

metro -diner-

BREAKFAST ALL DAY FAVORITES

The Bissell Breakfast

Two eggs* any style, bacon, toast, hashbrowns or grits, and a short stack of pancakes. 1130-1360 CAL. 12.49

Steak & Scramble Bowl

Seasoned sirloin steak*, scrambled eggs* and roasted grape tomatoes, served over hashbrowns and drizzled with Hollandaise sauce. 800 CAL. 15.69

Meat Lover's Scramble Bowl

Hickory smoked bacon, sausage, ham, and scrambled eggs* served over hashbrowns and drizzled with Hollandaise sauce and cheddar cheese. 1180 CAL. 12.69

Spicy Honey Chicken Biscuit

Buttermilk marinated chicken tender tossed in a spicy honey sauce on a biscuit. Served with your choice of side. 480 CAL. 8.29

Biscuits & Sausage Gravy

Two buttermilk biscuits topped with our housemade sausage gravy. Served with two eggs* any style and hashbrowns. 1780 CAL. 12.99

Bacon Avocado Scramble Bowl

Avocado, bacon, scrambled eggs*, and roasted grape tomatoes, served over hashbrowns and drizzled with Hollandaise sauce. 830 CAL. 12.69

Southwest Scramble Bowl

Avocado, black beans, corn, diced green and jalapeño peppers, onions, tomatoes, and scrambled eggs*, served over hashbrowns and drizzled with salsa and sour cream, topped with green onions. 820 CAL. 12.69

Bacon, Egg & Cheese Croissant

Bacon, scrambled eggs* and cheddar cheese on a flaky croissant. Served with your choice of side. 710 CAL. 9.99

Fried Chicken & Waffle

Half a fried chicken and a Belgian waffle, topped with powdered sugar and sweet, strawberry butter. Served with our signature sweet and spicy sauce. 2170 CAL. 16.99

Huevos Rancheros

Your choice of eggs* served over fried sun-dried tomato tortilla shells, bacon, sausage, black beans, onions, jalapeños, tomatoes, roasted corn, and green peppers. Topped with cheese, sour cream, salsa, fried jalapeños, and green onions. 1530 CAL. 13.49

Avocado Breakfast Sandwich

Scrambled eggs*, cheddar cheese, bacon and avocado with lettuce, tomato and mayo on eight-grain toast. Served with your choice of side. 1130 CAL. 11.89

GRIDDLE GREATS

Fruity Waffle

A blueberry Belgian waffle topped with strawberries, bananas and powdered sugar. 850 CAL. 9.99

Belgian Waffle

Thick and light, a true Belgian waffle. Topped with powdered sugar. 720 CAL. 8.49

Make it Cinnamon Roll Style 550 CAL. 2.99

Metro Pancakes

A short stack of light, fluffy pancakes. 820 CAL. 8.29

Cinnamon Roll Pancakes

Two pancakes swirled with cinnamon and sugar, topped with cream cheese icing, candied pecans, and cinnamon butter. 1740 CAL. 10.49

Croissant French Toast

Four pieces of light, buttery croissant, battered and grilled to perfection. Topped with powdered sugar. 1040 CAL. 11.49

LIGHTER FARE

Avocado Toast

Fresh chopped avocado on eight-grain toast, topped with diced tomatoes and everything bagel seasoning. 480 CAL. 9.69

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.

Oatmeal Breakfast

Served with brown sugar, raisins, and a side of fresh seasonal fruit. 630 CAL. 6.29

EGGS GALORE

PLATTERS

Two or Three Egg Breakfast

Eggs* any style, hashbrowns, toast and choice of meat: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 590-1130 CAL. 2 EGGS 11.29 3 EGGS 11.59

Eggs, Toast & Side

Two eggs* any style, toast and hashbrowns or grits. 430-650 CAL. 9.39

Protein Breakfast

Scrambled eggs* and choice of two meats: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 560-1030 CAL. 11.69

BENEDICTS

Fried Chicken Benedict

Buttermilk marinated chicken tenders, two poached eggs* on a biscuit, topped with creamy Hollandaise. Served with a side of hashbrowns. 1020 CAL. 13.29

Classic Eggs Benedict

Canadian bacon, two poached eggs* on an English muffin, topped with creamy Hollandaise. Served with a side of hashbrowns. 690 CAL. 12.69

San Francisco Benedict

Canadian bacon, avocado and tomato, two poached eggs* on an English muffin, topped with creamy Hollandaise. Served with a side of hashbrowns. 830 CAL. 13.29

OMELETS*

Western Omelet

Ham, cheddar cheese, mushrooms, onions, tomatoes and peppers, topped with salsa. Served with toast and choice of hashbrowns or grits. 750-980 CAL. 12.79

Veggie Omelet

Mushrooms, onions, peppers, cheddar cheese and tomatoes. Served with toast and choice of hashbrowns or grits. 710-940 CAL. 12.79

Meat Lover's Omelet

Bacon, sausage, ham and cheddar cheese. Served with toast and choice of hashbrowns or grits. 980-1210 CAL. 12.79

BEVERAGES

Freshly Ground Coffee 0 CAL.

Flavored Coffee of the Day 0 CAL.

Hot Herbal Tea 0 CAL.

Freshly Brewed Iced Tea 0-120 CAL.

Flavored Iced Tea 0-120 CAL.

Fruit Juices 110-280 CAL.

Milk or Chocolate Milk 260/340 CAL.

Soft Drinks 0-180 CAL.



WANT WHAT YOU WANT



WANT WHAT YOU WANT ALL DAY

STARTERS

Metro Flatbreads

The perfect shareable.

Meat Lover's 990 CAL. 9.99

Veggie Lover's 650 CAL. 9.99

Margherita 850 CAL. 9.99

Pepperoni 910 CAL. 9.99

Onion Rings

Thick cut, panko breaded onion rings. Served with ranch. 560 CAL. 9.29

Boneless Wings

Crispy, buttermilk marinated boneless wings tossed in your choice of buffalo, spicy honey, or teriyaki spicy honey. Served with celery sticks and ranch or blue cheese. 470-600 CAL. 10.99

Poutine

Seasoned fries topped with white cheddar cheese curds and drizzled with brown gravy. 530 CAL. 9.99

Fried Cheese Curds

Wisconsin-style white cheddar cheese curds. Served with ranch. 840 CAL. 9.99

Cheese Fries

Crispy seasoned French fries topped with mixed cheeses, bacon, and fried jalapeños. Served with ranch. 1140 CAL. 9.29

METRO FAVORITES

Fried Chicken Plate

Half a fried chicken, creamy mashed potatoes with a rich brown gravy, steamed green beans, our signature sweet and spicy sauce, and biscuit. 2190 CAL. 16.99

Chicken Pot Pie

Tender chicken, carrots, celery and corn in our velvety cream sauce and topped with our original homemade biscuit crust. 990 CAL. 13.29

Shepherd's Pie

Seasoned ground beef and pork, carrots, celery and corn in a brown sauce, topped with creamy mashed potatoes and mixed cheese. 830 CAL. 13.29

Charleston Shrimp & Grits

Our signature grits infused with cheese, roasted red peppers and andouille sausage. Topped with shrimp, sausage, onions and peppers in a shrimp sauce. Garnished with chopped bacon and green onions. 450 CAL/830 CAL SMALL 15.99 LARGE 17.99

Metro Rice Bowls

Choice of Teriyaki Steak*, Salmon*, or Tangy Chicken. Served over a bed of seasoned rice and assorted vegetables.

Tangy Chicken 970 CAL. 11.69

Teriyaki Salmon* 900 CAL. 16.89

Teriyaki Steak* 790 CAL. 15.49

Baby Back Ribs

Tender, slow cooked baby back ribs marinated for 24 hours then slathered with our homemade BBQ sauce. Served with seasoned fries and coleslaw.

750 CAL/1100 CAL

1/2 RACK 16.99 FULL RACK 20.99

Ribs & Chicken Tenders

Half rack of our baby back ribs slathered with our homemade BBQ sauce, alongside two buttermilk marinated chicken tenders. Served with seasoned fries, coleslaw, and Creole mustard. 1300 CAL. 19.99

Chicken Tender Plate

Buttermilk marinated chicken tenders, seasoned, hand-breaded and fried golden brown. Served with coleslaw, seasoned fries and Creole mustard. 1070 CAL. 13.29

Roasted Turkey Plate

Seasoned turkey breast roasted in-house with rich brown gravy, cornbread stuffing, creamy mashed potatoes, steamed green beans and cranberry sauce. 940 CAL. 14.49

Chicken Parmesan

Breaded chicken topped with a pesto marinara sauce and melted provol cheese. Served over penne pasta tossed in marinara. 990 CAL. 11.99

Fried Chicken & Waffle

Half a fried chicken and a Belgian waffle, topped with powdered sugar and sweet, strawberry butter. Served with our signature sweet and spicy sauce. 2170 CAL. 16.99

Iron City Meatloaf

Our famous griddle-seared meatloaf with rich brown gravy, creamy mashed potatoes and steamed green beans. 940 CAL. 14.29

Steak Tips

Seasoned and seared sirloin tips* with mushrooms, in our rich brown gravy with creamy mashed potatoes and steamed green beans. 700 CAL. 15.99

Teriyaki Salmon Plate

Grilled salmon* with a sweet teriyaki glaze. Served with creamy mashed potatoes and steamed broccoli. 820 CAL. 16.99

Fish & Chips

Crispy beer battered fried white fish. Served with tartar sauce, coleslaw and seasoned fries. 1020 CAL. 14.99



Fish Fry Friday! 13.49

Our Fish & Chips platter plus your choice of house salad, Caesar salad, or cup of soup.

Available every Friday, all day!

BURGERS & SANDWICHES

Served with your choice of side

Classic Burger

100% Angus burger*, cheddar cheese, lettuce, tomato, and red onions. 710 CAL. 12.69

Loaded Burger Bowl

100% Angus burger*, topped with American cheese, lettuce, diced tomato, onions, and pickles. Served over a side of seasoned fries and drizzled with our secret sauce. 950 CAL. 12.69

BBQ Bacon Burger

100% Angus burger*, hickory smoked bacon, lettuce, tomato, cheddar cheese and BBQ sauce. 730 CAL. 14.29

Breakfast Burger

100% Angus burger*, cheddar cheese, hashbrowns, lettuce, tomato, bacon, an egg* any style and Hollandaise sauce. 1190 CAL. 14.59

Metro Club

Ham, turkey, bacon, Swiss, cheddar, lettuce, tomato and mayo on three slices of white toast. 1210 CAL. 15.29

Philly Cheese Steak

Roasted and seasoned beef topped with grilled onions and peppers, melted provol cheese on a toasted hoagie roll. 1060 CAL. 13.99

Chicken Salad Croissant

Roasted chicken, chopped pecans, grapes, celery and mayo served on a flaky croissant with lettuce and sliced tomato. 610 CAL. 11.69

Double Decker BLT

Three slices of toast, loaded with bacon, lettuce, tomato and mayo. 720 CAL. 12.99

Fried Chicken Sandwich

Buttermilk marinated chicken, bacon, provol cheese, honey mustard, lettuce and tomato. 880 CAL. 12.69

Grilled 3 Cheese

Cheddar, Swiss and provol on grilled white bread. 560 CAL. 8.49

Add ham & tomato 230 CAL. 2.50

Add bacon & tomato 130 CAL. 2.50

Add sliced tomato 5 CAL. 1.00

Spicy Honey Chicken Sandwich

Buttermilk marinated chicken dipped in our signature spicy honey sauce, topped with tomato. 530 CAL. 11.49

Gluten-free bun/bread available for \$2 more.

SALADS & SOUP

Chicken Tender Salad

Buttermilk marinated and fried chicken tenders over greens, cucumbers, tomatoes, shredded cabbage, carrots, and red onions with tortilla crunch and choice of dressing. 800 CAL. 12.29

Caesar Salad

Classic Caesar salad with Parmesan, croutons and creamy Caesar dressing. 380 CAL. 9.29

Chicken Caesar Salad

Grilled chicken tenders over a classic Caesar salad with Parmesan, croutons and creamy Caesar dressing. 720 CAL. 12.29

House Salad

Mixed greens, cucumbers, tomatoes, shredded cabbage, carrots, and red onions with tortilla crunch and choice of dressing. 240 CAL. 9.29

Soup of the Day

Check the Blackboard for our daily offerings. CUP 3.99 BOWL 5.99

Chicken Noodle Soup

Classic soup with chicken, celery, carrots, and onions. 90/180 CAL. CUP 3.99 BOWL 5.99

SIDES

Seasoned Fries 290 CAL. 3.99

Steamed Green Beans 120 CAL. 3.99

Steamed Broccoli 190 CAL. 3.99

Mashed Potatoes & Gravy 250 CAL. 3.99

Seasoned Rice 260 CAL. 3.99

Coleslaw 210 CAL. 3.99

Mac & Cheese 300 CAL. 4.29

Onion Rings 150 CAL. 4.99

Hashbrowns 240 CAL. 3.99

Homefries 400 CAL. 3.99

Honest to Goodness Grits 150 CAL. 2.99

Cheesiest Grits 300 CAL. 3.49

Biscuits 600 CAL. 3.69

Sausage Gravy 480 CAL. 3.99

Biscuits & Sausage Gravy 1310 CAL. 6.99

Toast, English Muffin 120-220 CAL. 2.79

Fresh Seasonal Fruit 110 CAL. 4.29

Hickory Smoked Bacon 200 CAL. 3.99

Canadian Bacon 70 CAL. 3.99

Turkey Sausage 210 CAL. 3.99

Country Sausage 340-400 CAL. 3.99

House Salad 120 CAL. 4.99

Caesar Salad 190 CAL. 4.99