



# MORNING MENU



## TOAST

MADE ON RUSTIC CUT PUGLISE BREAD

- Fruits and Nuts** 5  
Almond butter, local honey, banana or seasonal fruit  
*substitute peanut butter by request*
- Avocado Smashed** 5  
Avocado, flake salt, pepper, balsamic
- Fluffy Egg** 5.75  
Scrambled local eggs, flake salt, pepper  
*add prosciutto, ham or turkey 3.25*
- Prosciutto** 6.75  
on tomato tapenade, topped with avocado
- Metro Egg Salad Classic** 5.75  
egg salad and a few greens

## PARFAITS GF

- Fresh Fruit** 6  
Seasonal fruit or banana, yogurt,  
local honey, granola
- Preserves Local** 5  
fruit preserves, yogurt, local honey, granola

## BREAKFAST BOWLS GF

- A+B Bowl = An antioxidant powerhouse** 8  
Acai, blended with organic banana and organic  
almond milk. Topped with fruits and granola.  
*add almond butter 1*
- Eggs on Greens** 8  
Two fluffy eggs on organic arugula with feta,  
heirloom tomato and toast

## ESPRESSO + TEA

Espresso and Tea  
*Traditional and Seasonal  
of course!*



## METRO JUICE

*Our Flagship offering: Cold pressed in house from organic, local and sustainably farmed produce, resulting in deep, delicious nutrition*

**Juice ingredients change with the seasons**

<b>Juices</b>	10oz <b>6</b> / 12.5oz <b>7.5</b>
<b>Elixirs</b>	10oz <b>7.5</b>
<b>Shots</b>	vary

### COLD-PRESSED JUICE CLEANSSES

The Daily **20** / Balance-up **35** / Metro Reset **55**

**Samples joyfully offered!**  
**Check the case for today's juice selections.**



## SMOOTHIES

<b>Berry, Berry</b>	<b>6</b>
organic berries, banana, orange juice	
<b>Start Fresh</b>	<b>6</b>
organic power greens, organic peach, fresh ginger	
<b>Classic</b>	<b>7</b>
organic yogurt + berries, banana, orange juice	
<b>Blueberry Almond</b>	<b>7</b>
almonds, organic blueberry, banana, organic almond milk, orange juice	
<b>PBJ</b>	<b>7</b>
organic peanut butter, chia, organic berries, banana, apple juice	
<b>Farmstand</b>	
changes with the harvest!	
<b>Turmeric Sunrise</b>	<b>8</b>
fresh turmeric, sunflower seeds, banana, pineapple, orange juice	
<b>Matcha Kaboom</b>	<b>9</b>
matcha, chia, almond butter, organic coconut oil, organic almond milk, apple juice, organic peach, banana	

**TAKE A LOOK AT OUR MORNING, LUNCH AND EVENING MENUS**



# FROM THE DRINKERY



## ESPRESSO

Espresso	3
Americano*	3
Macchiato	3.25
Cappuccino	3.75
Latte*	4.5
Home Made Caramel Latte	5.25
Mocha*	4.75
Drip*	2.5 / 3
Decaf*	2.75
In addition:	
Extra espresso	1
Breve	1
Organic milk	.75
Organic almond milk	.75
Vanilla syrup, caramel or chocolate sauce	.75

## ICED GOODNESS

<b>Coffee* and Espresso* marked* available iced</b>	
Iced Tea	3
Cold Brew from Brass Clover	4.5
Lemonade: Fresh Squeezed	3
Kombucha on tap: rotating selections from Zeal and Kombucha Kulture	4.5 / 5.5
<b>Bottled Natural Sodas + Spring Water</b>	
Cola, root beer, ginger beer, pomegranate, pear	3
Mountain Valley Spring Water: still or sparkling	3

## TEAS

*Delightful selection of organic and thoughtfully sourced black, pu-erh, green, and herbal teas.*

*Please see our tea list.*

small pot **4** / large pot **6** / to-go **3**

*Temple Coffee roasts our espresso beans  
Chocolate Fish Coffee roasts our drip coffee beans  
Tea Cozy sources most of our tea*