

GLUTEN FRIENDLY

# metro -diner-

Please keep in mind that any items prepared without gluten products are made in a kitchen that handles many other wheat products. During normal kitchen operations, there is a possibility for food items to come into contact with wheat gluten/proteins. We are unable to guarantee that any menu item is completely gluten-free. **Please inform server of noted exclusions when ordering.**

## BREAKFAST FAVORITES

Substitute Gluten-Free Bread or Bun for \$1

### Three Egg Breakfast\*

ASK FOR GLUTEN-FREE TOAST!

Three eggs any style, hashbrowns, toast and choice of meat: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 590-1130 CAL.

### Two Egg Breakfast\*

ASK FOR GLUTEN-FREE TOAST!

Two eggs any style, hashbrowns, toast and choice of meat: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 590-1130 CAL.

### Eggs, Hashbrowns & Toast\*

ASK FOR GLUTEN-FREE TOAST!

Two eggs any style, toast and hashbrowns or grits. 430-650 CAL.

### Protein Breakfast\*

Scrambled eggs and your choice of two meats: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 560-1030 CAL.

### Southwest Scramble Bowl\*

Avocado, black beans, corn, diced green and jalapeños peppers, onions, tomatoes, and scrambled eggs, served over hashbrown potatoes and drizzled with salsa and sour cream, topped with green onions. 820 CAL.

### Avocado Toast\*

ASK FOR GLUTEN-FREE TOAST!

Fresh chopped avocado on eight-grain toast, topped with diced tomatoes and everything bagel seasoning. 480 CAL.

Add two eggs\* any style 160 CAL. 3.00

Add feta cheese 70 CAL. 1.00

Add chopped bacon 60 CAL. 1.00

Add diced red onions 5 CAL.

### Western Omelet\*

ASK FOR GLUTEN-FREE TOAST!

Ham, cheddar cheese, mushrooms, onions, tomatoes and peppers, topped with salsa. Served with toast and choice of hashbrowns or grits. 750-980 CAL.

### Veggie Omelet\*

ASK FOR GLUTEN-FREE TOAST!

Mushrooms, onions, peppers, cheddar cheese, asparagus and tomatoes. Served with toast and choice of hashbrowns or grits. 710-940 CAL.

### Meat Lover's Omelet\*

ASK FOR GLUTEN-FREE TOAST!

Bacon, sausage, ham and cheddar cheese. Served with toast and choice of hashbrowns or grits. 840-970 CAL.

### Avocado Breakfast Sandwich\*

ASK FOR GLUTEN-FREE TOAST!

Scrambled eggs, cheddar cheese, bacon and avocado with lettuce, tomato and mayo on eight-grain toast. Served with hashbrowns or grits. 1130 CAL.

### Bacon Avocado Scramble Bowl\*

Avocado, bacon, scrambled eggs, and roasted grape tomatoes, served over hashbrown potatoes and drizzled with Hollandaise sauce. 830 CAL.

### Bacon, Egg & Cheese Croissant\*

ASK FOR GLUTEN-FREE TOAST!

Bacon, scrambled egg, and cheddar cheese. Served with hashbrowns or grits. 710 CAL.

Substitute egg whites for \$1.50 more.

## SALADS

### Chicken Tender Salad

ASK FOR NO TORTILLA CRUNCH AND SUBSTITUTE GRILLED CHICKEN!

Grilled or blackened tenders over greens, cucumbers, tomatoes, shredded carrots, radishes, red onions, and tortilla crunch tossed in our honey mustard dressing. 800 CAL

### Caesar Salad

ASK FOR NO CROUTONS!

Classic Caesar salad with croutons and creamy Caesar dressing. 190 CAL.

### House Salad

ASK FOR NO TORTILLA CRUNCH!

Greens, cucumbers, shredded carrots, radishes, tomatoes, red onions, and tortilla crunch tossed in our honey mustard dressing. 120 CAL.

### Gluten Friendly Dressings

Balsamic Vinaigrette - Greek - Oil & Vinegar Ranch - Honey Mustard

\*Items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. 2,000 calories a day is used for general nutritional advice, but calorie needs vary.



# metro

—diner—

Please keep in mind that any items prepared without gluten products are made in a kitchen that handles many other wheat products. During normal kitchen operations, there is a possibility for food items to come into contact with wheat gluten/proteins. We are unable to guarantee that any menu item is completely gluten-free. **Please inform server of noted exclusions when ordering.**

## BURGERS & SANDWICHES

Substitute Gluten-Free Bread or Bun for \$1

### Classic Burger\*

ASK FOR A GLUTEN-FREE BUN!

100% Angus burger, cheddar cheese, lettuce, tomato, and red onions. 710 CAL.

### Breakfast Burger\*

ASK FOR A GLUTEN-FREE BUN!

100% Angus burger, cheddar cheese, hashbrowns, lettuce, tomato, bacon, an egg any style and Hollandaise sauce. 1190 CAL.

### Bacon, Mushroom, Swiss Burger\*

ASK FOR A GLUTEN-FREE BUN!

100% Angus burger, hickory smoked bacon, lettuce, tomato, Swiss cheese and sautéed mushrooms. 920 CAL.

### Grilled 3 Cheese

ASK FOR GLUTEN-FREE BREAD!

Cheddar, Swiss and provol on grilled bread. 560 CAL.

Add ham & tomato 230 CAL. 2.00

Add bacon & tomato 130 CAL. 2.00

### Philly Cheese Steak\*

ASK FOR A GLUTEN-FREE BUN!

Roasted and seasoned beef topped with grilled onions and peppers, melted provol cheese on a toasted hoagie roll. 1060 CAL.

### Big Mike's BLT (Double Decker)

ASK FOR GLUTEN-FREE BREAD!

Three slices of toast, loaded with bacon, lettuce, tomato and mayo. 910 CAL.

### Chicken Salad Croissant

ASK FOR GLUTEN-FREE BREAD!

Roasted chicken, chopped pecans, grapes, celery and mayo served on a flaky croissant with lettuce and sliced tomato. 610 CAL.

### Metro Club

ASK FOR GLUTEN-FREE BREAD!

Ham, turkey, bacon, Swiss, cheddar, lettuce, tomato and mayo on three slices of white toast. 1210 CAL.

### SERVED WITH CHOICE OF...

Steamed Green Beans 120 CAL.

Steamed Broccoli 190 CAL.

Coleslaw 210 CAL.

Fresh Seasonal Fruit 110 CAL.

Mashed Potatoes 250 CAL.

ASK FOR NO GRAVY!

House Salad 120 CAL. + \$.50

ASK FOR NO TORTILLA CRUNCH!

Caesar Salad 190 CAL. + \$.50

ASK FOR NO CROUTONS!

## SIDES

Mashed Potatoes 250 CAL.

ASK FOR NO GRAVY!

Steamed Green Beans 120 CAL.

Steamed Broccoli 190 CAL.

Coleslaw 210 CAL.

Fresh Seasonal Fruit 110 CAL.

Hashbrowns 240 CAL.

Honest to Goodness Grits 150 CAL.

Cheesiest Grits 300 CAL.

Canadian Bacon 70 CAL.

Country Sausage Patties 400 CAL.

Hickory Smoked Bacon 200 CAL.

House Salad 120 CAL.

ASK FOR NO TORTILLA CRUNCH!

Caesar Salad 190 CAL.

ASK FOR NO CROUTONS!

\*Items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. 2,000 calories a day is used for general nutritional advice, but calorie needs vary.

GLUTEN FRIENDLY

