



## BREAKFAST SANDWICHES

**Signature Breakfast Sandwiches** .....\$4.25

**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

Large Fresh Fruit Cup

Blueberry Yogurt Parfait

Strawberry Yogurt Parfait

Quick Service Oatmeal Cups

Quick Service Grits Cups



## 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

Bleu Cheese

House Italian

Balsamic Vinaigrette

Sesame Ginger

House Caesar

French

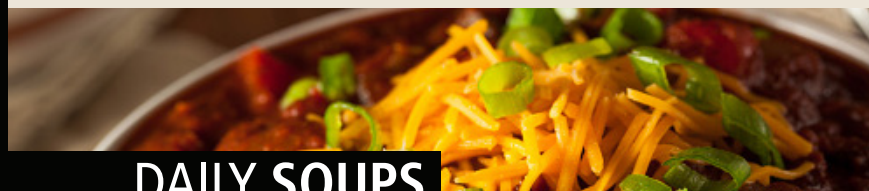
Russian

Lemon Oregano Vinaigrette

Creamy Apple Cider Vinaigrette

Maple Mustard

\*All Salads topped with Metro Deli bagel croutons



## 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](http://nutrition.urmc.edu/metrodeli)  
585-276-1212



# METRO DELI®



## SPECIALTY BAGELS

Cinnamon Raisin	Rye	Everything
Pumpernickel	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

- Buttermilk Blueberry
- Apple Cinnamon
- Double Chocolate
- Lemon Cranberry

### Croissants & Danishes

- Apple Crown
- Raspberry Crown
- Maple Pecan Plait
- Cheese Plait

### Scones

- Cranberry Orange
- Blueberry



## 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