tomato, on a brioche bun. 660 cal \$8.09

## CLUB SANDWICH 🙄 🕒

Honey turkey, bacon, swiss, cheddar, ham, lettuce, mayo, on wheatberry bread. 645 cal \$8.49

### BUFFALO CHICKEN PANINI 🕲 🖸 🔘

Oven roasted chicken, bleu cheese, buffalo sauce, lettuce and tomato, on a flatbread. 500 cal \$8.69

### THE FLOWER POWER ON

Fresh mozzarella, basil, lettuce, balsamic onion jam, pesto mayo, and tomatoes on panini flatbread. 600 cal \$8.69

# Metropolitan Deli

## ITALIAN SUB 🔍 🗉 🔘

Salami, smoked ham, pepperoni, provolone cheese, shredded lettuce, tomatoes, red onions & Italian dressing, on a sub bun. 770 cal \$9.49

#### THE BLACK SQUIRREL W 🗉 🛯 🔊

Roast beef, smoked cheddar, onion jam, lettuce, and horsey sauce, on Wheatberry bread. 685 cal \$9.49

#### METROPOLITAN EXPRESS w 🔊 s Oven roasted chicken, bacon, ranch, cheddar cheese, spinach, red onions on a wrap. 665 cal \$9.59



Univer: Culinar

# SALADS

## THE VARSITY SALAD

Greens, smoked ham, egg, tomatoes, banana peppers, croutons, red onion, honey mustard. 325 cal \$7.89

## THE SQUAD SALAD 🛛 🖸

Oven roasted chicken, buffalo sauce, smoked blue cheese, red onions, greens, tomatoes, ranch. 485 cal \$7.89

## GRILLED CHICKEN CAESAR SALAD 0 3 3 7

Chicken, romaine lettuce, parmesan cheese, croutons, and Caesar dressing. 640 cal \$7.89

# Metropolitan Deli

## **GREEK SALAD**

Greens, feta, olives, tomatoes, onions, banana peppers & Greek vinaigrette. 390 cal \$8.29

## SOUTHWEST SALAD 🐽 🗈

Honey turkey breast, olives, red onion, cheddar cheese, tortilla strips, tomatoes, avocado ranch, green. 530 cal \$8.29





CHIPS \$1.49



SPECIALTY PICKLE 12 cal \$2.09

## WHOLE FRUIT \$1.09

\*Gluten Free Wraps & Flatbreads available upon request.

- Wraps: 140 cal/2 slices 👽 😨

- Flatbreads: 510 cal/2 slices 👽 🚾



# Metropolitan Deli

**Create Your Own** 

Salad - \$8.59

**Sandwich – \$9.89** 

#### Make It A Combo!

- Add fruit OR chips & a drink for \$3.49
- Add a cookie to your combo for .50¢

Hours of Operation – Eastway Monday–Friday: 10:00 a.m. – 10:00 p.m. Saturday & Sunday: Noon. – 8:00 p.m.