

## 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 di Parma  
Cheese sandwich (choose 2 cheeses)

**BREAD**—Honey whole wheat, white sourdough, multi-grain, soft roll, ciabatta, baguette, housemade gluten-free (\$ 1.50 extra)

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

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

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

**EXTRAS OR SUBSTITUTIONS** (WITH A CHARGE)

.75¢ ea: cucumbers, carrots, smoked mozzarella, sharp provolone, flavored spreads, a second aioli, roast red peppers, cranberry-fig confit, pepperoncini, hummus \$1 ea: brie, gorgonzola, goat, fresh mozzarella, feta, olive tapenade, fig jam \$1.50 ea: avocado, artichokes, gluten-free bread \$4.50: prosciutto

### KID FRIENDLY OPTIONS (FOR ALL AGES)

Grilled cheese sandwich (whole only)  
Peanut butter & jelly or honey (whole only)  
Turkey or Ham & Cheese Rollups  
Salame on baguette slices

## SOUPS OF THE DAY

All our soups are prepared in-house using the freshest ingredients & housemade stocks. Served with crostinis. Sm/Lg

## COMBOS

Combine any 2 small or half items from the menu, save 50¢

## SIDES

Veggie deli salad scoop as a side to a main item  
Protein deli salad scoops as sides to a main item  
Grilled chicken breast, deli meats  
Bacon  
Baguette & butter

(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.

**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 ♥s! With lemony-artichoke aioli, roasted turkey breast, garlic aioli, mixed greens, goat cheese & roasted red peppers, on lightly toasted ciabatta bread.

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

## HOT & MELTY 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 and 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 cheese.

**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 homemade harissa olive oil spread, chipotle aioli, thinly sliced red onions, mixed greens, tomatoes, pepperoncinis, & melted jack cheese, served hot & melty on toasted baguette.

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

**ULTIMATE FIREHOUSE:** ADD BACON & PEPPERONCINI

**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, & lovingly 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.

## COLD SANDWICHES

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

**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.

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

**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, tomatoes, grilled onions, roasted red peppers, pepperoncini, and smoked mozzarella.

**SWEET TURKEY**—roasted turkey breast, goat cheese, cranberry-fig confit, mixed greens & honey Dijon mustard on honey whole wheat.

**HAM ‘N’ JAM**—thinly sliced ham on a lightly toasted baguette, with fig jam, brie cheese, spicy dijon mustard, tomatoes, & mixed greens.

**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.

**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.

**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 cheese.

(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.

## FANCY PANTS SANDWICHES

## SALADS

Served with housemade crostinis or croutons  
(Please tell us if you prefer not to have crostinis or croutons)

**SIDE 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.

**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.

**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.

**METROCHICKENCAESAR**—Mixed greens, oven roast tomatoes, sliced grilled chicken breast, grated parmesan cheese, garlic croutons, tossed in housemade lemony-olive oil vinaigrette.

## UNO, DUO OR TRIO OF SALADS

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

## SIDES

Veggie deli salad scoop as a side to a main item

Protein deli salad scoop as a side to a main item

Grilled chicken breast, deli meats

Bacon

Extra dressing

Baguette & butter

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

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

## 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 for custom meat & cheese prep.*

3 chef's choice artisan cheeses

3 chef's choice artisan cheeses & 3 charcuterie

## BEVERAGES

Red or white wine by the glass  
Beers from the cold case

Corkage Fees for wine brought in from outside

FRESHLY BREWED COFFEE

CAFE AU LAIT

ESPRESSO

AMERICANO/MACCHIATO

CAPPUCCINO/LATTE

MOCHA

HOT CHOCOLATE

HOT TEA

VANILLA SHOT

## DESSERTS

*Check out our assortment of baked pastries, changing daily*

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



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MARKET HOURS

MONDAY-FRIDAY 8:30–5

SATURDAY 10–5

NEVER ON SUNDAY

**NOVEMBER, 2017**

## 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 house made 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.

**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 BBO sauce, with grilled pineapple, grilled onions, fresh thinly sliced jalapenos, fresh cilantro, cilantro aioli, on a toasted brioche bun.