Signature Breakfast Sandwiches .............................$4.25

Californian Benedict - Egg, Roasted Turkey, Tomato, Sliced Avocado, and Hollandaise Sauce and cheddar cheese on a Multi Grain Bagel

Eastman - Egg, Angus Roast Beef, with Grilled Onions, and Pepper Jack Cheese and Cajun Aioli on a English Muffin

Elmwood - Egg, Deep Fried Chicken Breast, Buffalo Wing Sauce, Lettuce, Tomato, Cheddar Cheese and Ranch Sauce on a Pumpernickel Bagel

Genesee - Egg, Sautéed Mushrooms, Swiss Cheese, Lettuce, Tomato with Peppercorn Mayonnaise on a English Muffin

Charlotte - Egg, Spinach, Feta Cheese, and Tomato on a Croissant

Manhattan - Egg with Sausage, Peppers and Onions, Swiss Cheese and Dijon Mayonnaise on a Rye Bagel

Classic Breakfast Sandwiches
Egg, choice of Ham, Sausage, Turkey Sausage or Bacon on a Bagel, Croissant, English Muffin or Gluten Free Roll with choice of Cheese

*Make any sandwich a Healthy Skinny with Low Calorie Eggs

Soup features rotate on a daily basis.

Beef and Bleu – Mixed Greens with Angus Beef Cheddar Cheese, Caramelized Onion Tomatoes with Bleu Cheese Vinaigrette

Classic Caesar – A Mixture of Romaine, Parmesan Cheese, and Topped with House made Croutons. Available with chicken or smoked salmon

Classic Chef – Ham, Smoked Turkey, Onion, Tomato, Cucumber, Swiss Cheese, and Sliced Hard Boiled Eggs on a bed of Salad Mix

Thai Chicken – Marinated Chicken, Mandarin Oranges, Chow Mein Noodles, Sliced Toasted Almonds, Green Pepper, Tomato and Sesame Dressing over Fresh Spinach

Salad Dressing Offerings
- Peppercorn Ranch
- Bleu Cheese
- House Italian
- Balsamic Vinaigrette
- Sesame Ginger
- House Caesar
- French
- Russian
- Lemon Oregano Vinaigrette
- Creamy Apple Cider Vinaigrette
- Maple Mustard

*All Salads topped with Metro Deli bagel croutons

Metro Deli @ the Courtyard Café
University of Rochester Medical Center G.6125
nutrition.urmc.edu/metrodeli
585-276-1212
Signature Sandwiches ...............................................$6.99

Metro Deli Reuben – Choice of Corned Beef, Pastrami or Smoked Turkey topped with Swiss Cheese, Russian Dressing and Sauerkraut on Marbled Rye

The New Yorker – Corned Beef, Pastrami, Provolone Cheese, Brown Mustard on Marbled Rye

Texan – Roast Beef, Cheddar Cheese, Grilled Onions, Lettuce, Tomato, Creamy Horseradish Sauce on a Ciabatta Roll

Black and Blue – Angus Roast Beef, Balsamic Onions, Leafy Greens, Sliced Bleu Cheese, on a baguette

Yellow Jacket – Ham, Smoked Turkey, Angus Roast Beef topped with Pepper Jack Cheese, Lettuce, Tomato and Chipotle Mayonnaise on a Focaccia Roll

Mt Hope – Sliced Deep Fried Chicken Breast topped with House Bacon, Swiss cheese, Lettuce and Tomato and Dijon Mayonnaise on a Sub Roll

Little Italy – Hard salami, pepperoni, Ham with Smoked Provolone, Lettuce, Tomato, Onion and Metro Deli Sub Oil on a Sub Roll

California – Roasted Turkey, Sliced Avocado, Provolone Cheese, Lettuce, Tomato, Red Onion and Roasted Tomato Aioli on a Focaccia Roll

Cuban – Smoked pork, ham, Pickles, Swiss Cheese and Maple Mustard on a Ciabatta roll

The Highland – Roasted Assorted Seasonal Vegetables topped with Mascarpone Cheese, Basil Aioli on a Focaccia Roll

Don’t see a sandwich that you like? We’ll customize one for you.

Bread choices – Baguette, Pretzel Roll, Focaccia Roll, Marbled Rye, White or Wheat Sub Roll, Sourdough, Ciabatta Roll, Gluten Free Roll

Signature Salads .......................................................$6.99

Turkey Bacon Gouda – Mix greens, Roasted Turkey, Bacon, Tomato, Onion, Gouda Cheese and Maple Mustard Dressing

Mediterranean Chicken – Romaine with Chicken, Feta Cheese, Artichokes, Kalamata Olive, Onion, Tomato and Lemon Oregano Dressing

Chicken Bacon Ranch – Iceberg and Romaine with Chicken, Crumbled Bacon, Tomatoes, Onion, Green Peppers, Cheddar Cheese and Ranch Dressing

Harvest Chicken – Spinach with Chicken, Apples, Walnuts, Crumbled Bleu Cheese, and Caramelized Onions with Apple Cider Vinaigrette

Smoked Salmon – Mixed Greens Topped with Smoked Salmon, Capers, Red Onions, Sliced Hard Boiled Egg, and Dill Ranch Dressing

Grilled Vegetable – Romaine Topped with grilled Seasonal Vegetables, Feta Cheese and Lite Balsamic Vinaigrette