**BREAKFAST SANDWICHES**

**Signature Breakfast Sandwiches** .................................................$3.99

**California 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

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**DAILY SOUPS**

Soup features rotate on a daily basis.

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

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**SIGNATURE SALADS**

**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

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**GRAB & GO**

- Small Fresh Fruit Cup
- Large Fresh Fruit Cup
- Blueberry Yogurt Parfait
- Strawberry Yogurt Parfait

- Quick Service Oatmeal Cups
- Quick Service Grits Cups
**SPECIALTY BAGELS**
- Cinnamon Raisin
- Pumpernickel
- Egg
- French Toast

Toasted Bagel with choice of topping
- Regular Cream Cheese
- Light Cream Cheese
- Garden Vegetable Cream Cheese
- Strawberry Cream Cheese

**SPECIALTY PASTRIES**
- Muffins: Buttermilk Blueberry, Apple Cinnamon, Double Chocolate, Lemon Cranberry
- Scones: Cranberry Orange, Blueberry
- Croissants & Danishes: Apple Crown, Raspberry Crown, Maple Pecan Plait, Cheese Plait, Plain Croissant, Chocolate Filled Croissant, Cinnamon Roll

**SIGNATURE SANDWICHES**

**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

**SIGNATURE SALADS**

**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

**The Wilson** – Ham piled high with Pickles, Honey Mustard and Swiss cheese on a pretzel roll

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

**Meat choices** – Roasted Turkey, Ham, Deep Fried Chicken Breast, Angus Roast Beef, Corned Beef, Pastrami, Hard Salami, Pepperoni, Tuna Salad, Chicken Salad

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

**SIGNATURE SALADS**

- **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