

## CUSTOM SANDWICHES

Choose a meat, a cheese, a bread, & items from "the works" to build your own masterpiece.

**MEAT**—Turkey, smoked turkey, salami, roast beef, ham, pastrami, grilled chicken breast, curried or traditional chicken salad, tuna salad, bacon

Prosciutto Sandwiches 11.95/5.95

**BREAD**—Honey whole wheat, white sourdough, multi-grain, soft roll, ciabatta, baguette  
Housemade gluten-free (+\$2)

**CHEESE**—Provolone, Monterey jack, mozzarella, Swiss, cheddar

**THE WORKS**—Dijon, mayo, mixed greens, tomato, red onion, pickles

**EXTRAS OR SUBS**—(NO CHARGE) Yellow or whole grain mustard, olive oil, balsamic vinegar, honey-dijon, any single aioli

**EXTRAS OR SUBS** (WITH A CHARGE)  
cucumbers, carrots, flavored spreads, a second aioli, roast red peppers, pepperoncini  
brie, gorgonzola, herbed goat cheese, fresh mozzarella, sharp provolone, feta, hummus, cranberry-fig jam  
avocado, artichokes, olive tapenade, housemade gluten-free bread  
prosciutto

### KID FRIENDLY OPTIONS (FOR ALL AGES)

WHOLE ORDERS ONLY

Grilled cheese sandwich  
Peanut butter & jelly or  
honey

Turkey or Ham & Cheese Rollups  
Salame on baguette slices

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## SOUPS OF THE DAY.

12 or 16 oz

All our soups are prepared in-house using the freshest ingredients & housemade stocks.

Served with crostinis

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## SIDES

Veggie deli salad side to a main  
Protein deli salad sides to a main  
Grilled chicken breast, deli meats

½ PORTION OR FULL PORTION

Bacon ½ PORTION OR FULL PORTION

Bread & butter

½ PORTION OR FULL PORTION

Housemade Dill pickle

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## COMBOS

Feel free to make your own combo of any small or half items on the menu.

Small soup, half salads, half sandwiches;  
mix & match to make your perfect combo!

## HOT SANDWICHES

**SMOKEY JACK**—Smoked turkey & bacon, layered with grilled onions, pepperoncini, greens, & tomatoes. Topped with melted jack cheese, on toasted ciabatta, with aiolis of cilantro & chipotle.

**CHEDDARAMI**—Thinly sliced pastrami, topped with onions, tomatoes, pepperoncini & cheddar cheese. With mixed greens, garlic & harissa aiolis, on a toasted baguette. An explosion of flavor!

**THIS LITTLE PIGGIE**—Maple Cured Ham, crispy honey cured bacon, & grilled thick cut red onions on toasted sourdough bread smeared with chipotle aioli. Mixed greens, thinly sliced tomatoes, & melted cheddar.

**METRO RANCH**—Grilled chicken breast topped with fresh tomato, avocado, thinly-sliced red onions & melted smoked mozzarella, with mixed greens on toasted sourdough, with house ranch dressing.

**THE ROOSTER**—Roast beef, sriracha aioli, jalapenos, grilled onions, tomatoes, mixed greens, & provolone cheese, served hot and melty on toasted ciabatta

**SOUTHWESTERN**—Grilled chicken breast topped with roast red peppers, jalapenos, & red onions, hot & melty with jack cheese, with mixed greens on toasted sourdough bread, with cilantro-lime aioli.

**HARISSA BOMB**—smoked turkey with our housemade harissa-olive oil spread, chipotle aioli, thinly sliced red onions, mixed greens, tomatoes, pepperoncinis, & melted jack cheese, served hot & melty on toasted baguette.

**METRO REUBEN**—Take your pastrami, cover it with sauerkraut, house Russian dressing, thinly sliced red onions, & Swiss cheese, make it hot & gooey, put it on mixed greens & tomatoes, & lay it on whole grain dijoned-multigrain sour-dough toast.

**PESTO CHICKEN**—Grilled chicken breast with garlic aioli, basil pesto, a little harissa, a couple red onions, mixed greens & tomatoes, with provolone cheese on ciabatta toast.

**OMG**—Grilled chicken breast, layered with honey Dijon, cilantro aioli, & jalapenos. Topped with mozzarella & cheddar cheeses, on a bed of mixed greens and tomatoes. This we place on a lightly toasted soft roll.

**METRO FIREHOUSE**—Smoked turkey, smoked mozzarella, spicy chipotle aioli, roast red peppers, mixed greens, served on a toasted soft roll.

**ULTIMATE FIREHOUSE:** ADD BACON & PEPPERONCINI

## COLD SANDWICHES

**BLT + AC**—Crispy bacon, mixed greens, & tomato, enhanced with avocado & Monterey jack cheese, on toasted multigrain bread, with honey dijon mustard & mayo.

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

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

**SUBMARINE**—Salame & mortadella, with Italian sandwich dressing, roasted red peppers, pepperoncini & garlic aioli, on a soft roll with mixed greens & fresh tomatoes, topped with provolone.

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

**(V) AVOCADO SANDWICH**—with tomatoes, Swiss & provolone cheeses, hummus, bread & butter pickles, thinly sliced red onions, mixed greens, & cilantro-lime aioli on multigrain sourdough bread.

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

Try an **ULTIMATE VEGGIE-HUMMUS:**

ADD A ½ PORTION OF SMOKED TURKEY

**OH HONEY**—Honey ham, honey whole wheat bread with hummus, honey dijon, cilantro aioli, cucumbers, mozzarella cheese, onions, greens and tomatoes. Very refreshing!

**SALAME TURKEY**—Roast turkey breast & Italian dry salame, on toasted soft roll, with basil pesto, house olive tapenade, mixed greens & tomatoes, with pepperoncini & mozzarella cheese.

**RBG**—Rare roasted beef and roasted garlic aioli, served on multigrain, with mixed greens, grilled onions, tomatoes, roasted red peppers, pepperoncini, & smoked mozzarella.

**TUNAVO**—Delicious dolphin-safe tuna on multigrain sourdough bread, with avocado, mixed greens, tomatoes, & Monterey jack cheese, a little honey dijon mustard, light chipotle aioli, & thinly sliced red onions.

**TURKEY JACK AVO**—Turkey, Jack cheese & avocado, layered with fresh tomatoes, thinly sliced red onions & mixed greens on lightly toasted baguette, drizzled with olive oil & cilantro aioli

## FANCY PANTS SANDWICHES

**(V) GRILLED VEGGIE**—Grilled eggplant & yellow squash, roasted bell peppers, fresh basil leaves, melted fresh mozzarella, mixed greens, tomatoes, garlic aioli and olive tapenade. On toasted ciabatta.

**THE ITALIAN JOB**—Dry salame, mortadella, coppa, & capocollo meats, with onion, pepperoncinis, tomatoes, & sharp provolone cheese, on a bed of mixed greens, with Italian dressing & garlic aioli on toasted baguette.

**DIPARMA**—Prosciutto di Parma & fresh mozzarella cheese, basil pesto, mixed greens, tomatoes, olive oil & balsamic vinegar on baguette.

**OKEYDOKEY ARTICHOKEY**—Starring, you guessed it, artichoke ♥️! With lemony-artichoke aioli, roasted turkey breast, garlic aioli, mixed greens, goat cheese & roasted red peppers, on lightly toasted ciabatta bread.

## GREEN SALADS

Served with housemade crostinis or croutons

**SIMPLE GREEN SALAD**—Mixed greens with tomatoes, cucumbers, house garlic croutons, & honey balsamic vinaigrette.

**ANNIE'S**—Mixed greens, crispy bacon, tomatoes, Swiss cheese, & grilled chicken breast, tossed in a special mixture of our house balsamic & Greek dressings.

**CALIFORNIA**—Mixed greens with goat cheese, organic toasted Santa Barbara pistachios, apricots, & avocados. Tossed with our house honey balsamic vinaigrette.

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

**MOROCCAN SALAD**—Mixed greens, farro, feta cheese, garbanzo beans, green onions, apricots, & pistachios, all tossed in a housemade Moroccan-inspired dressing.

**METROCOBB**—Mixed greens, crispy bacon, tomatoes, turkey, gorgonzola, avocado, tossed in house ranch dressing. Served with housemade crostinis.

**SESAME CHICKEN SALAD**—Big flavors in this mixture of greens, grilled chicken, shaved carrots, cherry tomatoes, green onions, and feta crumbles. Topped with toasted sesame seeds, and our housemade sesame dressing.

## UNO, DUO, TRIO OR QUATRO

CHOOSE: 1 SCOOP 2 SCOOPS 3 SCOOPS SCOOPS

Scoops of our delicious deli salads on a bed of mixed greens tossed in honey balsamic vinaigrette. Choose scoops of 1, 2, 3 or 4 salads from our deli case or substitute 3 dolmas or avocado for a salad scoop.

## SIDES

Veggie deli salad side to a main

Protein deli salad sides to a main

Grilled chicken breast, deli meats

½ PORTION OR FULL PORTION

Bacon ½ PORTION OR FULL PORTION

Bread & butter ½ PORTION OR FULL PORTION

Housemade Dill pickle

## HOUSE SPECIALTIES

SERVED FROM 11-4 ON THE DAYS LISTED

**DAILY—GYROS**—Hand-Mixed ground lamb & beef, with our special house seasonings, on a fluffy seasoned grilled pita, with housemade tzatziki sauce, tomatoes, and onions; served with a side peasant salad.

**TUESDAY—ANNIE'S BANH MI**—Slow roasted kalua-style pork, on a bolillo bun, with a quick pickle, sliced jalapenos, fresh cilantro, hoisin sauce, and a spicy Thai aioli.

**WEDNESDAY—METROTRITIP**—Marinated tri tip, sliced thick, on a bolillo with jalapeno aioli, mixed greens, and Metro's housemade pico de gallo.

**THURSDAY—METROBURGER**—100% Allen Brothers Black Angus Beef, on a toasted brioche bun, with greens, bacon, avocado, chipotle aioli, cheddar cheese, & Annie's smashed potatoes on the side.

**FRIDAY—HAWAIIAN JOB**—Slow roasted pulled pork sautéed in BBQ sauce, with grilled pineapple, grilled onions, fresh thinly sliced jalapenos, fresh cilantro, cilantro aioli, on a toasted brioche bun.

Please note that we reserve the right to change our menu, ingredients, pricing or hours with or without notice

**PHONE ORDERS (805)899-2300**

## CHEESE & CHARCUTERIE PLATES

Served with sliced baguette, nuts & dried fruits.

*Orders must be received no later than 30 minutes before closing.*

*Please allow up to 20 minutes during busy rushes for custom meat & cheese prep.*

3 chef's choice artisan cheeses

3 chef's choice artisan cheeses & 3 charcuterie

## BEVERAGES

Red, rosé or white wine by the glass

Beers from the cold case

FRESHLY BREWED COFFEE

BREWED COFFEE REFILLS

ESPRESSO

CAFE AU LAIT

AMERICANO/MACCHIATO

CAPPUCCINO/LATTE

MOCHA

HOT CHOCOLATE

HOT TEA

EXTRA SHOT OF ESPRESSO

VANILLA SHOT

CUP OF HOT WATER

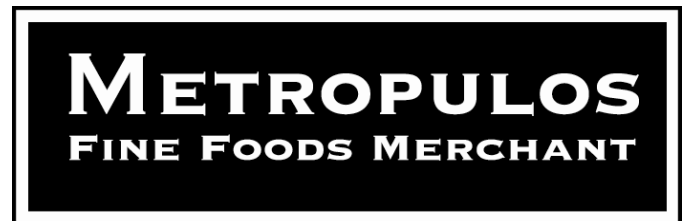
WINE BROUGHT IN FROM OUTSIDE WILL INCUR A

CORKAGE FEE

## DESSERTS

*Check out our assortment of housemade pastries in our pastry case.*

Cookies, brownies, lemon bars, key lime bars, cheese cakes, macaroons, baklava, atomic cookies, carrot cake, chocolatey things, fruity things, nutty things, things to make you happy, all made in house by Team Metro!



216 EAST YANONALI STREET  
SANTA BARBARA, CA 93101

metrofinefoods.com

MARKET HOURS

MONDAY-FRIDAY 8:30–5

SATURDAY 10–5

NEVER ON SUNDAY

UPDATED SEPTEMBER, 2019

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