

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 **\$13.50/\$6.95**

BREAD—Honey whole wheat, white sourdough, multi-grain, soft roll, ciabatta, baguette. Gluten-free (+\$3)

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

THEWORKS—Dijon, mayo, mixed greens, tomato, red onion, pickles, cheese of choice

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

EXTRAS OR SUBS—(WITH A CHARGE)

Cucumbers, carrots, flavored spreads, a second aioli, roast red peppers, pepperoncini, jalapenos, gorgonzola, herbed goat cheese, feta, fresh mozzarella, sharp provolone, hummus, cranberry-fig jam, artichoke aioli, avocado, olive tapenade, artichokes
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

SOUP OF THE DAY.

12 or 16 oz

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

Served with crostinis

SIDES OR ADDITIONS

Veggie deli salad side to a main
Protein deli salad sides to a main
Turkey, smoked turkey, ham
Roast beef, pastrami, gyro meat, grilled chicken breast
Bacon
Bread & butter

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.

PHONE ORDERS (805)899-2300

Please be advised that our food may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, or fish. Let us know when ordering if you have known food allergies.

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

HOT & MELTY SANDWICHES

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

HARISSABOMB—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.

METTORANCH—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.

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.

METROREUBEN—Our take on a classic. Pastrami & sauerkraut, Russian dressing, thinly sliced red onions, & Swiss cheese, on mixed greens with tomatoes, on whole grain dijoned-multigrain 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.

ROOSTER—Roast beef & sriracha aioli, jalapenos, grilled onions, tomatoes, mixed greens, & provolone, served on toasted ciabatta.

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.

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.

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, pepperoncini, tomatoes, & sharp provolone cheese, on a bed of mixed greens, with Italian dressing & garlic aioli on toasted baguette. This is the CLASSIC Italian Sub!

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

OKEYDOKEYARTICHOKEY—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.

ULTIMATE FIREHOUSE—Smoked turkey, smoked mozzarella, spicy chipotle aioli, roast red peppers, mixed greens, plus bacon & pepperoncini, hot and melty, on a 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.

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.

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

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.

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.

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

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

Try an **ULTIMATE VEGGIEHUMMUS**:
ADD A ½ PORTION OF SMOKED TURKEY

GREEN SALADS

Served with housemade crostinis or croutons...
Let us know if you'd prefer to leave them out.

SIMPLE GREEN SALAD—Mixed greens with tomatoes, cucumbers, house garlic croutons, & honey balsamic vinaigrette.
Small Size/Entrée Size

SMALL SIZE \$/ENTRÉE SIZE \$

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

CRANGOAT—Mixed greens, dried cranberries, crumbled goat cheese, candied walnuts, tossed in our house honey balsamic vinaigrette

SMALL SIZE / ENTRÉE SIZE

METROCOBB—Mixed greens, crispy bacon, tomatoes, turkey, gorgonzola, avocado, tossed in house ranch dressing.

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.

UNO, DUO, TRIO OR QUATRO

CHOOSE: 1, 2, 3, OR 4 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 OR ADDITIONS

Veggie deli salad side to a main

Protein deli salad sides to a main

Turkey, smoked turkey, ham, bacon

Roast beef, pastrami, gyro meat, grilled chicken breast

Bread & butter

HOUSE SPECIALTIES

SERVED FROM 11-3 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% 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.

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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 & 2 charcuterie

BEVERAGES

Bottles of Wine
Retail Beers
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

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-SATURDAY 9-4

UPDATED APRIL 2022

Have a large order?

CALL FIRST

(805) 899-2300

then email it to ordering@metrofinefoods.com



Instagram

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