

Metro market CAFE

a world of flavor

SPRING 2007 MENU

PASTRIES

Coffee Cake /Freshly Baked Scones	3.00
Fruit Galettes, Individual Tarts, Crostatas, Etc.	4.25
Assorted Metro Market Cookies	1.75
Biscotti	1.25

BREAKFAST

Our Own Blueberry-Maple-Walnut Granola Cup
with cold or steamed milk 3.75

Frittata of the Day plated with fruit or salad
or grilled as a panini breakfast sandwich
7.75 ½ 5.00

Featherbed Stuffed French Toast
filled with seasonal fruit & served with fresh fruit
and real maple syrup. 7.75 ½ 5.00

GRILLED PANINI

Rosemary-Roasted Vegetable
& provolone 7.50 ½ 4.75

Turkey Breast with Provolone
& walnut-parsley pesto 7.50 ½ 4.75

Honey Ham with Swiss
& rosemary mustard 7.50 ½ 4.75

Grilled Cheese with Provolone, cheddar, or swiss
5.75 ½ 3.75

seasonal outdoor garden patio seating
Rent event/meeting space in the Meridian
and we can provide food & staff
...see our new boxed lunch menu for large groups

BAGUETTE SANDWICHES

Tuna Salad 'Niçoise' albacore with olives, capers & sun-dried tomatoes	6.50 ½ 4.00
Peppered Roast Beef with roasted red pepper aioli & organic greens	7.25 ½ 4.00

WRAPS

Whole Wheat Tortilla filled with Middle Eastern Spiced Chickpea Spread, Carrots, English Cucumbers & Organic Greens	6.00 ½ 4.00
Spinach Tortilla filled with Caesar Salad and Lemon-Roasted Chicken Breast	6.75 ½ 4.00

SOUPS

Cup of Soup with Focaccia	4.50
Bowl of Soup with Focaccia	6.00
Cup of Soup & any 1/2 Sandwich	8.00

SALADS

Organic Greens dressed with balsamic vinaigrette, served with focaccia	4.50/6.75
Caesar with Romano & herbed croutons	4.50/6.75

Add Lemon-Roasted Chicken Breast
slices to either salad 2.50

Add Tuna 'Niçoise' 2.50

Small Salad & 1/2 Sandwich 8.00

Focaccia	.50
Tim's Cascade Potato Chips	.75
Sliced Fresh Fruit Plate	3.50/5.50
Whole Organic Fruit	1.50
Greek-style Yogurt	2.50
Perrier	2.00
Still Water	1.00
Juice/Soda	2.00

Reservations requested for parties of 6 or more,
gratuities appreciated

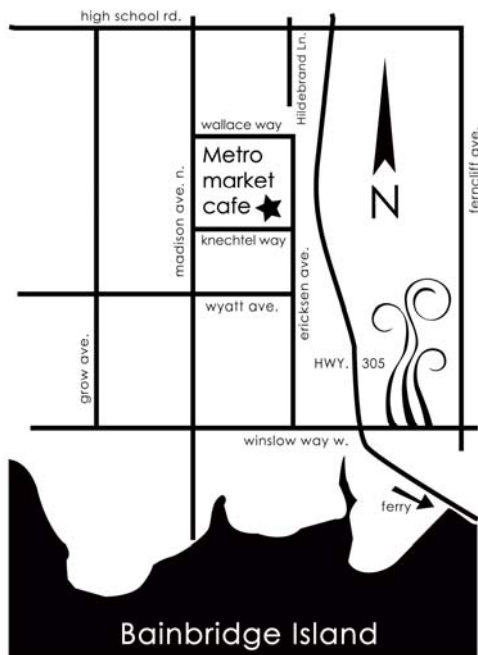
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Monday-Friday 9am - 3pm

Closed Saturdays and Sundays

**cafe available after hours
for private events**



360 Knechtel Way

Bainbridge Island, WA 98110

www.metrocatering.com

p. 206.842.4114

Metro market SOUPS

Current Frozen Quart Selection: 14.00

(Ask us what's on hand today!)

- ❖ Asparagus-Potato-Leek
with herbes de provence
- ❖ Beet-Vegetable Borscht
- ❖ Butternut Squash-Potato-Leek
- ❖ Caramelized Onion & Gold Potato
- ❖ Curried Carrot-Apple
- ❖ Fresh Ginger Carrot
- ❖ Indonesian Coconut Almond
with greens & squash
- ❖ Italian White Bean
with lemon & rosemary
- ❖ Lemon-Curried Cauliflower
- ❖ Lentil with Fresh Tarragon
- ❖ Red Lentil Dal *with garam masala*
- ❖ Southwest Tomato-Squash
with chili
- ❖ Spicy Brazilian Black Bean
with orange & jalapeño
- ❖ Tomatillo-Corn Chowder
with fresh cilantro
- ❖ Tomato-Polenta *with White Corn*
- ❖ West African Yam Peanut
- ❖ Yellow Split Pea *with fresh marjoram*

Metro market CATERING

**...For events grand or intimate, around the Sound or
at the Meridian building**

Cafe: 206.842.4114 Catering: 206.842.8524