Metro Deli Menu

Salads
Greek Salad $5.99
Greens, Feta, olives, tomatoes, onions, banana peppers & Greek vinaigrette.
390 cal: Contains: Milk & Vegetarian

Caesar Salad $6.99
Chicken, romaine lettuce, Parmesan cheese, croutons, and Caesar dressing.
640 cal: Contains: Egg, Milk, Fish & Tree Nuts

The Varsity $6.99
Greens, smoked ham, egg, tomatoes, banana peppers, croutons, red onion, honey mustard.
325 cal: Contains: Egg

Southwest Salad $6.99
Chipotle honey turkey breast, olives, red onion, cheddar cheese, tortilla strips, tomatoes, avocado ranch, greens.
530 cal: Contains: Milk & Egg

The Squad $6.99
Chipotle rubbed chicken, buffalo sauce, smoked blue cheese, red onions, greens, tomatoes, ranch.
485 cal: Contains: Milk & Egg

Sandwiches
Buffalo Chicken Panini $7.99
Chicken breast, Bleu cheese buffalo sauce, lettuce, and tomato, on a flatbread.
500 cal: Contains: Wheat, Egg & Milk

Italian Sub $8.99
Salami, smoked ham, provolone cheese, shredded lettuce, tomatoes, red onions & Italian dressing, on a sub bun.
900 cal: Contains: Wheat, Egg & Milk

The Eastway $7.99
Applewood smoked ham with Pepper jack cheese, bacon jam, with lettuce and tomato, on a brioche bun.
660 cal: Contains: Wheat, Egg, Soy, Sesame & Milk
**Italian Sub**

$8.99

*Roast beef, smoked cheddar, onion jam, lettuce, and horsey sauce, on Wheatberry bread.*

685 cal: Contains: Wheat, Soy, Egg & Milk

**The Flower Power**

$7.99

*Fresh mozzarella, basil, lettuce, balsamic onion jam, pesto mayo, and tomatoes on panini flatbread.*

595 cal: Contains: Wheat, Milk & Vegetarian

**Connor Special**

$8.99

*Oven roasted turkey, spicy chipotle ranch, brioche bun, smoked cheddar & Spinach.*

695 cal: Contains: Wheat, Egg, Sesame & Soy

**The Schwebel Club Sandwich**

$7.99

*Chipotle honey turkey, bacon swiss, cheddar, ham, lettuce, mayonnaise, on Wheatberry bread.*

645 cal: Contains: Wheat, Soy & Milk

**Metropolitan Express**

$8.99

*Oven roasted chicken, bacon, ranch, cheddar cheese, spinach, red onions on a wrap.*

665 cal: Contains: Wheat, Egg & Milk

**Sides**

- **Specialty cookie** $2.99
  460 cal: Contains: Wheat, Egg, Soy & Milk
- **Chips** $1.29
- **Deli Pickle** $1.29
  12 cal
- **Fountain Drink** $1.89

Make it a combo with chips & a drink $2.69
Add a cookie for $3.29

*Udi’s Gluten Friendly Bread available upon request*

140 cal/2 slices  Contains: Egg