METRO
29
DINER RESTAURANT

Welcome . . .

• Celebrating over 30 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 3.75
TOASTED ENGLISH MUFFIN,
buttered with Jelly or Marmalade 4.00
CINNAMON TOAST (3 slices) 4.50
TOASTED DANISH 5.25
HOMEMADE CORN, BLUEBERRY or
BRAN MUFFIN with Butter and Jelly 4.75
HARD ROLL, Butter and Jelly 4.25

Eggs & Omelettes

*ONE EGG, any style 11.50
with BACON, HAM or SAUSAGES 14.75
with CANADIAN BACON 15.00
*TWO EGGS, any style 12.25
with BACON, HAM or SAUSAGES 15.50
with CANADIAN BACON 15.75
*CORNED BEEF HASH & 2 EGGS 16.00
*MINCED NOVA SCOTIA LOX,
EGGS & ONIONS 17.00
*PLAIN OMELETTE 13.25
*GARDEN OMELETTE with Peppers,
Onions & Tomatoes 15.00
*CORNED BEEF or PASTRAMI OMELETTE 16.00

Fruits & Juices

FRESH MELON (in season) 5.50
FRESH FRUIT SALAD 5.75
FRESH STRAWBERRIES (in season) 5.75
PEACH HALVES (3) 5.75
ORANGE JUICE 4.75
TOMATO or V-8 JUICE 4.50
GRAPEFRUIT JUICE 4.50
APPLE or PINEAPPLE JUICE 4.50
WELCH'S GRAPE JUICE 4.50
CRANBERRY JUICE 4.50

*AMERICAN CHEESE OMELETTE 15.00
*SWISS CHEESE OMELETTE 15.00
*MOZZARELLA CHEESE OMELETTE 15.00
*WESTERN OMELETTE 15.25
*SPANISH OMELETTE 15.25
*VIRGINIA HAM or BACON OMELETTE 15.50
*MUSHROOM OMELETTE 15.00
*ONION OMELETTE 15.00
*GREEN PEPPER OMELETTE 15.00
*FETA CHEESE OMELETTE 15.75
*FRESH SPINACH, FETA CHEESE &
TOMATO OMELETTE 16.00
*GREEK OMELETTE with Feta Cheese,
Tomato & Onion 16.00

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 & OMELETTES 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 19.00**
Two Poached Eggs & Canadian Bacon on an English Muffin, topped with Hollandaise Sauce

***FLORENTINE BENEDICT 19.00**
Two Poached Eggs & Spinach on an English Muffin, topped with Hollandaise Sauce

***CRAB CAKE BENEDICT 23.00**
Two Poached Eggs & Crab Cake on an English Muffin, topped with Hollandaise Sauce

***NOVA SCOTIA BENEDICT 23.00**
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
35.00

***VIRGINIA HAM STEAK & 2 EGGS 23.00**
with Toast and Home Fries or French Fries

2 PORK CHOPS & 2 EGGS 30.00
with Toast and Home Fries or French Fries

French Toast

OUR OWN HOMEMADE CHALLAH BREAD
FRENCH TOAST (2 slices) 13.00
with HAM, BACON or SAUSAGES 16.25
with CANADIAN BACON 16.50
*with ONE EGG, any style 14.25
*with TWO EGGS, any style 15.50

Belgian Waffles

CRISP GOLDEN BROWN BELGIAN WAFFLE 13.00
with HAM, BACON or SAUSAGES 16.25
with CANADIAN BACON 16.50
with TWO SCOOPS of ICE CREAM 18.00
with STRAWBERRIES & WHIPPED CREAM 18.00
with 3 CHICKEN TENDERS 20.50

Pancakes

GOLDEN BROWN GRIDDLE CAKES 13.00
with HAM, BACON or SAUSAGES 16.25
with CANADIAN BACON 16.50
*with ONE EGG, any style 14.25
*with TWO EGGS, any style 15.50

TEN SILVER DOLLAR GRIDDLE CAKES 14.00
with HAM, BACON or SAUSAGES 17.25
with CANADIAN BACON 17.50
*with ONE EGG, any style 15.25
*with TWO EGGS, any style 16.50

All Griddle Specialties Served with Butter & Syrup

Breakfast Sandwiches

*ONE FRIED EGG 9.50
EGG SALAD 11.00
*HAM or BACON & EGG 11.50
*SAUSAGE & EGG 11.50
*CANADIAN BACON & EGG 11.75
*WESTERN SANDWICH 11.50

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

Bagel Box

TOASTED JUMBO BAGEL
with Butter & Jelly 4.75
TOASTED JUMBO BAGEL
with CREAM CHEESE 6.25

TOASTED JUMBO BAGEL
"ALL the WAY"
with LOX, CREAM CHEESE, Lettuce,
Tomato, Olive & Bermuda Onion
23.00

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

Grilled Chicken

GRILLED CHICKEN GARDEN SALAD
Grilled Chicken Breast atop a bed of Lettuce, Tomato, Cucumbers & Pepper
23.95

GRILLED CHICKEN CAESAR SALAD
Grilled Chicken Breast over Caesar Salad
23.95

CHICKEN SOUVLAKI
on Pita Bread served with French Fries & Greek Salad
23.95

GRILLED HONEY MUSTARD CHICKEN
Grilled Chicken atop a bed of Lettuce, Tomato, Cucumbers & Peppers
23.95

GRILLED CHICKEN BREAST SANDWICH
on Pita Bread or Hard Roll with French Fries, Lettuce & Tomato
23.45

TUNA MELT 20.00
Topped with Melted Cheese on English Muffin or Bagel with French Fries, Lettuce & Tomato

REUBEN DELUXE 21.95
Grilled Corned Beef & Melted Swiss topped with Sauerkraut on Rye Bread Served with French Fries, Cole Slaw & Pickle

***OPEN SLICED LONDON BROIL SANDWICH 24.95**
on a Toasted Bun with French Fries, Lettuce, Tomato, Onion Rings, Cole Slaw & Pickle

***OPEN RIB EYE STEAK SANDWICH 35.00**
with French Fries, Lettuce, Tomato, Cole Slaw & Pickle

Dairy Dishes

COTTAGE CHEESE	5.75
with SLICED BANANAS	7.75
with PEACH HALVES	8.75
with FRESH BERRIES (in season)	10.75
CANTALOUPE HALF with COTTAGE CHEESE	8.75

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.	Dlxe.
*JUMBO BEEFBURGER	14.25	17.25
*JUMBO CHEESEBURGER	14.75	17.75
Choice of: Melted American, Swiss, Mozzarella or Cheddar Cheese		
TURKEY BURGER	14.25	17.25
TURKEY CHEESEBURGER	14.75	17.75
*PIZZA BURGER	15.25	18.25
*TWIN BEEFBURGER DELUXE Two 8 oz. Beefburgers on Two Buns		23.25
*TWIN CHEESEBURGER DELUXE		24.25

Super Sandwiches

Served with Cole Slaw & Pickle

• EGG •

*ONE FRIED EGG	9.50
EGG SALAD	11.00
*HAM or BACON & EGG	11.50
*SAUSAGE & EGG	11.50
*CANADIAN BACON & EGG	11.75
*WESTERN SANDWICH	11.50

• CHEESE •

AMERICAN CHEESE	10.00
GRILLED CHEESE	10.00
with BACON or HAM	12.00
with CANADIAN BACON	12.25
with TOMATO	10.50
SWISS CHEESE	10.00
GRILLED SWISS CHEESE	10.00
with BACON or HAM	12.00
with CANADIAN BACON	12.25
with TOMATO	10.50

• FISH •

TUNAFISH SALAD	11.50

MARYLAND CRABCAKE DELUXE
(1) Served on a Bun with Lettuce, Tomato & French Fries
23.95

• MEAT •

BACON, LETTUCE & TOMATO	11.50
CHICKEN SALAD	11.50
GRILLED BACON or HAM	11.50

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

Triple Deckers

(Please Order By Number)

1. WHITE MEAT TURKEY, CRISP BACON, Lettuce & Tomato 19.45
2. TUNAFISH SALAD, SLICED EGG, Lettuce & Tomato 19.45
3. CHICKEN SALAD, BACON, Lettuce & Tomato 19.45
4. EGG SALAD, BACON, Lettuce & Tomato ... 19.45
5. BOILED HAM, SWISS CHEESE, Lettuce & Tomato 19.45
6. *ROAST BEEF, BACON, Lettuce & Tomato .. 19.45

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	16.00
TUNAFISH SALAD PLATTER	16.00
EGG SALAD PLATTER	16.00

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Appetizers & Munchies

FRESH FRUIT CUP.....5.75
FRESH MELON (in season).....5.50
MARYLAND CRABCAKE (1) 19.00
BUFFALO CHICKEN WINGS (8) 16.50
FRIED CHICKEN FINGERS (6)
with Honey Mustard.....16.00

FRIED ZUCCHINI SLICES with
Bleu Cheese Dressing or
Marinara Sauce for Dipping 11.00
IDAHO POTATO SKINS with Bacon &
Cheddar, Sour Cream & Chives 11.00
FRIED MOZZARELLA STICKS (6)
with Marinara Sauce for Dipping ...11.00

CHEF'S SALAD 20.95
Turkey, Roast Beef, Ham,
Swiss Cheese & Hard Boiled Egg

GREEK SALAD 18.95
topped with Feta Cheese,
Black Olives & Anchovies

CAESAR SALAD
14.00

Diet Delights

CALIFORNIA SALAD: Fresh
Fruit Salad, Cottage Cheese
and Jello on Crisp Lettuce.....16.25

*BEEFBURGER or TURKEY
BURGER PATTIE PLATTER
with Cottage Cheese served
on Crisp Lettuce.....16.75

METRO 29 SLIMLINE:
Sliced Turkey on a bed of
Crisp Lettuce with sliced
Tomato & Cottage Cheese 16.75

Seafood

Fresh Daily

• BROILED •

BROILED FRESH TROUT.....31.95
*BROILED FILET OF SALMON.....31.95
MARYLAND CRABCAKES (2).....38.95

Entrees & Roasts

*ROAST TOP SIRLOIN of BEEF au Jus..27.95
ROAST WHITE MEAT TURKEY served
with Stuffing & Cranberry Sauce....27.95
ROAST HALF CHICKEN with Stuffing ..27.95

BROILED MARINATED
HALF SPRING CHICKEN 27.95
BROILED VIRGINIA HAM STEAK.....27.95

Steaks & Chops

Our Meats are USDA Choice or Better

*OUR FAMOUS BONELESS RIB EYE STEAK cooked to Perfection
topped with Onion Rings 35.95
*BROILED CHOPPED SIRLOIN STEAK topped with Onion Rings 23.95
*BROILED PORK CHOPS served with Applesauce.....28.95
*LONDON BROIL au Jus.....30.95

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.....26.95
EGGPLANT PARMIGIANA served with Spaghetti 24.95
*CHOPPED SIRLOIN STEAK PARMIGIANA served with Spaghetti.....25.95
(Potato & Vegetable may be substituted for Spaghetti)
SPAGHETTI with Marinara Sauce.....16.95
VEGETABLE LASAGNA.....20.95

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

Soups

Cup 6.00 Bowl 7.50
SOUP DU JOUR
CHICKEN CONSOMME
FRENCH ONION SOUP 8.50

Hot Open Sandwiches

WHITE MEAT TURKEY, Giblet
Gravy & Cranberry Sauce.....25.95
*ROAST SIRLOIN of BEEF,
Brown Gravy 25.95
BAKED VIRGINIA HAM 25.95

Served with Potato & Vegetable
(Salad may be substituted for
Potato & Vegetable)

The Carving Board

CORNED BEEF or PASTRAMI.....15.50
*ROAST SIRLOIN of BEEF.....15.50
ROAST TURKEY (all white meat) 15.50
ROAST VIRGINIA HAM.....15.50

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

Side Orders

FRENCH FRIES.....7.50
POTATO SALAD.....5.00
BAKED POTATO
with Sour Cream & Chives 5.00
BASKET of ONION RINGS 8.50
COLE SLAW.....5.00
VEGETABLE du JOUR 6.50
TOSSED GREEN SALAD.....8.00
SPAGHETTI
with Tomato Sauce 9.00
BACON, HAM or SAUSAGES 7.00
CANADIAN BACON.....7.50
CORNED BEEF HASH..... 9.50
LOX 16.00
CHICKEN BREAST 15.50

• 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

Sweet Delights

CHOCOLATE LAYERED CHEESECAKE 8.50
CREAMY CHEESECAKE 7.50
PREMIUM CHEESECAKE 8.50
FRESH STRAWBERRY CHEESECAKE .. 8.50
APPLE TURNOVER 5.50
ASSORTED DANISH HORNS 5.50
ASSORTED FRUIT PIES 6.50
a la mode 2.50 extra
JUMBO COOKIES 4.50
NAPOLEON 7.50
CHOCOLATE ECLAIRS 7.50
BOSTON CREAM CAKE 7.50
CHOCOLATE MOUSSE TART 7.50
CANNOLI 6.50
STRAWBERRY SHORTCAKE 7.50
CHOCOLATE LAYER CAKE 7.50
BLACK FOREST CAKE 7.50
BANANA or CHOCOLATE CREAM PIE 7.50
LEMON MERINGUE PIE 7.50
CREAMY RICE PUDDING 6.00
BREAD PUDDING 6.00
CHOCOLATE PUDDING with Whipped Cream 6.00
JELLO topped with Whipped Cream 6.00

ICE CREAM TREATS

SUNDAES (All Flavors) 7.50

DISH of ICE CREAM or SHERBET
1 Scoop 5.50
2 Scoops 8.00

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

9.50

TWIN TOWER ICE CREAM SODA

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

8.50

Beverages

COFFEE or TEA 4.25
FRESHLY BREWED DECAF 4.25
HERBAL TEA 4.50
HOT CHOCOLATE with Whipped Cream 4.25
MILK (Reg. or Skim) 4.00
CHOCOLATE MILK 4.25
ICED TEA or ICED COFFEE 5.00
ESPRESSO 4.25
CAPPUCCINO 5.50
ICED CAPPUCCINO 5.50
SPARKLING BOTTLED WATER 4.50
BOTTLED WATER 4.00

Fountain Delights

MILK SHAKES 8.50
EGG CREAM 5.50
COCA COLA or PLAIN SODA 5.00
ROOT BEER FLOAT 8.00
ICE CREAM SODA 8.00

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
11.00

Lion
SLICED ROAST TURKEY
with Dressing & Giblet Gravy, Fresh Vegetable & Potato, Bread & Butter
11.00

Elephant
SLICED ROAST BEEF au Jus
Fresh Vegetable & Potato, Bread & Butter
11.00

Giraffe
GRILLED CHEESE
served with French Fries **11.00**

Bear
CHICKEN FINGERS
served with French Fries **11.00**

Rabbit
SINGLE SPECIAL FRANKFURTER
with French Fries
11.00

Tiger
ITALIAN SPAGHETTI
with Marinara Sauce, Bread & Butter
11.00

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.....$ 19.45
VEGETABLE QUICHE served with a Small Greek Salad.....$ 19.45

SALADS

MYKONOS SALAD Greek Salad topped with Grilled Chicken Breast.....$ 23.95
VICTORIA SALAD Greek Salad topped with London Broil.....$ 23.95
COBB SALAD Spinach, Tomato, Swiss Cheese and Bacon topped with Grilled Breast of Chicken.....$ 23.95
CHICKEN WALNUT SALAD Garden Salad with Chicken, Walnuts, and Raisins.....$ 23.95
GRILLED HONEY MUSTARD CHICKEN over Garden Salad or Spinach .....$ 23.95
CHICKEN CAESAR SALAD.....$ 23.95
CHICKEN GARDEN SALAD On Top a Bed of Lettuce, Tomato, Cucumbers and Pepper.....$ 23.95
GREEK GYRO SALAD Greek Salad topped with Gyro Meat.....$ 22.95

WRAPS

CHICKEN CAESAR Chicken Caesar served and French Fries.....$ 19.45
TURKEY BLT served with French Fries.....$ 19.45
TUNA SALAD served with French Fries.....$ 19.45
CHICKEN SALAD served with French Fries.....$ 19.45

OTHER FAVORITES

***PATTY MELT** served with French Fries.....$ 18.50
VEGGIE BURGER served over Pita Bread with a Crisp Garden Salad.....$ 18.50
SMOKED TURKEY CLUB Triple Decker with Smoked Turkey, Bacon, Lettuce, and Tomato.....$ 19.45
SMOKED TURKEY SANDWICH served on a Hero with Lettuce, Tomato, and French Fries.....$ 18.95
CHICKEN PARMI SANDWICH served on a Hero with French Fries.....$ 19.45
EGGPLANT PARMI SANDWICH served on a Hero with French Fries.....$ 19.45
PHILLY CHEESE STEAK served with French Fries.....$ 18.95
CORNED BEEF RUEBEN served with French Fries.....$ 21.95
TURKEY RUEBEN served with French Fries.....$ 21.95
PASTRAMI RUEBEN served with French Fries.....$ 21.95
GYRO DELUXE served with a Small Greek Salad and French Fries.....$ 20.95
GREEK SOUVLAKI DELUXE served with a Small Greek Salad and French Fries.....$ 20.95
MANHATTAN SANDWICH Roast Beef on a Toasted Garlic Hero with Melted Mozzarella and Fries.....$ 20.45

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