



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



GRAB & GO

Small Fresh Fruit Cup

Quick Service Oatmeal Cups

Large Fresh Fruit Cup

Quick Service Grits Cups

Blueberry Yogurt Parfait

Strawberry Yogurt Parfait



SIGNATURE SALADS *continued*

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

Russian

Bleu Cheese

Lemon Oregano Vinaigrette

House Italian

Creamy Apple Cider Vinaigrette

Balsamic Vinaigrette

Maple Mustard

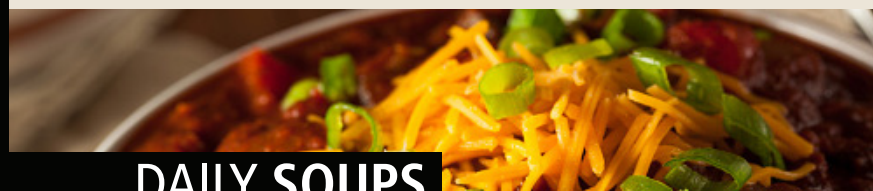
Sesame Ginger

*All Salads topped with

House Caesar

Metro Deli bagel croutons

French



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



METRO DELI®



SPECIALTY BAGELS

Cinnamon Raisin	Rye	Everything
Pumpnickel	Multi Grain	Poppy Seed
Egg	Cranberry Orange	
French Toast	Cheddar	

Toasted Bagel with choice of topping

Regular Cream Cheese	Peanut butter
Light Cream Cheese	Hummus
Garden Vegetable Cream Cheese	Salmon Spread
Strawberry Cream Cheese	



SPECIALTY PASTRIES

Muffins	Scones
Buttermilk Blueberry	Cranberry Orange
Apple Cinnamon	Blueberry
Double Chocolate	
Lemon Cranberry	

Croissants & Danishes

Apple Crown	Plain Croissant
Raspberry Crown	Chocolate Filled Croissant
Maple Pecan Plait	Cinnamon Roll
Cheese Plait	



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

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