





Welcome . . .

• Celebrating over 25 Years in Arlington •

Since opening in 1995, our Mission continues to be . . .
Providing Quality Food, Prompt Service & a Warm,
Easy Going Dining Atmosphere.

We would like to take this time to thank you
for your continued support.

We want to be sure you'll always feel at home here
and think of Metro 29 as your place.

ENJOY your MEAL!

The Management

Toast & Muffins

GOLDEN BROWN BUTTERED TOAST	
with Jelly or Marmalade	3.50
TOASTED ENGLISH MUFFIN,	
buttered with Jelly or Marmalade.....	3.75
CINNAMON TOAST (3 slices).....	4.25
TOASTED DANISH.....	5.00
HOMEMADE CORN, BLUEBERRY or	
BRAN MUFFIN with Butter and Jelly	4.50
HARD ROLL, Butter and Jelly.....	4.00

Eggs & Omelettes

*ONE EGG, any style.....	11.00
with BACON, HAM or SAUSAGES	14.25
with CANADIAN BACON.....	14.50
*TWO EGGS, any style.....	11.75
with BACON, HAM or SAUSAGES	15.00
with CANADIAN BACON.....	15.25
*CORNED BEEF HASH & 2 EGGS.....	15.50
*MINCED NOVA SCOTIA LOX,	
EGGS & ONIONS	16.50
*PLAIN OMELETTE.....	12.75
*GARDEN OMELETTE with Peppers,	
Onions & Tomatoes	14.50
*CORNED BEEF or PASTRAMI OMELETTE.....	15.50

FRESH MELON (in season).....	5.25
FRESH FRUIT SALAD	5.50
FRESH STRAWBERRIES (in season).....	5.50
PEACH HALVES (3)	5.50
FRESH SQUEEZED ORANGE JUICE	4.50
TOMATO or V-8 JUICE.....	4.25
GRAPEFRUIT JUICE.....	4.25
APPLE or PINEAPPLE JUICE.....	4.25
WELCH'S GRAPE JUICE	4.25
CRANBERRY JUICE.....	4.25

*AMERICAN CHEESE OMELETTE.....	14.50
*SWISS CHEESE OMELETTE.....	14.50
*MOZZARELLA CHEESE OMELETTE.....	14.50
*WESTERN OMELETTE.....	14.75
*SPANISH OMELETTE	14.75
*VIRGINIA HAM or BACON OMELETTE	15.00
*MUSHROOM OMELETTE	14.50
*ONION OMELETTE	14.50
*GREEN PEPPER OMELETTE	14.50
*FETA CHEESE OMELETTE.....	15.25
*FRESH SPINACH, FETA CHEESE &	
TOMATO OMELETTE.....	15.50
*GREEK OMELETTE with Feta Cheese,	
Tomato & Onion	15.50

Eggs, Any Style prepared either Scrambled, Up, Over or Poached

The Above Omelettes are Metro 29 Signature Omelettes. If you wish to add ingredients or create your own, the following will apply: Additional Breakfast Meat Ingredient (Bacon, Ham, Sausage or Canadian Bacon) 2.25 extra per Ingredient

Any other Meat Substitution subject to an additional charge

Additional Vegetable or Cheese Ingredient except Feta Cheese 1.75 extra per Ingredient

ALL EGGS & OMELETES SERVED WITH TOAST & HOME FRIES or FRENCH FRIES

(Substitute Fruit Salad for Home Fries or French Fries 3.50 extra) (Bagel or English Muffin 1.50 extra) (Muffin 2.50 extra)

(Above made with Egg Whites Upon Request 2.50 extra)

*EGGS BENEDICT 18.00

Two Poached Eggs & Canadian Bacon on an English Muffin, topped with Hollandaise Sauce

*FLORENTINE BENEDICT 18.00

Two Poached Eggs & Spinach on an English Muffin, topped with Hollandaise Sauce

*CRAB CAKE BENEDICT 22.00

Two Poached Eggs & Crab Cake on an English Muffin, topped with Hollandaise Sauce

*NOVA SCOTIA BENEDICT 22.00

Two Poached Eggs & Nova Scotia Lox on an English Muffin, topped with Hollandaise Sauce

Above Benedicts served with Home Fries or French Fries

*RIBEYE STEAK & 2 EGGS

with Toast and Home Fries or French Fries

34.00

*VIRGINIA HAM STEAK & 2 EGGS 22.00

with Toast and Home Fries or French Fries

2 PORK CHOPS & 2 EGGS 29.00

with Toast and Home Fries or French Fries

French Toast

OUR OWN HOMEMADE CHALLAH BREAD	
FRENCH TOAST (2 slices).....	12.50
with HAM, BACON or SAUSAGES	15.75
with CANADIAN BACON.....	16.00
*with ONE EGG, any style.....	13.75
*with TWO EGGS, any style.....	15.00

Belgian Waffles

CRISP GOLDEN BROWN BELGIAN WAFFLE	12.50
with HAM, BACON or SAUSAGES	15.75
with CANADIAN BACON.....	16.00
with TWO SCOOPS of ICE CREAM.....	17.50
with STRAWBERRIES & WHIPPED CREAM.....	17.50
with 3 CHICKEN TENDERS	20.00

Pancakes

GOLDEN BROWN GRIDDLE CAKES	12.50	TEN SILVER DOLLAR GRIDDLE CAKES	13.50
with HAM, BACON or SAUSAGES.....	15.75	with HAM, BACON or SAUSAGES.....	16.75
with CANADIAN BACON	16.00	with CANADIAN BACON.....	17.00
*with ONE EGG, any style	13.75	*with ONE EGG, any style	14.75
*with TWO EGGS, any style	15.00	*with TWO EGGS, any style	16.00

All Griddle Specialties Served with Butter & Syrup

Breakfast Sandwiches

*ONE FRIED EGG	9.00
EGG SALAD	10.50
*HAM or BACON & EGG	11.00
*SAUSAGE & EGG.....	11.00
*CANADIAN BACON & EGG	11.25
*WESTERN SANDWICH	11.00

Sandwiches on Bagel, Pita or English Muffin 1.50c extra with Tomato 50c

Bagel Box

TOASTED JUMBO BAGEL	
with Butter & Jelly.....	4.50
TOASTED JUMBO BAGEL	
with CREAM CHEESE	6.00

TOASTED JUMBO BAGEL

"ALL the WAY"

with LOX, CREAM CHEESE, Lettuce, Tomato, Olive & Bermuda Onion

22.00

Grilled Chicken

GRILLED CHICKEN GARDEN SALAD

Grilled Chicken Breast atop a bed of Lettuce, Tomato, Cucumbers & Pepper

22.95

GRILLED CHICKEN CAESAR SALAD

Grilled Chicken Breast over Caesar Salad

22.95

CHICKEN SOUVLAKI

on Pita Bread served with French Fries & Greek Salad

22.95

GRILLED HONEY MUSTARD CHICKEN

Grilled Chicken atop a bed of Lettuce, Tomato, Cucumbers & Peppers

22.95

GRILLED CHICKEN BREAST SANDWICH

on Pita Bread or Hard Roll with French Fries, Lettuce & Tomato

22.45

TUNA MELT 19.00

Topped with Melted Cheese on English Muffin or Bagel with French Fries, Lettuce & Tomato

REUBEN DELUXE 20.95

Grilled Corned Beef & Melted Swiss topped with Sauerkraut on Rye Bread Served with French Fries, Cole Slaw & Pickle

*OPEN SLICED LONDON

BROIL SANDWICH 23.95

on a Toasted Bun with French Fries, Lettuce, Tomato, Onion Rings, Cole Slaw & Pickle

*OPEN RIB EYE STEAK SANDWICH 34.00

with French Fries, Lettuce, Tomato, Cole Slaw & Pickle

Dairy Dishes

COTTAGE CHEESE	5.50
with SLICED BANANAS	7.50
with PEACH HALVES	8.50
with FRESH BERRIES (in season) ..	10.50
CANTALOUPE HALF with COTTAGE CHEESE	8.50

Jumbo Burgers

– OUR BURGERS ARE A JUMBO 8 OZ. –

ALL BURGERS served on a Toasted Bun with Cole Slaw & Pickle

DELUXE BURGERS INCLUDE: French Fries, Onion Rings, Lettuce & Tomato (Bacon on Burgers 2.25 extra)

	Reg.	Dlx.		Reg.	Dlx.
*JUMBO BEEFBURGER	13.50	16.50	*PIZZA BURGER	14.50	17.50
*JUMBO CHEESEBURGER.....	14.00	17.00	*TWIN BEEFBURGER DELUXE		
Choice of: Melted American, Swiss, Mozzarella or Cheddar Cheese			Two 8 oz. Beefburgers on Two Buns.....	22.50	
TURKEY BURGER.....	13.50	16.50	*TWIN CHEESEBURGER DELUXE	23.50	
TURKEY CHEESEBURGER.....	14.00	17.00			

Super Sandwiches

Served with Cole Slaw & Pickle

• EGG •

*ONE FRIED EGG	9.00
EGG SALAD.....	10.50
*HAM or BACON & EGG	11.00
*SAUSAGE & EGG	11.00
*CANADIAN BACON & EGG.....	11.25
*WESTERN SANDWICH	11.00

• CHEESE •

AMERICAN CHEESE	9.50
GRILLED CHEESE.....	9.50
with BACON or HAM	11.50
with CANADIAN BACON	11.75
with TOMATO	10.00
SWISS CHEESE	9.50
GRILLED SWISS CHEESE	9.50
with BACON or HAM	11.50
with CANADIAN BACON	11.75
with TOMATO	10.00

(Sandwiches on Bagel, Pita or English Muffin \$1.50 extra • with Tomato 50c extra)

• FISH •

TUNAFISH SALAD	11.00
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MARYLAND CRABCAKE DELUXE

(1) Served on a Bun with Lettuce, Tomato & French Fries
22.95

• MEAT •

BACON, LETTUCE & TOMATO.....	11.00
CHICKEN SALAD	11.00
GRILLED BACON or HAM.....	11.00

Triple Deckers

(Please Order By Number)

1. WHITE MEAT TURKEY, CRISP BACON, Lettuce & Tomato 18.45
2. TUNAFISH SALAD, SLICED EGG, Lettuce & Tomato..... 18.45
3. CHICKEN SALAD, BACON, Lettuce & Tomato 18.45
4. EGG SALAD, BACON, Lettuce & Tomato ... 18.45
5. BOILED HAM, SWISS CHEESE, Lettuce & Tomato..... 18.45
6. *ROAST BEEF, BACON, Lettuce & Tomato .. 18.45

Crispy Cold Salads

Served with Our Homemade Potato Salad, Creamy Cole Slaw, Hard Boiled Egg, Lettuce, Tomato
Regular or Non-Fat,
Low-Cholesterol Dressings Available

CHICKEN SALAD PLATTER	15.50
TUNAFISH SALAD PLATTER	15.50
EGG SALAD PLATTER.....	15.50

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

Appetizers & Munchies

FRESH FRUIT CUP.....	5.50	FRIED ZUCCHINI SLICES with	
FRESH MELON (in season).....	5.25	Bleu Cheese Dressing or	
MARYLAND CRABCAKE (1)	18.00	Marinara Sauce for Dipping	10.50
BUFFALO CHICKEN WINGS (8)	16.00	IDAHO POTATO SKINS with Bacon &	
FRIED CHICKEN FINGERS (6)		Cheddar, Sour Cream & Chives	10.50
with Honey Mustard.....	15.50	FRIED MOZZARELLA STICKS (6)	
		with Marinara Sauce for Dipping ...	10.50

CHEF'S SALAD 19.95

Turkey, Roast Beef, Ham,
Swiss Cheese & Hard Boiled Egg

GREEK SALAD 17.95

topped with Feta Cheese,
Black Olives & Anchovies

CAESAR SALAD 13.00

Diet Delights

CALIFORNIA SALAD: Fresh
Fruit Salad, Cottage Cheese
and Jello on Crisp Lettuce..... 15.50

*BEEFBURGER or TURKEY
BURGER PATTIE PLATTER
with Cottage Cheese served
on Crisp Lettuce..... 16.00

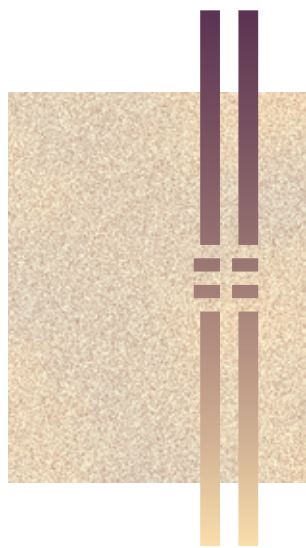
METRO 29 SLIMLINE:
Sliced Turkey on a bed of
Crisp Lettuce with sliced
Tomato & Cottage Cheese 16.00

Seafood

Fresh Daily

• BROILED •

BROILED FRESH TROUT.....	30.95
*BROILED FILET OF SALMON.....	30.95
MARYLAND CRABCAKES (2)	37.95



Entrees & Roasts

*ROAST TOP SIRLOIN of BEEF au Jus .	26.95	BROILED VIRGINIA HAM STEAK	
ROAST WHITE MEAT TURKEY served		served HAWAIIAN STYLE.....	26.95
with Stuffing & Cranberry Sauce ...	26.95	FRANKS & BEANS	
ROAST HALF CHICKEN with Stuffing..	26.95	(No Potato or Vegetable).....	18.95
BROILED MARINATED			
HALF SPRING CHICKEN	26.95		

Steaks & Chops

Our Meats are USDA Choice or Better

*OUR FAMOUS BONELESS RIB EYE STEAK cooked to Perfection	
topped with Onion Rings	34.95
*BROILED CHOPPED SIRLOIN STEAK topped with Onion Rings	22.95
*BROILED PORK CHOPS served with Applesauce	27.95
*LONDON BROIL au Jus.....	29.95

All above Seafood, Entrees & Roasts, Steaks & Chops served with Vegetable, Potato, Bread & Butter

Italian Specialties

BREADED BREAST of CHICKEN PARMIGIANA	
topped with Melted Mozzarella & served with Spaghetti.....	25.95
EGGPLANT PARMIGIANA served with Spaghetti	23.95
*CHOPPED SIRLOIN STEAK PARMIGIANA served with Spaghetti.....	24.95
(Potato & Vegetable may be substituted for Spaghetti)	
SPAGHETTI with Marinara Sauce.....	15.95
VEGETABLE LASAGNA.....	19.95

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

Enjoy a Cocktail or
Glass of Wine with Your Meal
• See Our Wine List •

Soups

Cup 5.50	Bowl 7.00
SOUP DU JOUR	
CHICKEN CONSOMME	
FRENCH ONION SOUP 8.00	

Hot Open Sandwiches

WHITE MEAT TURKEY, Giblet	
Gravy & Cranberry Sauce.....	24.95
*ROAST SIRLOIN of BEEF,	
Brown Gravy	24.95
BAKED VIRGINIA HAM	24.95
Served with Potato & Vegetable (Salad may be substituted for Potato & Vegetable)	

The Carving Board

CORNED BEEF or PASTRAMI.....	15.00
*ROAST SIRLOIN of BEEF.....	15.00
ROAST TURKEY (all white meat)	15.00
ROAST VIRGINIA HAM.....	15.00

(Sandwiches with Tomato 50¢ extra)
(Bagel, Pita or Muffin \$1.50 extra)

Side Orders

FRENCH FRIES.....	7.00
POTATO SALAD.....	4.50
BAKED POTATO	
with Sour Cream & Chives	4.50
BASKET of ONION RINGS	8.00
COLE SLAW.....	4.50
VEGETABLE du JOUR	6.00
TOSSED GREEN SALAD	7.50
SPAGHETTI	
with Tomato Sauce	8.50
BACON, HAM or SAUSAGES.....	6.50
CANADIAN BACON.....	7.00
CORNED BEEF HASH.....	9.00
LOX	15.50
CHICKEN BREAST	15.00

• **ASK YOUR SERVER FOR OUR DISPLAYED FEATURED DESSERTS** •

All Our Cakes, Pastries, Danish & Pies are Prepared in Our Own Bakery Located on the Premises - Only the Finest Ingredients are Used



- CHOCOLATE LAYERED CHEESECAKE 8.00
- CREAMY CHEESECAKE 7.00
- PREMIUM CHEESECAKE 8.00
- FRESH STRAWBERRY CHEESECAKE .. 8.00
- APPLE TURNOVER 4.50
- ASSORTED DANISH..... 5.00
- ASSORTED DANISH HORNS..... 5.00
- ASSORTED FRUIT PIES..... 6.00
a la mode 2.50 extra
- JUMBO COOKIES 4.00
- NAPOLEON 7.00
- CHOCOLATE ECLAIRS 7.00
- BOSTON CREAM CAKE 7.00
- CHOCOLATE MOUSSE TART 7.00
- CANNOLI 6.00
- STRAWBERRY SHORTCAKE 7.00
- CHOCOLATE LAYER CAKE 7.00
- BLACK FOREST CAKE 7.00
- BANANA or
CHOCOLATE CREAM PIE 7.00
- LEMON MERINGUE PIE 7.00
- CREAMY RICE PUDDING 5.50
- BREAD PUDDING 5.50
- CHOCOLATE PUDDING
with Whipped Cream 5.50
- JELLO topped with
Whipped Cream 5.50



ICE CREAM TREATS

SUNDAES (All Flavors) 7.00

DISH of ICE CREAM or
SHERBET

1 Scoop 5.00
2 Scoops 7.50

Honey, Nuts, Chocolate
Sprinkles, Chocolate Syrup,
or Bananas are
Available as Toppings on
Treats & Ice Cream
2.00 extra each item

BANANA ROYALE

Ripe Banana with
3 Generous Scoops of Ice Cream,
Chocolate Syrup, Crushed
Pineapple & Whipped Cream

9.00

**TWIN TOWER
ICE CREAM SODA**

Two Generous Scoops of
Your Favorite Ice Cream,
topped with Whipped Cream,
crowned with a Cherry

8.00

Beverages

- COFFEE or TEA 3.75
- FRESHLY BREWED DECAF 3.75
- HERBAL TEA 4.00
- HOT CHOCOLATE
with Whipped Cream 3.75
- MILK (Reg. or Skim)..... 3.50
- CHOCOLATE MILK 3.75
- ICED TEA or ICED COFFEE..... 4.50
- ESPRESSO 3.75
- CAPPUCCINO 5.00
- ICED CAPPUCCINO 5.00
- SPARKLING BOTTLED WATER..... 4.00
- BOTTLED WATER. 3.50

**Fountain
Delights**

- MILK SHAKES 8.00
- EGG CREAM 5.00
- COCA COLA or
PLAIN SODA..... 4.50
- ROOT BEER FLOAT 7.50
- ICE CREAM SODA 7.50

BREAKFAST • LUNCH • DINNER • SNACK TIME

We'll Cheerfully Package Any Item on our Menu for You to Take Out

**Children's
Menu**
For Children Under
12 Years Old

Monkey
CHAR-BROILED HAMBURGER
or **CHEESEBURGER**
Fresh Vegetable & Potato
10.00

Lion
SLICED ROAST TURKEY
with Dressing & Giblet Gravy,
Fresh Vegetable & Potato, Bread & Butter
10.00

Elephant
SLICED ROAST BEEF au Jus
Fresh Vegetable & Potato, Bread & Butter
10.00

Giraffe
GRILLED CHEESE
served with French Fries **10.00**

Bear
CHICKEN FINGERS
served with French Fries **10.00**

Rabbit
**SINGLE SPECIAL
FRANKFURTER**
with French Fries
10.00

Tiger
ITALIAN SPAGHETTI
with Marinara Sauce, Bread & Butter
10.00

All Children's Orders Include: Jello or Chocolate Pudding or Ice Cream or Chocolate Chip Cookie & Milk or Plain Soda

For Parties of 8 or More a 18% Gratuity will Automatically be Added

Not Responsible for Personal Property • Management Reserves the Right to Make All Seating Arrangements

GIFT CARDS AVAILABLE . . . PLEASE ASK YOUR SERVER

Visit us on the Web at www.metro29diner.com

MORE METRO 29 DINER MENU CHOICES

LIGHTER FARE

SPINACH PIE served with a Small Greek Salad.....	\$ 18.45
VEGETABLE QUICHE served with a Small Greek Salad.....	\$ 18.45

SALADS

MYKONOS SALAD Greek Salad topped with Grilled Chicken Breast.....	\$ 22.95
VICTORIA SALAD Greek Salad topped with London Broil.....	\$ 22.95
COBB SALAD Spinach, Tomato, Swiss Cheese and Bacon topped with Grilled Breast of Chicken.....	\$ 22.95
CHICKEN WALNUT SALAD Garden Salad with Chicken, Walnuts, and Raisins.....	\$ 22.95
GRILLED HONEY MUSTARD CHICKEN over Garden Salad or Spinach	\$ 22.95
CHICKEN CAESAR SALAD	\$ 22.95
CHICKEN GARDEN SALAD On Top a Bed of Lettuce, Tomato, Cucumbers and Pepper.....	\$ 22.95
GREEK GYRO SALAD Greek Salad topped with Gyro Meat.....	\$ 21.95

WRAPS

CHICKEN CAESAR Chicken Caesar served and French Fries.....	\$ 18.45
TURKEY BLT served with French Fries.....	\$ 18.45
TUNA SALAD served with French Fries.....	\$ 18.45
CHICKEN SALAD served with French Fries.....	\$ 18.45

OTHER FAVORITES

*PATTY MELT served with French Fries.....	\$ 17.50
VEGGIE BURGER served over Pita Bread with a Crisp Garden Salad.....	\$ 17.50
SMOKED TURKEY CLUB Triple Decker with Smoked Turkey, Bacon, Lettuce, and Tomato.....	\$ 18.45
SMOKED TURKEY SANDWICH served on a Hero with Lettuce, Tomato, and French Fries.....	\$ 17.95
CHICKEN PARMI SANDWICH served on a Hero with French Fries.....	\$ 18.45
EGGPLANT PARMI SANDWICH served on a Hero with French Fries.....	\$ 18.45
PHILLY CHEESE STEAK served with French Fries.....	\$ 17.95
CORNED BEEF RUEBEN served with French Fries.....	\$ 20.95
TURKEY RUEBEN served with French Fries.....	\$ 20.95
PASTRAMI RUEBEN served with French Fries.....	\$ 20.95
GYRO DELUXE served with a Small Greek Salad and French Fries.....	\$ 19.95
GREEK SOUVLAKI DELUXE served with a Small Greek Salad and French Fries.....	\$ 19.95
MANHATTAN SANDWICH Roast Beef on a Toasted Garlic Hero with Melted Mozzarella and Fries.....	\$ 19.45

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