

BREAKFAST 'til 11am Weekdays, 12 Noon Weekends

Local, Farm Fresh Amish Eggs



EGG SANDWICHES

Farm fresh Amish scrambled eggs on toasted sourdough or multigrain ciabatta with choice of home fries or fruit salad. Substitute Eggbeaters or egg whites for .99

Cheese & Egg

Farm fresh scrambled eggs, jack cheddar. Add nitrate-free bacon, ham or sausage for .49

5.49

Vegetarian Black Bean

Farm fresh scrambled eggs, chopped black beans, jack cheddar, scallions

6.99

Spinach, Feta, Egg

Farm fresh scrambled eggs, fresh spinach, feta, mushrooms

7.49



DELUXE CLASSIC COMBOS

With your choice of mixed berries, eggs, sausage or nitrate-free bacon. Substitute Eggbeaters or egg whites for .99, add a second side for 1.99

2 Egg Breakfast*

Farm fresh eggs (scrambled or fried), home fries, baja black bean salsa, multigrain toast

6.99

Metro Pancakes

Buttermilk, vanilla drizzle, cinnamon sugar, syrup

7.99

♥ Gluten Free Blueberry Pancakes

Gluten free pancakes, blueberries, syrup

8.99

Belgian Waffles

Vanilla drizzle, cinnamon sugar, syrup

7.99

Challah French Toast

Cinnamon battered, vanilla drizzle, cinnamon sugar, syrup

8.99

LOCAL FARM FRESH
AMISH EGGS
FROM MARTIN'S FARMS
IN LANCASTER, PA



SAUSAGE FROM NICK'S
IN HUNTINGTON, MD

FARM FRESH THREE-EGG OMELETTES

Farm fresh Amish eggs, home fries and multigrain toast

Western

Ham, grilled peppers and onions, jack cheddar, scallions

7.99

Spinach, Feta & Mushroom

Fresh spinach, feta, mushrooms, tomatoes

8.99

♥ Californian with Avocado

Eggbeaters, chicken, tomato, grilled peppers and onions, jack cheddar, side of fruit salad instead of home fries

9.99

Farmer's

Grilled peppers and onions, nitrate-free bacon, sausage, jack cheddar, potatoes, scallions

7.99

Chicken & Asparagus

Chicken, asparagus, feta, grilled peppers and onions

9.99

KID'S BREAKFAST

Only for kids ages 12 and under. Add egg for .99, substitute Eggbeaters or egg white for .49

Jr. Pancakes, French Toast or Waffle

Cinnamon sugar, syrup. Add chocolate chips, bananas or blueberries for .99

3.49

Farm Fresh Egg*

Served with multigrain toast. Substitute Eggbeaters or egg white for .49

3.49

♥ Lower in fat or cholesterol
See our paper menu for nutritional information

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness especially if you have certain medical conditions.



Fast, Fresh & Local

BRUNCH & KID'S MEALS

After 11am Weekdays, 12 Noon Weekends

Local, Farm Fresh Amish Eggs



BRUNCH CLASSICS

Substitute Eggbeaters or egg whites for .99

Challah French Toast

8.99

Cinnamon battered, vanilla drizzle, cinnamon sugar, syrup, choice of mixed berries, eggs, sausage or nitrate-free bacon

Grilled Salmon* with Mango Salsa

10.99

Grilled teriyaki salmon, two Farm fresh eggs (scrambled or fried), mango salsa, summer citrus salad, multigrain toast

Farm Fresh 3 Egg Breakfast*

7.99

Farm fresh eggs (scrambled or fried), home fries, baja black bean salsa, multigrain toast, choice of mixed berries, sausage or nitrate-free bacon

Bison Chopped Steak & Eggs*

10.99

Two Farm fresh eggs (scrambled or fried) topped with balsamic onions, peppers and mushrooms, home fries, multigrain toast



LOCAL FARM FRESH
AMISH EGGS
FROM MARTIN'S FARMS
IN LANCASTER, PA

FARM FRESH THREE-EGG OMELETTES

Farm fresh Amish eggs, home fries and multigrain toast

Western

7.99

Ham, grilled peppers and onions, jack cheddar, scallions

Spinach, Feta & Mushroom

8.99

Fresh spinach, feta, mushrooms, tomatoes

Californian with Avocado

9.99

Eggbeaters, chicken, tomato, grilled peppers and onions, jack cheddar, side of fruit salad instead of home fries

Farmer's

7.99

Grilled peppers and onions, nitrate-free bacon, sausage, jack cheddar, potatoes, scallions

Chicken & Asparagus

9.99

Chicken, asparagus, feta, grilled peppers and onions



SAUSAGE FROM NICK'S
IN HUNTINGTON, MD

KID'S MENU

Only for kids ages 12 and under

Jr. Pancakes, French Toast or Waffle

3.49

Cinnamon sugar, syrup. Add chocolate chips, bananas or blueberries for .99
Add egg for .99, substitute Eggbeaters or egg white for .49

Farm Fresh Egg*

3.49

Served with multigrain toast. Substitute Eggbeaters or egg white for .49, additional egg .99

Black Angus* or Veggie Slider

4.49

American cheese, with fruit salad or shoe string fries, add a second slider for 1.99

Teriyaki Turkey or Salmon* Slider

4.99

With fruit salad or shoe string fries, add a second slider for 1.99

Grilled Cheese

4.49

On multigrain or sourdough bread, with fruit salad or shoe string fries

Chicken Tenders

4.49

Antibiotic free tenders, honey mustard, with fruit salad or shoe string fries

Macaroni & Cheese

4.49

Loaded with American and cheddar, with fruit salad or shoe string fries

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Fast, Fresh & Local

SALADS, SANDWICHES, SOUPS

Fresh Produce from Local Farms¹



FRESH GREENS

Add citrus chicken or black bean veggie pattie for 1.99, grilled salmon* or miso ahi tuna* for 3.99

♥ **Tomato Mozzarella Salad** 7.99

Mesclun, mozzarella, tomatoes, basil, natural balsamic vinaigrette dressing. Great with black bean veggie patties!

♥ **Summer Citrus Salad** 7.99

Baby spinach, mangos, strawberries, dried cranberries, pecans, fat free citrus vinaigrette dressing

Chopped Cobb Salad 7.99

Romaine, iceberg, tomatoes, nitrate-free bacon, egg, bleu cheese, avocado, tangy ranch dressing

♥ **Spinach & Goat Cheese Salad** 8.99

Roasted red peppers, pecans, acai pomegranate dressing, fresh blueberries

♥ **Seared Miso Ahi Tuna Salad*** 10.99 served medium rare

Napa cabbage, romaine, iceberg, wontons, carrots, scallions, edamame beans, sesame seeds, cilantro, Thai dressing



ARTISAN BREADS
& FRESH PRODUCE
IN SEASON FROM
LOCAL FARMS

CAFE SANDWICHES

On toasted sourdough or multigrain ciabatta, choice of side salad or veggie chips

Substitute shoe string fries for .99, sweet potato fries for 1.99

Roast Beef BLT 5.99

Baby spinach, tomatoes, nitrate-free bacon, pepper jack, Metro sauce

Tomato Mozzarella 6.99

Baby spinach, fresh basil, pesto, balsamic glaze, roasted red peppers

Citrus Chicken Club 6.99

Citrus marinated chicken, baby spinach, tomatoes, nitrate-free bacon, ham, American, honey mustard

Oven Roasted Turkey & Avocado 7.49

All natural turkey, baby spinach, tomatoes, pepper jack, chipotle pesto mayo

Maine Lobster Salad BLT 12.99

Lobster salad, nitrate-free bacon, avocado, baby spinach, tomatoes, chipotle pesto mayo

CHOOSE ANY TWO ITEMS

Any Half Sandwich*, Any Soup, Any Half Salad* 7.99

Add 2.99 for either Maine Lobster Salad BLT or Seared Miso Ahi Tuna Salad

HOMESTYLE SOUPS 4.99

10 oz. bowl served with ciabatta

Tomato Basil

A rich and creamy bisque

Mom's Chicken Noodle

Our own recipe loaded with chicken and noodles

♥ **Veggie Chili**

Tomatoes, kidney beans, carrots, onions, mushrooms, squash, chili spices

Turkey Chili

Sweet & spicy chopped turkey and black beans

Kickin' Crab & Corn Chowder 5.49

A Chesapeake favorite

♥ **Lower in fat or cholesterol**

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¹ Made with fresh local produce when in season



Fast, Fresh & Local

EPIC BURGERS, TACOS & SHAKES

Grass Fed, Antibiotic Free Beef & Bison



BEEF & BISON BURGERS

Rocket greens, oven roasted tomatoes, marmalade onions, on a fresh challah roll
Add shoe string fries for 1.99, sweet potato fries for 2.99. Don't forget the Craft Beer!

Creekstone Farms Black Angus Beef*

Grass fed, grain finished, never EVER antibiotic and hormone free

♥ Gunpowder Farms Dry Aged Bison* – Add 1.99

Antibiotic and hormone free local dry aged bison from Monkton, Maryland

Classic With Metro sauce on the side. Add your choice of cheese for .50 **6.99**

BLTC Nitrate-free bacon, rocket greens, roasted tomato, Metro sauce, choice of cheese **7.99**

Bacon Bleu Bleu cheese crumbles, nitrate-free bacon, honey mustard **7.99**

Guacamole Pepper jack, nitrate-free bacon, chipotle mayo **8.99**



SPECIALTY BURGERS

With rocket greens on a fresh challah roll

Add shoe string fries for 1.99, sweet potato fries for 2.99. Don't forget to add a Healthier Shake!

Turkey Cobb **7.99**

Guacamole, nitrate-free bacon, bleu cheese, marmalade onions, oven roasted tomatoes, chipotle mayo

Black Bean Veggie **7.99**

Marmalade onions, oven roasted tomatoes, chipotle mayo

♥ **Miso Glazed Ahi Tuna*** **9.99**

Seared medium rare, pickled ginger, sesame seeds, scallions and wasabi mayo

HANDMADE,
ALL NATURAL,
HORMONE &
ANTIBIOTIC FREE
BEEF & BISON

FRESH FUSION TACOS Under 600 Calories

Multigrain tortillas, peanut sauce, edamame, carrots, cilantro, mango salsa, wasabi sour cream with half summer citrus salad

♥ **Miso Marinated Hormone Free Chicken** **8.99**

♥ **Local Bison Sirloin Steak*** **9.99**

♥ **Local Lancaster County Portabellas** **8.99**

♥ **Miso Ahi Tuna*** served medium rare **9.99**



HEALTHIER SHAKES

5.99

All natural, made with Breyers fat free vanilla ice cream

♥ **Very Berry Yogurt**

♥ **Green Tea**

♥ **Banana Strawberry**

♥ **Low-Fat Chocolate, Blueberry or Mocha**

HAND DIPPED SHAKES

5.49

3 Scoops of all natural Breyer's ice cream blended with all natural milk from Kreider Farms

Classic

Oreo Cookie

Peppermint Patty

S'mores

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Fast, Fresh & Local

HAND DIPPED SHAKES & BEVERAGES

All Natural Shakes Made With Milk From Local Farms

HEALTHIER SHAKES

5.99

All natural, made with Breyers fat free vanilla ice cream

- ♥ Very Berry Yogurt
- ♥ Green Tea
- ♥ Banana Strawberry
- ♥ Low-Fat Chocolate, Blueberry or Mocha



HAND DIPPED SHAKES

5.49

3 Scoops of all natural Breyer's ice cream blended with all natural milk from Kreider Farms

- Classic
- Oreo Cookie
- Peppermint Patty
- S'mores

ALL NATURAL SHAKES
MADE WITH MILK
FROM KREIDER FARMS
IN LANCASTER, PA

KIDS BEVERAGES

Only for kids ages 12 and under

- Fountain Drinks .99
- ♥ Kids Shakes 2.99

COFFEE, TEA & COCOA

Locally roasted Greenberry Coffee, fresh and hot

- Bottomless Coffee
- Hot Chocolate
- Hot Tea & Chai Tea – Hot or Iced

ESPRESSO DRINKS

Made with Greenberry Italian Espresso. Go Healthy! All espresso drinks available with skim milk

- Cappuccino 2.99
- Latte – Hot or Iced 3.49
- Caramel or Mocha Latte 3.99
- Hot, Iced or Frozen

BEER & WINE

Organic and domestic selections

- Domestic Beer 3.79
- Local Craft Beer 4.49
- Local Wine 5.49

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