

METRO 29 DINER LUNCH MENU
(Monday-Friday, 11am – 4pm)

LIGHTER FARE

SPINACH PIE served with a Small Greek Salad.....	\$ 13.45
VEGETABLE QUICHE served with a Small Greek Salad.....	\$ 13.45
BAKED VEGETABLE LASAGNA.....	\$ 13.45
TODAY'S THREE EGG OMELETTE <u>Spinach, Feta and Tomato</u> or <u>Ham and Cheese</u>	\$ 13.45

SALADS

MYKONOS SALAD Greek Salad topped with Grilled Chicken Breast.....	\$ 16.00
VICTORIA SALAD Greek Salad topped with London Broil.....	\$ 16.00
COBB SALAD Spinach, Tomato, Swiss Cheese and Bacon topped with Grilled Breast of Chicken.....	\$ 16.00
CHICKEN WALNUT SALAD Garden Salad with Chicken, Walnuts, and Raisins.....	\$ 16.00
GRILLED HONEY MUSTARD CHICKEN over Garden Salad or Spinach	\$ 16.00
CHICKEN CAESAR SALAD.....	\$ 16.00
GREEK GYRO SALAD Greek Salad topped with Gyro Meat.....	\$ 15.45
GREEK SALAD topped with Feta Cheese, Black Olives, and Anchovies.....	\$ 13.00

WRAPS

CHICKEN CAESAR Chicken Caesar served and French Fries.....	\$ 12.95
TURKEY BLT OR TUNA OR CHICKEN SALAD served with French Fries.....	\$ 12.75

SANDWICHES

*PATTY MELT served with French Fries.....	\$ 13.45
VEGGIE BURGER served over Pita Bread with a Crisp Garden Salad.....	\$ 13.45
SMOKED TURKEY CLUB Triple Decker with Smoked Turkey, Bacon, Lettuce, and Tomato.....	\$ 13.45
SMOKED TURKEY SANDWICH served on a Hero with Lettuce, Tomato, and French Fries.....	\$ 13.45
CHICKEN PARMI or EGGPLANT PARMI SANDWICH served on a Hero with French Fries.....	\$ 13.45
PHILLY CHEESE STEAK served with French Fries.....	\$ 13.45
CORNED BEEF OR TURKEY OR PASTRAMI RUEBEN served with French Fries.....	\$ 16.45
GYRO DELUXE served with a Small Greek Salad and French Fries.....	\$ 13.95
GREEK SOUVLAKI DELUXE served with a Small Greek Salad and French Fries.....	\$ 13.95

FRESH SEAFOOD

BROILED FILET OF SALMON served with Potato and Vegetable.....	\$ 16.45
BROILED RAINBOW TROUT served with Potato and Vegetable.....	\$ 16.45

ALL OF THE ABOVE ENTREES ARE SERVED WITH A CUP OF SOUP
AND CHOICE OF DESSERT (JELLO, RICE, BREAD OR CHOCOLATE PUDDING) FOR DINE IN ONLY

GRILLED CHICKEN

CHICKEN BREAST SANDWICH On Pita Bread or Hard Roll with Lettuce, Tomato and French Fries.....	\$ 16.00
CHICKEN SOUVLAKI On Pita Bread served with French Fries and a Greek Salad.....	\$ 16.00
CHICKEN GARDEN SALAD On Top a Bed of Lettuce, Tomato, Cucumbers and Pepper.....	\$ 16.00

BURGERS

*JUMBO HAMBURGER OR TURKEY BURGER.....	\$ 9.75	DELUXE.....	\$ 12.75
*JUMBO CHEESEBURGER OR TURKEY BURGER.....	\$ 10.25	DELUXE.....	\$ 13.25
*JUMBO TWIN BURGER.....	\$ 17.25	*JUMBO TWIN CHEESEBURGER.....	\$ 18.25

CLUB SANDWICHES

WHITE MEAT TURKEY, Crisp Bacon, Lettuce & Tomato served with Potato Salad or French Fries.....	\$ 13.00
TUNAFISH SALAD, Sliced Egg, Lettuce & Tomato served with Potato Salad or French Fries	\$ 13.00
CHICKEN SALAD, Crisp Bacon, Lettuce & Tomato served with Potato Salad or French Fries	\$ 13.00
BOILED HAM, Swiss Cheese, Lettuce & Tomato served with Potato Salad or French Fries	\$ 13.00
*ROAST BEEF, Crisp Bacon, Lettuce & Tomato served with Potato Salad or French Fries	\$ 13.00

OTHER METRO 29 FAVORITES

CRABCAKE DELUXE served on a Bun with Lettuce, Tomato and French Fries.....	\$ 16.95
OPEN SLICED LONDON BROIL On a Bun with French Fries, Lettuce & Tomato.....	\$ 16.50
HOT OPEN WHITE MEAT TURKEY OR ROAST BEEF OR HAM served with Potato and Vegetable..	\$ 18.95
TUNA MELT with Melted Cheese on and English Muffin or Bagel with Lettuce, Tomato and Fries.....	\$ 13.75
CHEF SALAD Turkey, *Roast Beef, Ham, Swiss Cheese & a Hard Boiled Egg.....	\$ 14.50

TODAY'S SOUP: CHICKEN NOODLE, MATZAH BALL AND SOUP OF THE DAY
VEGETABLE OF THE DAY: DAILY SPECIAL

METRO 29 DINER DINNER MENU

LIGHTER FARE

SPINACH PIE served with a Small Greek Salad.....	\$ 13.45
VEGETABLE QUICHE served with a Small Greek Salad.....	\$ 13.45

BURGERS

*JUMBO HAMBURGER OR TURKEY BURGER.....	\$ 9.75	DELUXE.....	\$ 12.75
*JUMBO CHEESEBURGER OR TURKEY BURGER.....	\$ 10.25	DELUXE.....	\$ 13.25
*JUMBO TWIN BURGER.....	\$ 17.25	*JUMBO TWIN CHEESEBURGER.....	\$ 18.25

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VICTORIA SALAD Greek Salad topped with London Broil.....	\$ 16.00
COBB SALAD Spinach, Tomato, Swiss Cheese and Bacon topped with Grilled Breast of Chicken.....	\$ 16.00
CHICKEN WALNUT SALAD Garden Salad with Chicken, Walnuts, and Raisins.....	\$ 16.00
GRILLED HONEY MUSTARD CHICKEN over Garden Salad or Spinach	\$ 16.00
CHICKEN CAESAR SALAD.....	\$ 16.00
CHICKEN GARDEN SALAD On Top a Bed of Lettuce, Tomato, Cucumbers & Peppers.....	\$ 16.00
GREEK GYRO SALAD Greek Salad topped with Gyro Meat.....	\$ 15.45
GREEK SALAD topped with Feta Cheese, Black Olives, and Anchovies.....	\$ 13.00
CHEF SALAD Turkey, *Roast Beef, Ham, Swiss Cheese & a Hard Boiled Egg.....	\$ 14.50

WRAPS

CHICKEN CAESAR Chicken Caesar served and French Fries.....	\$ 12.95
TURKEY BLT OR TUNA OR CHICKEN SALAD served with French Fries.....	\$ 12.75

CLUB SANDWICHES

WHITE MEAT TURKEY, Crisp Bacon, Lettuce & Tomato served with Potato Salad or French Fries.....	\$ 13.00
TUNAFISH SALAD, Sliced Egg, Lettuce & Tomato served with Potato Salad or French Fries	\$ 13.00
CHICKEN SALAD, Crisp Bacon, Lettuce & Tomato served with Potato Salad or French Fries	\$ 13.00
BOILED HAM, Swiss Cheese, Lettuce & Tomato served with Potato Salad or French Fries	\$ 13.00
*ROAST BEEF, Crisp Bacon, Lettuce & Tomato served with Potato Salad or French Fries	\$ 13.00

SANDWICHES AND CHICKEN

*PATTY MELT served with French Fries.....	\$ 13.45
VEGGIE BURGER served over Pita Bread with a Crisp Garden Salad.....	\$ 13.45
SMOKED TURKEY CLUB Triple Decker with Smoked Turkey, Bacon, Lettuce, and Tomato.....	\$ 13.45
SMOKED TURKEY SANDWICH served on a Hero with Lettuce, Tomato, and French Fries.....	\$ 13.45
CHICKEN PARMI or EGGPLANT PARMI SANDWICH served on a Hero with French Fries.....	\$ 13.45
PHILLY CHEESE STEAK served with French Fries.....	\$ 13.45
CORNERED BEEF OR TURKEY OR PASTRAMI RUEBEN served with French Fries.....	\$ 16.45
GYRO DELUXE served with a Small Greek Salad and French Fries.....	\$ 13.95
GREEK SOUVLAKI DELUXE served with a Small Greek Salad and French Fries.....	\$ 13.95
CRABCAKE DELUXE served on a Bun with Lettuce, Tomato and French Fries.....	\$ 16.95
HOT OPEN WHITE MEAT TURKEY OR ROAST BEEF OR HAM served with Potato and Vegetable..	\$ 18.95
TUNA MELT with Melted Cheese on and English Muffin or Bagel with Lettuce, Tomato and Fries.....	\$ 13.75
CHICKEN BREAST SANDWICH On Pita Bread or Hard Roll with Lettuce, Tomato and French Fries.....	\$ 16.00
CHICKEN SOUVLAKI On Pita Bread served with French Fries and a Greek Salad.....	\$ 16.00
OPEN SLICED LONDON BROIL On a Bun with French Fries, Lettuce and Tomato.....	\$ 16.50

FRESH SEAFOOD, STEAKS AND ITALIAN

Tossed, Greek, or Caesar Salad \$ 3.95

BROILED FILET OF SALMON served with Potato and Vegetable.....	\$ 23.95
BROILED RAINBOW TROUT served with Potato and Vegetable.....	\$ 23.95
BROILED CRABCAKES (2) served with Potato and Vegetable.....	\$ 28.95
BROILED PORK CHOPS (2) served with Potato and Vegetable.....	\$ 20.95
BROILED NY STRIP STEAK served with Potato and Vegetable.....	\$ 24.95
BROILED RIB EYE STEAK served with Potato and Vegetable.....	\$ 26.95
LONDON BROIL au jus served with Potato and Vegetable.....	\$ 22.95
MEAT LOAF served with Potato and Vegetable.....	\$ 17.95
CHICKEN CUTLET PARMIGIANA served with Spaghetti.....	\$ 18.95
EGGPLANT PARMIGIANA served with Spaghetti.....	\$ 16.95
BAKED VEGETABLE LASAGNA.....	\$ 14.45

TODAY'S SOUP: CHICKEN NOODLE, MATZAH BALL AND SOUP OF THE DAY

VEGETABLE OF THE DAY: DAILY SPECIAL

*Consuming Raw or undercooked Meats, Poultry, Seafood, Shellfish or Eggs may increase your risk of food-borne illness.