



BREAKFAST STANDARDS

Homemade granola	2.95
Bagel	
<i>homemade cream cheese</i>	2.50
<i>sausage or bacon. and cheese</i>	4.95
<i>salmon, tomato and capers</i>	7.95
Croissant with local jarred jelly	3.50
Eggs any style with homefries and toast	3.50
Sweet Potato Waffle and syrup	6.95
Farmer's skillet scramble with vegetable hash	10.95
<i>egg white option</i>	8.95
Skillet	
Seafood Skillet	10.95
Seasonal Veggie Skillet	10.95
Meat Skillet	10.95
Benedicts	
Traditional, Crab or Pork Belly	9.95
Biscuits and gravy	
Country ham, duck confit or tofu sausage	9.95
Three pancakes, bacon or sausage	8.95

BREAKFAST SPECIALTIES

Oatmeal rissoto with seasonal fruit	6.95
<i>Italian rice cooked with broth and grated cheese plus other ingredient</i>	
Potato Cakes with Smoked Salmon and Fresh Creme	8.95
L.A. Breakfast	
<i>Asparagus, mushrooms, egg whites and goat cheese. With side of fresh fruit</i>	8.95
'Skinny' Breakfast	
<i>Egg white omelette with spinach and low-fat feta cheese</i>	8.95
Cowboy Breakfast	
<i>Steak, barbeque beans and eggs</i>	9.95
The Hangover	
<i>A breakfast flatbread with bacon, sausage and three fried eggs and hot sauce bottle</i>	8.95

BRUNCH COCKTAILS

ASK YOUR SERVER

KID'S MENU

EGGS & SOLDIERS	
Hard boiled egg with toasted flatbread strips	2.50
CHOCOLATE CHIP PANCAKES	
Homestyle pancakes with chocolate and bananas	4.00
SCRAMBLED EGGS	
One egg scrambled, topped with melted cheese	2.50

SIDES

Bacon or sausage	2.95
Home fries	3.50
Pancakes (each)	2.50
Extra egg	1.95
Potato cakes	2.95

JUICE FRESH-SQUEEZED STANDARDS

Orange	3.50
Apple	3.50
Carrot	3.50
Beet	3.50
Watermelon	3.50

MARA'S JUICES

HEALTHFUL, REFRESHING INVENTIONS BY JUICE MAVEN, MARA DIAKOULAS

Garden Goddess	
<i>carrot, parsley, beet, celery, tomato and ginger</i>	4.50
Know the Glow	
<i>carrot, apple, beet, ginger</i>	4.50
Metro OJ	
<i>carrot, orange, ginger</i>	4.50
Farmer's Wife	
<i>watermelon, cucumber, apple, basil</i>	4.50
Detox Cocktail	
<i>carrots, spinach, parsley, celery, lemon</i>	4.50

COFFEES

Fresh roasted coffee	2.00
Café latte	3.25
Cappuccino	3.50
Espresso	2.00
Macchiato	3.00
<i>Traditional or American</i>	
Flat white	3.50
Café au lait	3.25
Mocha	2.95
Americano	2.50
With flavours	3.95

ABOUT US

Metropolitan specializes in farm-to-table cooking. We strive to source our ingredients from local farms and purveyors. We incorporate sustainable, earth-friendly, grassfed and healthy into our philosophy.

Our menu is printed on paper stock certified by the World Wildlife Fund and the Rainforest Coalition using 100% recycled, 30% post-consumer-waste.