

Espresso • Coffee • Tea

Espresso single 1.25 double 1.95 extra shot 0.55

Cappuccino regular 3.50 large 4.25

Latte regular 3.75 large 4.50

Americano regular 3.75 large 4.50

Mocha regular 3.75 large 4.50

Frappe blended frozen coffee; choice of caramel, vanilla or mocha 4.95

CT

Regular or Decaf (iced or hot) 2.25

Metro Custom Blend (*Indonesian, African & French beans*)

Iced Tea (black or green) 2.25

Add Flavor 0.25

Hot Tea (select varieties available) 2.25

Hot Chocolate 2.25

Sub Soy or Almond Milk 0.50

Add Caramel 0.50

Smoothies

Strawberry-Huckleberry-Blueberry 5.95

Banana-Nutella 5.95

SM

Workout Protein Blast 5.95

Add whey protein 0.95/scoop

Non-dairy available upon request

Add Evil Shot (any well alcohol) 2.00

Refreshers

Fountain Drinks (coke, diet coke, sprite, sprite zero, dr. pepper) 2.25

R

Fresh Squeezed Lemonade 2.95

Fresh Squeezed OJ 3.95

Cranberry, Pineapple, Grapefruit Juice 3.95

Desserts

D

Fresh, House made Desserts your server will present today's selections

Affogato vanilla bean ice cream topped w/shot of espresso 4.95

Fresh Fruit Bowl 2.95

Weekend Brunch (Sat-Sun 9am-2pm)

Big City Breakfast* Two eggs any style, homestyle potatoes, choice of bacon, ham or sausage and wheat, white or english muffin **8.95**

Bagel w/Smoked Salmon Fresh-baked plain bagel w/salmon, cream cheese, tomato, caper & onion **8.95**

Rocky Mountain French Toast Thick tender-battered toast w/huckleberry syrup & choice of ham, bacon or sausage **8.95**

Met Benedict* Poached eggs over english muffin w/roasted garlic cream cheese & hollandaise sauce w/potatoes **8.95** *Add ham, bacon, smoked salmon, pesto & prosciutto, or spicy pork 2.95 ea*

Met Fit Frit* Egg white fritatta w/chicken, mushroom, berebere spice, tomato, green onion & avocado served w/field salad **9.95**

Capitol Potato Bake* Homestyle potatoes baked w/cheddar, onions, tomato, sausage, bacon & topped w/choice of poached, scrambled, fried eggs or egg whites w/white or wheat toast **9.95**

Zona Rosa* Whole wheat tortilla, egg, potato & cheese burrito & enchilada sauce, topped w/spicy chicken or pork, salsa, cilantro, jalapeños, green onion, tomato, sour cream & cheese **9.95**

Crepe a la Met w/powdered sugar & jam **5.95**

- Add strawberry-huckleberry 1.95
- Add nutella 1.95
- Add orange marmalade, brie & rosemary 2.95
- Add ham, aioli, green onion & gruyere 3.95
- Add egg inside 1.00
- Add banana 1.00

Bagel, Egg, Tomato & Cheddar Sandwich* **5.95**

Add bacon or ham 1.75

Egg, Potato & Cheese Whole Wheat Burrito* **5.95**

Add bacon or ham 1.75

Homemade Cinnamon Pecan Flax Granola w/almond milk, apples & berries served w/choice of toast or english muffin **5.95**

Organic Whole Grain or Oatmeal Hot Cereal w/brown sugar, apples, berries served w/choice of toast or english muffin **5.95**

Yogurt, Fruit & Toast Greek yogurt, fresh cut fruit & choice of toast or english muffin **5.95**

On The Side

Bagel w/garlic or regular cream cheese or jam & butter **2.95**

Bacon or Sausage (2pcs) 1.75 (4pcs) 3.25 or Ham 3.25

Roasted Potatoes 2.95 or Cross-Cut Fries 1.95

1 Egg* 1.95 or 2 Eggs* 3.50

Toast choice of white, whole grain or english muffin **1.95**

Fresh Fruit Bowl 2.95

Greek Yogurt 2.95

20% Gratuity Added to Parties of 6 or More. No outside food or beverage allowed per health code. No firearms.
*Maricopa County Health Department requires that we inform you eating raw or undercooked meats or seafood increases your risk of food borne illness.