



The simple art of eating

Welcome to Metropulos

Contact Us, Hours & Directions

Cheese

Wine

Lunch

Breakfast

Back Door Catering

Picnics, Luncheons, Box Lunches

Gourmet Foods

Press

## OUR LUNCH MENU

To contact us call:  
(805)899-2300

### METRO SPECIALTY SANDWICHES

(please note deli area closes ½ hour prior to store closing)  
PLEASE CALL US FOR CURRENT PRICES

SMOKED TURKEY AND BRIE—with cranberry-fig confit, organic mixed greens and honey dijon mustard on honey whole wheat bread.

CLUBMETRO —Oven roast turkey, crispy bacon, tomatoes, dijon mustard, mayo, organic mixed greens, and cheddar cheese, all on a toasted soft roll.

OLIVE YOU—Olive tapenade and harissa aioli with smoked turkey, fresh mozzarella, mixed organic greens, and fresh tomatoes on toasted sourdough. Served hot or cold, your choice.

BLT + AC—Crispy bacon, lettuce, and tomato, enhanced with avocado and Monterey jack cheese, on toasted multigrain bread, with honey dijon mustard and mayo.

THE GREEK—Turkey, feta, olive tapenade, Greek dressing, cucumbers, thinly sliced red onion, fresh tomatoes and mixed organic greens, served on ciabatta roll.

ITALIAN HERO—Dry salami, mortadella, provolone, tomatoes, organic mixed greens, roasted red peppers, pepperoncini, Italian dressing, on a soft roll.

BASIL TURKEY—Oven roast turkey breast, sliced thin, on a toasted baguette, with delicious housemade basil aioli, mixed organic greens, tomatoes, thinly sliced red onions, provolone fuerte, extra virgin olive oil and balsamic vinegar.

DI PARMA—Prosciutto di Parma and fresh mozzarella cheese, fresh basil, tomatoes, extra virgin olive oil and balsamic vinegar on baguette.

RBG—rare roasted beef and roasted garlic aioli, served on multigrain sourdough, with mixed organic greens, caramelized onions, pepperoncini, sun-dried tomatoes, and smoked mozzarella.

(V) VEGGIES + HUMMUS—with herbed goat cheese, thinly sliced cucumbers, red onions, carrots, tomatoes, organic mixed greens, & hummus, on honey whole wheat bread.

(V) CAPRESE—Sliced tomatoes and fresh mozzarella cheese on ciabatta roll, with extra virgin olive oil, balsamic vinegar, fresh basil and sea salt. Pressed (whole only) on the panini for an add'l \$1

**Hot Sandwiches and Panini**  
(please allow extra time for hot sandwiches and panini;  
panini are available 12-4 pm M-F and 12-2.30 Sat)

(H) HARISSA BOMB—smoked turkey with our homemade harissa olive oil spread,

chipotle aioli, thinly sliced red onions, mixed organic greens, tomatoes, pepperoncinis, & melted jack cheese, served hot and melty on toasted baguette.

METRO FIREHOUSE—Smoked Turkey, smoked mozzarella, spicy chipotle aioli, roast red peppers, mixed organic greens, served warm and melty on a toasted soft roll.

METRO RANCH—Grilled chicken breast topped with fresh tomato, avocado, thinly sliced red onions, and melted smoked mozzarella, on sourdough bread, with mixed organic greens and ranch dressing.

METRO'S TEXMEX—Roast beef, spicy jalapeno-cumin aioli, red onions, mixed organic greens, roast red peppers and avocado, topped with provolone, all hot and melty, on a toasted ciabatta roll.

(V & H) GRILLED VEGGIES—grilled red onions, zucchini, and eggplant, topped with goat cheese, on top of mixed organic greens and sun-dried tomatoes, on a lightly toasted ciabatta roll spread with roasted garlic aioli.

(H) HOT SALAME —salame and sharp provolone, served hot and melty on toasted sourdough, with whole grain Dijon, extra virgin olive oil, balsamic vinegar, mixed organic greens, tomatoes and thinly sliced red onions.

(H) APPLE, HAM, BRIE PANINI —Housemade apple butter and honey ham with brie cheese, caramelized onions, and honey dijon, on multigrain sourdough, toasted on the panini grill.

(V) GRILLED CHEESE PANINO—Pure comfort, with an update. Provolone, cheddar, monterey jack and swiss cheeses, with tomatoes and light mayo, pressed hot and gooey on the panini grill. Also delicious as a grilled ham and cheese for 1.25 more. Served on ciabatta roll.

(H) BBQ-- TURKEY--BACON PANINI—Roast turkey breast, crispy bacon, on ciabatta roll with, barbeque sauce, cheddar cheese, sliced tomatoes, and a couple thinly sliced red onions, toasted on the grill.

Please call for current pricing.

## METRO CUSTOM SANDWICHES

Choose a meat, a cheese, a bread, items from the works, and any extra freebies or add-ons to build your own custom sandwich.

### MEATS

Turkey, Smoked Turkey, Salami, Roast Beef, Ham, , Grilled Chicken Breast, Chicken Salad, Tuna Salad

Cheese Sandwich (choose 2 cheeses, whole sandwich only)

### CHEESES

Provolone, Monterey Jack, Mozzarella, Swiss, Cheddar

### BREADS

Honey Whole Wheat, Soft Roll, Baguette, Multi-Grain Sourdough, White Sourdough, Ciabatta Roll

### THE WORKS

Dijon, mayo, organic mixed greens, tomato, red onion, bread & butter pickles.

### EXTRAS IF YOU WANT 'EM

Yellow or whole grain mustard, pepperoncini, olive oil, balsamic vinegar, honey-dijon mustard, balsamic vinaigrette

## ADD-ONS OR SUBSTITUTIONS

Any regular meat added

Crispy Bacon

Cucumbers, carrots

Herbed goat cheese, brie cheese, fresh mozzarella, feta cheese

Basil aioli, chipotle aioli, hummus, Tex-Mex spread, roast red peppers, cranberry-fig confit, caramelized onions, smoked mozzarella, sharp provolone cheese

Avocado

Prosciutto

Press any sandwich (ex. tuna) on the panini grill

The following are available as whole sandwiches only:

Prosciutto di Parma or Jamon Serrano

Peanut Butter and Jelly

## SOUP OF THE DAY

All our soups are prepared in-house using fresh ingredients and home-made stocks. Served with sliced baguette if desired. Call for our daily offering.

## SIDES

Small soup as a side to a main item

Small house salad as a side to a main item

Small Greek, cobb, cranberry, veggie or gorgonzola salad as a side to a main item

Potato, pasta, or coleslaw as a side to a main item

All other deli salads, as a side to a main item

Scoop of chicken or tuna salad

## SALADS

HOUSE SALAD—Organic mixed greens with tomatoes, cucumbers, house garlic croutons, and honey balsamic vinaigrette.

GORGONZOLA SALAD—Organic mixed greens with gorgonzola crumbles, candied walnuts and honey balsamic vinaigrette. Served with homemade crostinis.

CRANBERRY GOAT CHEESE SALAD—Organic mixed greens, dried cranberries, candied walnuts, and goat cheese tossed in our house honey balsamic vinaigrette. Served with homemade crostinis.

METROCOBB—Organic mixed greens, crispy bacon crumbles, tomatoes, turkey, gorgonzola, avocado, tossed in house ranch dressing. Served with homemade crostinis.

GREEK GREEN SALAD—Organic mixed greens with feta cheese, kalamata olives, tomatoes, cucumbers, red onions, housemade garlic croutons, in our housemade oregano-lemon-olive oil Greek dressing.

ANNIE'S SALAD—Organic mixed greens, crispy bacon, tomatoes, Swiss cheese, and grilled chicken breast, tossed in a special mixture of our house balsamic and Greek dressings. Served with homemade crostinis.

GRILLED VEGETABLE SALAD—Organic mixed greens with tomatoes, grilled red onions, grilled zucchini, grilled eggplant, and feta cheese, tossed with our housemade sun-dried tomato-roast garlic vinaigrette. Served with homemade

crostinis. sm. 5.95/lg. 8.95

UNO, DUO OR A TRIO OF SALADS on a bed of organic mixed greens tossed in honey balsamic vinaigrette. Choose scoops of any 1, 2 or 3 salads from our deli case. Served with homemade crostinis.

Add turkey or smoked turkey to any salad Add grilled chicken breast to any salad (specify hot or cold)

Extra dressing

Please note that we reserve the right to change our prices or menu at any time with or without notice.