

Met Ingredients + Allergens January 25, 2020

Menu Item	Portion	Ingredients	Allergens
25-Jan-20			
BREAKFAST			
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.	CONTAINS: Egg
Blueberry Pancakes	1 each	Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).), Water, Liquid Eggs (Whole Egg, Citric Acid.),Blueberries,Cult,IQF,Grade A, Canola Pan Coating Spray (CanolaOil, Phosphated Mono & Diglycerides, Propellant.), Canola Oil.	CONTAINS: Egg, Milk, Soy, Wheat
Grilled Chourico	3 ounces	Chourico Sausage (Pork, Water, Salt, Vinegar,Potassium Lactate, Spices, Paprika, Garlic Powder, SodiumDiacetate, Sodium Nitrite.).	
O'Brien Potatoes	1/2 cup	Water, Diced Potatoes (Potatoes, Dextrose,Disodium Pyrophosphate (Added to Maintain Color), Potassium Sorbate (Added to Maintain Freshness).), Diced Green Peppers,Unsalted Butter (Cream (Milk), Natural Flavoring.), Diced Onions,Roasted Red Peppers (Bell Peppers, Water, Salt, and Citric Acid),Salt, Black Pepper.	CONTAINS: Milk
Egg, Cheese + Sausage on English Muffin	1 each	English Muffin (Enriched Wheat Flour (WheatFlour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin,Folic Acid), Water, Yeast, Contains 2% or Less of the Following:High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Salt, CornMeal, Vinegar, Corn Sugar, Calcium Propionate (Preservative),Yeast Nutrient (Calcium Sulfate), Dough Conditioner (CalciumPeroxide), Fumaric Acid, Soy Lecithin.), Cage Free Eggs, PorkSausage Patty (Pork, Water, Salt, Corn Syrup Solids, Spices,Sugar, Dextrose, Spice Extractives, BHT, Propyl Gallate, CitricAcid.), Sliced Cheddar Cheese (Pasteurized Milk, Cheese Culture,Salt, Enzymes.), Salt.	CONTAINS: Egg, Milk, Soy, Wheat
Berry Bread Pudding	96 each	Liquid Eggs (Whole Egg, Citric Acid.),Croissant,Butter,Frozen,2oz (Enriched Flour (Wheat Flour, Niacin,Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter,Water, Sugar, Eggs, Yeast, Contains 2% or Less: Soybean Oil,Salt, Wheat Starch, Propylene Glycol Alginate, Soy Lecithin,Sodium Alginate, Dextrose, Baking Soda.), Extra Fine GranulatedSugar (Cane Sugar), Strawberries, Heavy Whipping Cream (HeavyCream, Milk, Contains Less Than 0.5% Of: Mono And Diglycerides,Polysorbate 80, Carrageenan.), Blueberries,Cult,IQF,Grade A,Canola Pan Coating Spray (Canola Oil, Phosphated Mono &Diglycerides, Propellant.), Confectioners Sugar (Sugar,Cornstarch), Ground CinnamonCONTAINS: Egg, Milk, Soy, Wheat	CONTAINS: Egg, Milk, Soy, Wheat

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Oatmeal Bar	4 oz ladles	Water, Pancake Syrup (Corn Syrup, Water, Artificial Maple Flavor, Salt, Sodium Benzoate, CMC Gum, Potassium Sorbate (Preservative), Caramel Color.), Strawberries, Gluten Free Honey Oat Granola (Organic Gluten Free Oats, Organic Honey, Organic High Oleic Sunflower Oil, Sea Salt And Organic Vanilla. This Product Is Created In A Bakery That Uses Soy, Walnuts, Hazelnuts/Filberts, Coconut, Pecans, Cashews, Almonds And Peanuts.), Honey, Light Brown Sugar (Sugar, Molasses.), Roasted Pumpkin Seeds, Toasted Sunflower Kernels (Sunflower Kernels, Vegetable Oil (Peanut, Cottonseed, Partially Hydrogenated Soybean and/or Sunflower Seed).), Golden Raisins (Raisins, Sulfur Dioxide Added As A Preservative.), Dried Sweetened Cranberries (Cranberries, Sugar.), Whole Grain Oats.	CONTAINS: Soy

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DINNER SPECIALS			
Chinese New Year			
Steamed Wild Snapper with Ginger + Cilantro	4 ounces	<i>Full Ingredients Not Available</i>	CONTAINS: Fish, Soy
Stir-Fried Rice Cakes with Nappa Cabbage + Mushrooms	2 ounces	<i>Full Ingredients Not Available</i>	CONTAINS: Soy, Wheat
Stir-Fried Mustard Greens	3 ounces		CONTAINS: Soy
Vegetable Spring Roll	2 each	Green Onions, Vegetable Spring Roll (Dough(Wheat Flour, Water, Salt, Hydroxylated Soy Lecithin, Soybean Oil),Napa Cabbage, Onions, Carrots, Red Peppers, Celery, Zucchini,Mushrooms, Green Peppers, Broccoli, Scallions, Brown Sugar,Garlic, Modified Food Starch, Cilantro, Soybean Oil, Ginger, SoySauce (Water, Soybeans, Wheat, Salt, Sodium Benzoate LessThan 1/10 of 1% as Food Preservative), Sesame Seed Oil, Salt,Garlic Powder, Onion Powder, Spices.)	CONTAINS: Soy, Wheat
VEG BAR SPECIALS			
Longevity Noodles with Mushroom + Ginger	4 ounces	Lo Mein Noodles (Bleached Wheat Flour, Water,Wheat Gluten, Salt, Potassium Carbonate, Soybean Oil.), ChickenThigh Meat, Napa Shredded Cabbage, Shhitake Mushrooms,Green Onions, Tamari Gluten Free Soy Sauce (Water, OrganicSoybeans, Salt, Organic Alcohol (To Preserve Freshness).), MirinWine, Sesame Oil, Olive Pomace Oil (Blend of Refined Oil of OlivePomace and Extra Virgin Olive Oil.), Ginger Puree (Ginger,Phosphoric Acid, Sodium Benzoate, Potassium Sorbate(Preservatives).), Cornstarch, Crushed Red Pepper	CONTAINS: Egg, Soy, Wheat
Steamed Broccoli + Bok Choy with Sesame	6 ounces	<i>Full Ingredients Not Available</i>	CONTAINS: Soy
Edamame Dumplings		<i>Full Ingredients Not Available</i>	CONTAINS: Soy, Wheat
Tofu with Hunan-Style Garlic Sauce		<i>Full Ingredients Not Available</i>	CONTAINS: Soy, Wheat

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SOUP SPECIALS			
Hot and Sour Soup	12 ounces	Water, Tofu, Sliced Bamboo Shoots, ShhitakeMushrooms, Gluten Free Soy Sauce (Water, Soybeans, Salt,Sugar.), Rice Wine Vinegar (Rice Wine Vinegar, Sugar, Salt,Potassium Metabisulfite (As A Preservative).), Sesame Oil,Cornstarch, Green Onions, Extra Fine Granulated Sugar (CaneSugar), Ginger Puree (Ginger, Phosphoric Acid, Sodium Benzoate,Potassium Sorbate (Preservatives).), Gluten Free Vegan ChickenFlavor Base (Salt, Sugar, Maltodextrin, Yeast Extract, OnionPowder, Natural Flavors, Dehydrated Carrot Juice, Beta CaroteneColor, Olive Oil, Garlic Powder, And Spices.), Garlic, Crushed RedPepper, White Pepper	CONTAINS: Soy
Egg Drop with Seaweed Soup	12 ounces	<i>Full Ingredients Not Available</i>	CONTAINS: Egg, Soy, Fish

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Menu Item	Portion	Ingredients	Allergens
26-Jan-20			
BREAKFAST			
Scrambled Eggs	3 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.	CONTAINS: Egg
Choc Chip Pancakes	2 ounces	Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).), Chocolate Cocoa Drops, Canola Pan Coating Spray (Canola Oil,Phosphated Mono & Diglycerides, Propellant.).	CONTAINS: Egg, Milk, Soy, Wheat
Smoked Bacon	2 each	Smoked Bacon (Pork Cured with: Water, Salt,Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.).	
Hashbrown Baby Cakes	3 ounces	Mini Potato Pancakes (Potatoes, Vegetable Oil (Contains One or More of the Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Dried Potatoes. Contains 2% orLess of Baking Powder (Sodium Acid Pyrophosphate, SodiumBicarbonate, Corn Starch, Monocalcium Phosphate), CalciumLactate, Citric Acid (to Maintain Freshness & Natural Color),Dehydrated Onion, Dextrose, Garlic Powder, Malic Acid, Modified Cellulose, Mono-& Diglycerides, Potato Starch - Modified, Salt,Sodium Citrate, Sodium Alginate, Sodium Acid Pyrophosphate Added to Maintain Natural Color, Spices, Xanthan Gum.), CanolaOil.	CONTAINS: Soy
Western Frittata Egg + Cheese on Croissant	1 each	Pepper Jack Cheese (Pasteurized Milk, JalapenoPeppers, Cheese Culture, Salt, Enzymes), Liquid Eggs (WholeEgg, Citric Acid.), Virginia Style Boneless Ham (Pork Cured withWater Sugar Salt Contains 2% or Less of: Potassium LactateSodium Phosphate Sodium Diacetate Sodium Erythorbate SodiumNitrite Seasoning (Salt, Spice Extractives).), Potato Roll (EnrichedFlour (Wheat Flour Unbleached, Malted Barley Flour, Niacin,Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water,Wheat Gluten, Yeast, Sugar, Contains Less Than 2% of: CalciumPropionate (to Retain Freshness), Calcium Sulfate, Enzymes, CornFlour, Turmeric, Mono & Diglycerides, Paprika, Natural and ArtificalFlavors, Ascorbic Acid, Potato Flour, Salt, Soybean Oil, Stevia,Wheat Starch.), White Onions, Red Peppers, Canola Pan CoatingSpray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.),Salt.	CONTAINS: Egg, Milk, Soy, Wheat

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DINNER SPECIALS			
Grilled Bavette Steak	4 ounces	Beef Sirloin (Beef), Garlic, Canola Oil, Kosher Salt, Black Pepper	
Pico de Gallo	1 oz ladle	Fresh Tomatoes, Diced Red Onions, Cilantro, Olive Pomace Oil, Lime Juice, Green Onions, Salt, Sriracha Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Contains Sodium Bisulfite as Preservatives, and Xanthan Gum.), Jalapeno Peppers, Garlic, Black Pepper	
Cuban Black Beans	4 ounces	Black Beans (Black Beans, Water, Sugar, Salt, Calcium Chloride (Firming Agent), Ferrous Gluconate.), Water, Diced Onions, Vegetable Soup Base (Dehydrated Vegetables (Onion, Tomato, Sweet Corn, Carrot, Celery, Pumpkin, Carrot Juice, Bell Pepper, Green Leek and Garlic), Sea Salt, Sugar, Yeast Extract, Canola Oil, Spices, and Extractives of Celery, Onion and Garlic.), Garlic, Chili Powder (Chili Pepper and Other Spices, Salt, Garlic Powder.), Salt, Chipotle Peppers (Water, Tomato Paste, Dried Chipotle Peppers, Distilled Vinegar, Corn Oil, Contains 2% Or Less Of: Iodized Salt (Contains Potassium Iodate), Corn Starch, Onion Powder, Garlic Powder, Spices.), Smoked Ground Paprika, Ground Cumin	
Saffron Pumpkin Seed Rice Pilaf	3 ounces	Water, Long Grain Rice (Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate & Folic Acid.), Pepitas (Pumpkin Seeds.), Chicken Soup Base (Salt, Chicken (Includes Rendered Fat, Cooked Skins & Cooked Meat), Sugar, Monosodium Glutamate, Potato Flour, Onion Powder, Food Starch - Modified, Chicken Flavor (Contains Maltodextrin, Salt, Corn Oil, Chicken Skins, Beef Extract, Ascorbic Acid, Thiamine Hydrochloride), Spices, Turmeric, Natural Flavor (Contains Soybean), Disodium Inosinate And Disodium Guanylate.), Canola Oil, Salt, Saffron, Black Pepper	CONTAINS: Soy
Chili Roasted Cauliflower	2 ounces	Cauliflower, Thai Sweet Chili Sauce (Sugar, Water, Chili, Vinegar, Garlic, Salt, Guar Gum, Citric Acid.), Olive Pomace Oil, Parsley, Salt	
Chili Roasted Carrots	2 ounces	Carrots, Thai Sweet Chili Sauce (Sugar, Water, Chili, Vinegar, Garlic, Salt, Guar Gum, Citric Acid.), Olive Pomace Oil, Parsley, Salt	

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Menu Item	Portion	Ingredients	Allergens
27-Jan-20			
BREAKFAST			
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.	CONTAINS: Egg
Cinn Raisin Fren Toast	1 slice	French Toast Batter [Liquid Eggs (Whole Egg,Citric Acid.), 2% Milk, Extra Fine Granulated Sugar (Cane Sugar),Artificial Vanilla Extract (Water, Caramel Color, Vanillin, EthylVanillin, and 0.1% Potassium Sorbate (Added as a Preservative).),Ground Cinnamon, Salt], Raisin Bread (Umbromated, Unbleached,Enriched Wheat Flour (Flour, Malted Barley Flour,niacin(Vitaminb3), Reduced Iron, Thiamine Mononitrate (Vitamin B1),Riboflavin (Vitaminb2), Folic Acid), Water, Raisin, Sugar, Malt, Salt,Yeast, Cinnamon, Calcium Propionate (to Retard Spoilage), WheatGluten, Caramel,color, Enzymes, Monoglycerides, Ascorbic Acid,Xanthan Gum, Guar Gum, Corn.), Canola Pan Coating Spray(Canola Oil, Phosphated Mono & Diglycerides, Propellant.).	CONTAINS: Egg, Milk, Wheat
Crispy Tater Tots	3 ounces	Tater Tots (Potatoes, Vegetable Oil (ContainsOne or More of the Following: Canola, Palm, Soybean, Sunflower),Salt, Corn Flour, Dehydrated Potato, Disodium DihydrogenPyrophosphate (to Promote Color Retention), Dextrose.), Canola Oil.	CONTAINS: Soy
Egg, Cheese + Bacon on English Muffin	1 each	English Muffin (Enriched Wheat Flour (WheatFlour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin,Folic Acid), Water, Yeast, Contains 2% or Less of the Following:High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Salt, CornMeal, Vinegar, Corn Sugar, Calcium Propionate (Preservative),Yeast Nutrient (Calcium Sulfate), Dough Conditioner (CalciumPeroxide), Fumaric Acid, Soy Lecithin.), Cage Free Eggs, SlicedCheddar Cheese (Pasteurized Milk, Cheese Culture, Salt,Enzymes.), Smoked Bacon (Pork Cured with: Water, Salt, Sugar,Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.), Salt.	CONTAINS: Egg, Milk, Soy, Wheat
Sausage Link	1 ounce	Pork Sausage Link (Pork, Water, Maple Sugar,Salt, Spices, Dextrose, Maple Flavor (Carmelized Sugar Syrup,Flavorings, Maple Syrup, Brown Sugar), Sugar.)	

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Menu Item	Portion	Ingredients	Allergens
LUNCH SPECIALS			
Sour Orange-Braised Pork Quesadilla	1 each	Fresh Avocado, Pork Carnitas (Pork, Water, Salt, Orange Juice Concentrate, Sodium Phosphates. Rubbed with Flavoring, Caramel Color, Paprika (for Color). Caramel Color Added Prior to Cooking, Marinated Up to 10% With a Solution.), Pico de Gallo [Fresh Tomatoes, Diced Red Onions, Cilantro, Olive Pomace Oil (Blend of Refined Oil of Olive Pomace and Extra Virgin Olive Oil.), Lime Juice, Green Onions, Kosher Salt, Sriracha Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Contains Sodium Bisulfite as Preservatives, and Xanthan Gum.), Jalapeno Peppers, Garlic, Black Pepper], Julienned Onions, Corn Tortilla (Corn Masa Flour, Water, Cellulose Gum, Propionic Acid (to Preserve Freshness), Benzoic Acid (to Preserve Freshness), Phosphoric Acid (Preservative), Guar Gum, Amylase.), Green Chiles (Green Chili Peppers, Water, Salt, Calcium Chloride, Citric Acid), Lime Juice, Juice, Orange - Met [Water, Orange Juice Concentrate (100% Orange Juice From Concentrate Contains Pure Filtered Water, Premium Concentrated Orange Juice.)], Cheddar Cheese (Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [color]), Potato Starch and Powered Cellulose Added to Prevent Caking, Natamycin (a Natural Mold Inhibitor)), Pepper Jack Cheese (Monterey Jack Cheese (Pasteurized Milk, Jalapeno Peppers, Cheese Culture, Salt, Enzymes), Potato Starch and Powered Cellulose Added to Prevent Caking, Natamycin (a Natural Mold Inhibitor).), Honey, Olive Pomace Oil (Blend of Refined Oil of Olive Pomace and Extra Virgin Olive Oil.), Garlic, Canola Oil, Chipotle Peppers (Water, Tomato Paste, Dried Chipotle Peppers, Distilled Vinegar, Corn Oil, Contains 2% Or Less Of: Iodized Salt (Contains Potassium Iodate), Corn Starch, Onion Powder, Garlic Powder, Spices.), Jalapeno Peppers, Ground Cumin, Cilantro	CONTAINS: Milk
Yucca con Mojo	1/4 pound	Diced Onions, Olive Pomace Oil, Lime, Lemon, Garlic	

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Menu Item	Portion	Ingredients	Allergens
DINNER SPECIALS			
House-Roasted Turkey	3 ounces	Turkey Breast (Turkey Breast Meat, Containing Up to 18% of a Solution of Turkey Broth, Sugar, Salt, Sodium Phosphate, Flavoring.)	
Roasted Garlic Mashed Potatoes	4 ounces	Potato, Heavy Whipping Cream (Heavy Cream, Milk, Contains Less Than 0.5% Of: Mono And Diglycerides, Polysorbate 80, Carrageenan.), Unsalted Butter (Cream (Milk), Natural Flavoring.), Roasted Garlic [Garlic, Olive Pomace Oil, Kosher Salt], Garlic, Kosher Salt, Chives, Fresh, Black Pepper	CONTAINS: Milk
Turkey Gravy	1 ounce	Water, Diced Onions, Carrots, Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid.), Diced Celery, Unsalted Butter (Cream (Milk), Natural Flavoring.), Turkey Soup Base (Turkey Meat, Sea Salt, Sugar, Dextrose, Turkey Fat, Onion Powder, Seasoning (Autolyzed Yeast Extract, Salt, Dextrose, Natural Flavor), Turkey Flavor (Turkey Broth, Salt, Natural Flavor, Yeast Extract), Yeast Extract, Seasoning (Chicken Fat, Sunflower Oil, Natural Flavor), Natural Flavor (Contains Torula Yeast), Potato Flour, Spices; Extractives Of Celery, Onion, Garlic And Pepper; And Garlic Powder.), Thyme, Salt, Black Pepper	CONTAINS: Milk, Wheat
Roasted Butternut Squash	2 ounces	Butternut Squash, Green Oil-FG [Olive Pomace Oil (Blend of Refined Oil of Olive Pomace and Extra Virgin Olive Oil.), Green Onions, Basil, Parsley, Garlic, Thyme, Kosher Salt, Black Pepper]	
Roasted Parsnips	1 ounce	Parsnips, Olive Pomace Oil, Parsley, Salt	

Met Ingredients + Allergens January 28, 2020

Menu Item	Std Portion	Ingredients	Allergens
28-Jan-20			
BREAKFAST			
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.	CONTAINS: Egg
Apple-Maple Chicken Breakfast Sausage	2 each	Apple Maple Chicken Sausage (Skinless ChickenMeat, Brown Sugar, Dried Apple, Contains 2% or Less of VermontMaple Syrup, Maple Sugar, Salt, Spices, Natural Flavors.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.)	
Homefries	3 ounces	Diced Potatoes (Potatoes, Dextrose, DisodiumPyrophosphate (Added to Maintain Color), Potassium Sorbate(Added to Maintain Freshness).), Diced Onions, Margarine,No Salt(Palm Oil, Water, Soybean Oil, Contains Less Than 2% Of SoyLecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (APreservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene(Color), Vitamin A Palmitate Added.), Homefrie Seasoning-Met[Salt, Granulated Onion, Granulated Garlic, White Pepper, CelerySalt, Ground Paprika], Parsley.	CONTAINS: Soy
Breakfast Burrito	1 each	Scrambled Eggs [Liquid Eggs (Whole Egg, CitricAcid.), Green Onions, Canola Pan Coating Spray (Canola Oil,Phosphated Mono & Diglycerides, Propellant.), Salt], Flour Tortilla(Bleached Enriched Wheat Flour (Wheat Flour, Malted BarleyFlour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin,Folic Acid), Water, Blend Of Vegetable Oils (Soybean Oil AndHydrogenated Cottonseed Oil), Contains 2% Or Less Of TheFollowing: Leavening (Sodium Acid Pyrophosphate, SodiumBicarbonate, Corn Starch Monocalcium Phosphate), Salt, TortillaPremix [Mono-And Diglycerides, Guar Gum, Dextrose, CelluloseGum, Enzyme Blend (Salt, Wheat Starch, Enzyme(S)], Sugar,Calcium Propionate (Preservative), Vital Wheat Gluten, FumaricAcid, Potassium Sorbate (Preservative).), Diced Red Peppers,Diced Green Peppers, Fresh Tomatoes, Shredded CheddarCheese (Cheddar Cheese ((Pasteurized Milk, Cheese Culture, Salt,Enzymes). Anti-Caking Blend (Potato Starch, PowderedCellulose).), Diced Onions, Unsalted Butter (Cream (Milk), NaturalFlavoring.).	CONTAINS: Egg, Milk, Soy, Wheat
Banana Pancakes	1 bag	Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).), Fresh Banana, Canola Pan Coating Spray (Canola Oil,Phosphated Mono & Diglycerides, Propellant.).CONTAINS: Egg, Milk, Soy, Wheat	CONTAINS: Egg, Milk, Soy, Wheat

Met Ingredients + Allergens January 28, 2020

Menu Item	Std Portion	Ingredients	Allergens
LUNCH SPECIALS			
BBQ Brisket Sandwich	3 ounces	Texas Toast (Enriched Flour (Wheat Flour Unbleached, Malted Barley Flour, Niacin, Reduced Iron, thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Wheat Gluten, Contains Less Than 2% of: Ascorbic Acid, Calcium Propionate (to Retain Freshness), Corn Flour, Turmeric, Mono & Diglycerides, Paprika, Natural and Artificial Flavors, Monoglycerides, Propionic Acid, Phosphoric Acid, Enzymes, Salt, Yeast.), BBQ Beef Brisket (Beef Brisket, Water, Salt, Sodium Phosphates, Black Pepper, Paprika, Red Pepper, Garlic Blend, Salt, Corn Starch, Garlic Powder.), Original Barbecue Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Corn Starch, Contains Less Than 2% of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spice, Caramel Color, Molasses, Sodium Benzoate (Preservative), Garlic, * Mustard Flour, Corn Syrup, Sugar, Tamarind, Natural Flavor, Celery Seed, *Dried.), Paste, Chili, Kosher Salt, Black Pepper	CONTAINS: Soy, Wheat
Apple and Cabbage Slaw	0.25 cups	Granny Smith Apples, Red Cabbage, Apple Cider Vinegar (100% Pure Apple Cider with 5% Acidity.), Yellow Peppers, Red Peppers, Extra Fine Granulated Sugar (Cane Sugar), Mayonnaise, Extra Heavy (Soybean Oil, Distilled Vinegar, Egg Yolk, High Fructose Corn Syrup, Contains Less Than 2% of Salt, Water, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor).), Carrots, Celery Salt (Salt and Celery Seed.)	CONTAINS: Egg, Soy
Beer Battered Onion Rings with Chipotle-Molasses	3 ounces	Onion Rings (Sweet Spanish Onions, Water, Bleached Wheat Flour, Yellow Corn Flour. Contains Less Than 2% of: Dried Whey, Soy Flour, Sugar, Salt, Dextrose, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Soybean Oil, Polysorbate 80. Prefried in Vegetable Oil (Soybean and/or Corn Oil).), Chives, Fresh, Chipotle-Molasses Aioli [Sauce, Ancho Chipotle (Tomato Puree (Water, Tomato Paste), Soybean Oil, Sugar, Vinegar, Water, Salt, Egg Yolks, Modified Corn Starch, Chipotle Chili Pepper, Buttermilk*, Ancho Chili Peppers, Garlic Powder, Spices (Mustard Flour), Molasses, Sour Cream (Cream, Nonfat Milk, Cultures), Garlic*, Onion Powder, Lactic Acid, Chili Pepper, Phosphoric Acid, Xanthan Gum, Polysorbate 60, Potassium Sorbate and Calcium Disodium Edta (Used to Protect Quality), Lemon Juice Concentrate, Citric Acid, Cultured Nonfat Milk, Polysorbate 80. *Dehydrated.), Molasses]	CONTAINS: Egg, Milk, Soy, Wheat

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Menu Item	Std Portion	Ingredients	Allergens
DINNER SPECIALS			
Burmese Chicken Curry	4 ounces	Chicken Thigh Meat, Tomato Puree (Vine-ripened Tomatoes, Tomato Puree, Less Than 2% of: Salt, Citric Acid.), White Onions, Coconut Milk (Coconut Milk), Water, Bread, Naan (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Enzyme, Ascorbic Acid as Dough Conditioner, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Buttermilk (Skim Milk, Dry Buttermilk, Bacterial Culture), Water, Soybean and/or Canola Oil, Roasted Garlic, Cultured Wheat Flour, Eggs, Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Sea Salt, Ghee (Clarified Butter), Wheat Gluten, Cilantro, Dextrose, Dextrin, Vegetable Fiber, Yeast. Contains Wheat, Milk and Eggs. May Contain Soy and Sesame Seeds.), Cilantro, Fish Sauce (Water, Anchovy Extract, Salt, Sugar.), Chicken Soup Base (Salt, Chicken (Includes Rendered Fat, Cooked Skins & Cooked Meat), Sugar, Monosodium Glutamate, Potato Flour, Onion Powder, Food Starch - Modified, Chicken Flavor (Contains Maltodextrin, Salt, Corn Oil, Chicken Skins, Beef Extract, Ascorbic Acid, Thiamine Hydrochloride), Spices, Turmeric, Natural Flavor (Contains Soybean), Disodium Inosinate And Disodium Guanylate.), Garlic, Olive Pomace Oil, Curry Powder (Spices (Cumin, Turmeric and Fenugreek), Turmeric (as Color), Salt, Red Pepper, Spice Extract.), Salt, Smoked Ground Paprika, Ginger Puree (Ginger, Phosphoric Acid, Sodium Benzoate, Potassium Sorbate (Preservatives).), Garam Masala (Spices, Turmeric, Canola Oil.), Ground Cayenne Pepper, Ground Coriander	CONTAINS: Anchovy, Coconut, Egg, Milk, Soy, Wheat
Curry Roasted Cauliflower	2 ounces	Cauliflower, Olive Pomace Oil, Parsley, Garlic, Garam Masala [Curry Powder (Spices (Cumin, Turmeric and Fenugreek), Turmeric (as Color), Salt, Red Pepper, Spice Extract.), Cumin, Black Pepper, Cardamom, Ground Nutmeg, Ground Cinnamon, Ground Clove, Ground Coriander], Salt	
Curry Roast Carrots	1 ounce	Carrots, Olive Pomace Oil, Parsley, Garlic, Garam Masala [Curry Powder (Coriander, Fenugreek, Turmeric, Cumin, Black Pepper, Bay Leaves, Celery Seed, Nutmeg, Cloves, Onion, Red Pepper, and Ginger.), Ground Cumin, Black Pepper, Cardamom, Ground Nutmeg, Ground Cinnamon, Ground Cloves, Ground Coriander], Kosher Salt	
Pickled Red Onions	1 ounce	Diced Red Onions, Red Wine Vinegar, Extra Fine Granulated Sugar (Cane Sugar), Water, Salt	

Met Ingredients + Allergens January 29, 2020

Menu Item	Portion	Ingredients	Allergens
29-Jan-20			
BREAKFAST			
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.	CONTAINS: Egg
Bacon	2 each	Smoked Bacon (Pork Cured with: Water, Salt,Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.)	
Sweet Potato Homefries	3 ounces	Sweet Potatoes, Unsalted Butter (Cream (Milk),Natural Flavoring.), Canola Oil, Salt, Garlic, Black Pepper.	CONTAINS: Milk
Egg + Cheese on Croissant	1 each	Croissant (Enriched Flour (Wheat Flour, BarleyMalt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid),Water, Unsalted Butter (Cream, Water, Natural Flavorings), Sugar,Yeast, Eggs. Contains 2% or Less of: Salt, Natural Flavor, SodiumStearoyl Lactylate, Soy Flour, Dextrose, Ascorbic Acid,Azodicarbonamide [ada], L-cysteine, Enzymes, CalciumPropionate (Preservative).), Cage Free Eggs, Sliced CheddarCheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes.).	CONTAINS: Egg, Milk, Soy, Wheat
French Toast	1 slice	French Toast Batter [Liquid Eggs (Whole Egg,Citric Acid.), 2% Milk, Extra Fine Granulated Sugar (Cane Sugar),Artificial Vanilla Extract (Water, Caramel Color, Vanillin, EthylVanillin, and 0.1% Potassium Sorbate (Added as a Preservative).),Ground Cinnamon, Salt], Texas Toast (Enriched Flour (WheatFlour Unbleached, Malted Barley Flour, Niacin, ReducedIron,thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar,Soybean Oil, Wheat Gluten, Contains Less Than 2% of: AscorbicAcid, Calcium Propionate (to Retain Freshness), Corn Flour,Turmeric, Mono & Diglycerides, Paprika, Natural and ArtificalFlavors, Monoglycerides, Propionic Acid, Phosphoric Acid,Enzymes, Salt, Yeast.), Confectioners Sugar (Sugar, Cornstarch),Canola Pan Coating Spray (Canola Oil, Phosphated Mono &Diglycerides, Propellant.).	CONTAINS: Egg, Milk, Soy, Wheat
LUNCH SPECIALS			
Shrimp Etouffe	8 ounces	Fresh Shrimp, Soup Base,Seafood,No Msg,1 lb,Pureed Tomatoes, White Wine, Diced Tomatoes (Vine-ripenedTomatoes, Tomato Juice, Less Than 2% of: Salt, Citric Acid,Calcium Chloride.), Unsalted Butter (Cream (Milk), NaturalFlavoring.), Diced Onions, Green Onions, Water, Diced GreenPeppers, Celery, Bread Flour (Bleached Wheat Flour, MaltedBarley Flour, Niacin, Iron, Potassium Bromate, ThiaminMononitrate, Riboflavin, Folic Acid.), Brandy, Worcestershire Sauce(Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions,Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings,Chili Pepper Extract.), Parsley, Black Pepper, Celery Salt (Salt andCelery Seed.), Garlic, Dried Basil, Thyme, Texas Pete Hot Sauce(Vinegar, Aged Peppers (Peppers, Salt, Vinegar), Water, XanthanGum and Benzoate of Soda (to Preserve Freshness and Flavor))	CONTAINS: Anchovy, Milk, Shrimp, Wheat

Met Ingredients + Allergens January 29, 2020

Menu Item	Portion	Ingredients	Allergens
DINNER SPECIALS			
Greek Leg of Lamb	3 ounces	Leg of Lamb, Water, Chablis White Wine, Lemon, White Onions, Beef Soup Base (Salt, Palm Oil, Sugar, Hydrolyzed Corn Gluten (Contains Salt, Soybean Oil), Maltodextrin; Hydrolyzed Torula And Brewers Yeast Protein; Hydrolyzed Corn Gluten, Soy Protein And Wheat Gluten; Onion Powder, Monosodium Glutamate, Autolyzed Yeast Extract, Caramel Color, Flavor (Beef Flavor (Contains Beef Extract, Salt, Autolyzed Yeast Extract), Modified Corn Starch, Maltodextrin, Gelatin, Natural Flavor), Spices, Safflower Oil, Natural Flavor, Disodium Inosinate, And Disodium Guanylate.), Thyme, Garlic, Olive Pomace Oil (Blend of Refined Oil of Olive Pomace and Extra Virgin Olive Oil.), Smoked Paprika (Paprika, and Silicon Dioxide (Added To Make Free Flowing).), Kosher Salt, Oregano, Black Pepper, Spice, Bay Leaves, Dried, Whole	CONTAINS: Soy, Wheat
Lemon Tzatziki Sauce	2 ounces	Tzatziki Sauce (Greek Yogurt (Pasteurized Cow's and Goat's Milk, Cream, Skim Milk, Active Bacterial Cultures), Cucumber, Canola Oil, Salt, and Garlic.), Lemon	CONTAINS: Milk
Roasted Vegetable Salad	3 ounces	Summer Squash, Zucchini, Button Mushrooms, Red Peppers, Red Onion, Canola Oil, Kosher Salt, Black Pepper, Dried Oregano, Thyme	
Herb-Roasted Fingerling Potatoes	3 ounces	Fingerling Potatoes, Olive Pomace Oil, Garlic, Salt, Green Onions, Black Pepper, Thyme, Rosemary	

Met Ingredients + Allergens January 30, 2020

Menu Item	Portion	Ingredients	Allergens
30-Jan-20			
BREAKFAST			
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.	CONTAINS: Egg
Turkey Sausage	2 ounces	Turkey Sausage Link (Turkey, Water, TexturedVegetable Protein Product (Soy Protein Concentrate, Zinc Oxide,Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin APalmitate, Calcium Pantothenate, Thiamine Mononitrate [B1],Pyridoxine Hydrochloride [B6], Riboflavin [B2], AndCyanocobalamin [B12]), Salt, Corn Syrup Solids, Spices,Hydrolyzed Soy Protein, Flavoring, Citric Acid, BHA.), Canola PanCoating Spray (Canola Oil, Phosphated Mono & Diglycerides,Propellant.).	CONTAINS: Soy
Hashbrown Baby Cakes	3 ounces	Mini Potato Pancakes (Potatoes, Vegetable Oil(Contains One or More of the Following Oils: Canola, Soybean,Cottonseed, Sunflower, Corn), Dried Potatoes. Contains 2% orLess of Baking Powder (Sodium Acid Pyrophosphate, SodiumBicarbonate, Corn Starch, Monocalcium Phosphate), CalciumLactate, Citric Acid (to Maintain Freshness & Natural Color),Dehydrated Onion, Dextrose, Garlic Powder, Malic Acid, ModifiedCellulose, Mono- & Diglycerides, Potato Starch - Modified, Salt,Sodium Citrate, Sodium Alginate, Sodium Acid PyrophosphateAdded to Maintain Natural Color, Spices, Xanthan Gum.), CanolaOil.	CONTAINS: Soy
Sweet Pancakes	3 ounces	Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).).	CONTAINS: Egg, Milk, Soy, Wheat
Met McMuffin	1 each	English Muffin (Enriched Wheat Flour (WheatFlour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin,Folic Acid), Water, Yeast, Contains 2% or Less of the Following:High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Salt, CornMeal, Vinegar, Corn Sugar, Calcium Propionate (Preservative),Yeast Nutrient (Calcium Sulfate), Dough Conditioner (CalciumPeroxide), Fumaric Acid, Soy Lecithin.), Cage Free Eggs, CanadianBacon (Pork Cured With Water, Sugar, Salt, Contains 2% Or LessOf: Sodium Lactate, Sodium Phosphate, Flavoring, SodiumDiacetate, Sodium Nitrite, Lactic Acid, Acidic Calcium Sulfate.),American Cheese (Milk, Water, Dairy Product Solids, SodiumCitrate, Modified Food Starch, Salt, Contains 2% or Less of CheeseCulture, Citric Acid, Cream, Enzymes, Sorbic Acid (Preservative),Soy Lecithin.), Ham (Pork Cured With Water, Salt, Dextrose,Contains 1.5% or Less of Potassium Lactate, Sodium Lactate,Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate,Sodium Nitrite.).	CONTAINS: Egg, Milk, Soy, Wheat

Met Ingredients + Allergens January 30, 2020

Menu Item	Portion	Ingredients	Allergens
LUNCH SPECIALS			
Penne with Vodka Sauce, Prosciutto & Peas	1 serving	Plum Tomatoes (Whole Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid.), Penne Pasta (Semolina(Wheat), Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2(Riboflavin), Folic Acid.), Liquor, Vodka, 360, Tomato Paste(Vine-Ripened Fresh Tomatoes and Naturally Derived Citric Acid.), Green Peas (Frozen Green Peas), White Onions, Prosciutto (Pork Cured With Salt, Brown Sugar, Sugar, Spices, Sodium Nitrate, Sodium Nitrite.), Heavy Whipping Cream (Heavy Cream, Milk, Contains Less Than 0.5% Of: Mono And Diglycerides, Polysorbate 80, Carrageenan.), Olive Pomace Oil, Celery, Garlic, Basil, Salt, Black Pepper	CONTAINS: Milk, Wheat
Garlic Knots	1 each	Roll, Garlic Knot, Unsliced, Baked, Frozen (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Sugar, Yeast, Salt, Soybean Oil, Cultured Corn Sugar (Preservative), Cultured Cane Sugar (Preservative), Lactic Acid, Malted Barley Flour, Enzymes, Ascorbic Acid. Topping: Margarine (Canola and/or Soybean Oil, Palm Oil and Palm Kernel Oils, Water, Salt, Soy Lecithin, Mono- and Diglycerides, Natural Butter Flavor, Annatto Extract Color, Vitamin a Palmitate Added), Butter Oil, Dehydrated Garlic, Natural Flavors, Dehydrated Parsley Flakes, Lactic Acid.), Canola Pan Coating Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)	CONTAINS: Milk, Soy, Wheat
DINNER SPECIALS			
Pervuvian-Style Fisherman's Stew with Green Chilies	5 ounces	Water, Catch of the Day Met [Fish- Catch of the Day], Diced Sweet Potatoes, Collard Greens, Fresh, Diced Onions, Kale, Fennel, Green Chile Peppers (Green Chile Peppers, Water, Salt, and Citric Acid.), Shitake Mushrooms, Green Onions, Cilantro, GF Seafood Soup Base (Cooked Seafood (Lobster Meat, Shrimp, Crab Meat and Clams), Sea Salt, Sugar, Potato Flour, Maltodextrin, Yeast Extract, Onion Powder, Fish Extract (Bonito), Dehydrated Shrimp, Spices, Garlic Powder, Clam Broth, Crab Extract, and Lobster Extract.), Mushroom Soup Base (Salt, Sugar, Maltodextrin, Yeast Extract (Contains Barley Gluten), Mushroom Extract, Natural Flavor (Contains Milk), Hydrolyzed Corn Protein, Onion Powder, Food Starch - Modified, Dehydrated Mushrooms, Soybean Oil, Dehydrated Celery, Spices, Garlic Powder, Disodium Inosinate, and Disodium Guanylate.), Olive Pomace Oil, Parsley, Fish Sauce (Water, Anchovy Extract, Salt, Sugar.), Peppers, Chilis, Guajillo, Dried, Garlic, Lime Juice, Ancho Chili Pepper (Dried Ancho Chiles.), Thyme, Kombu Seaweed (Seaweed), Salt, Smoked Paprika (Paprika, and Silicon Dioxide (Added To Make Free Flowing).), Spice, Bay Leaves, Dried, Whole	CONTAINS: Anchovy, Bonito, Catfish, Clam/Quahog, Cod, Crab, Flounder, Haddock, Halibut, Lobster, Milk, Scrod, Shrimp, Soy, Whitefish
Sauteed Greens w Garlic & Chilis	2 ounces	Kale, Diced Red Peppers, Garlic, Canola Oil, Salt, Black Pepper	
Roasted Sweet Potatoes	4 ounces	Sweet Potatoes, Salt, Canola Oil, Black Pepper, Dried Thyme	

Met Ingredients + Allergens January 31, 2020

Menu Item	Portiion	Ingredients	Allergens
31-Jan-20			
BREAKFAST			
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.	CONTAINS: Egg
Cajun Potato Wedges	2 wedges	Idaho Potatoes, Canola Oil, Cajun Seasoning(Dehydrated Garlic, Spices, Salt, Paprika (Color), DehydratedOnion and Red Pepper.), Parsley	
Buttermilk Biscuit	1 each	Buttermilk Biscuit (Enriched Flour BleachedWheat Flour, Malted Barley Flour, Niacin, Iron, ThiaminMononitrate, Riboflavin, Folic Acid, Water, Palmoil, Buttermilk,Sugar, Palm Kernel Oil, Baking Soda, Nonfat Milk, Sodium AcidPyrophosphate, Whey Protein Concentrate, Salt, Sodium AluminumPhosphate, Whey, Sodium Caseinate, Natural and Artificial Flavor.)	CONTAINS: Milk, Wheat
Sausage Gravy	2 ounces	Whole Milk, Pork Sausage Link (Pork, Water,Maple Sugar, Salt, Spices, Dextrose, Maple Flavor (CarmelizedSugar Syrup, Flavorings, Maple Syrup, Brown Sugar), Sugar.), Unsalted Butter (Cream (Milk), Natural Flavoring.), Bread Flour(Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron,Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid.),Garlic, Salt, Black Pepper, Sage.	CONTAINS: Milk, Wheat
Frittata Egg, Turkey Sausage + Cheese on Croissant	1 each	Liquid Eggs (Whole Egg, Citric Acid.),Croissant,Butter,Frozen,2oz (Enriched Flour (Wheat Flour, Niacin,Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter,Water, Sugar, Eggs, Yeast, Contains 2% or Less: Soybean Oil,Salt, Wheat Starch, Propylene Glycol Alginate, Soy Lecithin,Sodium Alginate, Dextrose, Baking Soda.), Aged White CheddarCheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes.),Turkey Sausage Link (Turkey, Water, Textured Vegetable ProteinProduct (Soy Protein Concentrate, Zinc Oxide, Niacinamide,Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, CalciumPantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride[B6], Riboflavin [B2], And Cyanocobalamin [B12]), Salt, Corn SyrupSolids, Spices, Hydrolyzed Soy Protein, Flavoring, Citric Acid,BHA.), Canola Pan Coating Spray (Canola Oil, Phosphated Mono &Diglycerides, Propellant.), Salt.	CONTAINS: Egg, Milk, Soy, Wheat
Grilled Ham Steak	2 ounces	Ham (Pork Cured With Water, Salt, Dextrose,Contains 1.5% or Less of Potassium Lactate, Sodium Lactate,Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate,Sodium Nitrite.)	

Met Ingredients + Allergens January 31, 2020

Menu Item	Portiion	Ingredients	Allergens
LUNCH SPECIALS			
Croque Monsieur	1 sandwich	Country White Bread (Enriched Flour (WheatFlour Unbleached, Malted Barley Flour, Niacin, Reduced Iron,Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar,Contains Less Than 2% of: Calcium Propionate, Calcium Sulfate,Enzymes, Monoglycerides, Propionic Acid, Phosphoric Acid,Ascorbic Acid, Wheat Gluten, Salt, Soybean Oil, Yeast.), SwissCheese (Swiss Cheese (Pasteurized Part-Skim Milk, CheeseCulture, Salt, Enzymes).), Ham (Ham Cured With: Water, Dextrose,Salt, Brown Sugar, Contains 2% or Less of: Sodium Phosphates,Maple Flavor (Maltodextrin, Natural Flavor [glucose, CaramelColor], Gum Arabic, Pure Maple Syrup), Sodium Erythorbate,Sodium Nitrite.), Extra Strong Dijon Mustard (Mustard Seeds,Water, Alcohol Vinegar, White Wine 5% (Sulphites), Salt,Preservative: Sodium Bisulphite.), Grated Romano Cheese(Romano Cheese: (Pasteurized Sheep's Milk, Cheese Cultures,Salt, Enzymes), Hard Grating Cheese: (Food Starch, Water, PalmOil, Cellulose, Salt, Lactic Acid, Whey, Sodium Phosphate, SodiumCitrate, Sorbic Acid, Potassium Sorbate (as a Preservative),Artificial Color), Powdered Cellulose Added to Prevent Caking.),Unsalted Butter (Cream (Milk), Natural Flavoring.), Bread Flour(Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron,Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid.),Salt, Black Pepper, Ground Nutmeg	CONTAINS: Milk, Soy, Wheat
Fennel and Radicchio Winter Salad	1 serving	Fresh Romaine Lettuce Hearts, Fennel, OlivePomace Oil, Honey, Lemon, Radicchio Lettuce, Grated RomanoCheese (Romano Cheese: (Pasteurized Sheep's Milk, CheeseCultures, Salt, Enzymes), Hard Grating Cheese: (Food Starch,Water, Palm Oil, Cellulose, Salt, Lactic Acid, Whey, SodiumPhosphate, Sodium Citrate, Sorbic Acid, Potassium Sorbate (as aPreservative), Artificial Color), Powdered Cellulose Added toPrevent Caking.), Parsley, Salt, Black Pepper	CONTAINS: Milk

Met Ingredients + Allergens January 31, 2020

Menu Item	Portiion	Ingredients	Allergens
DINNER SPECIALS			
Chicken Chipotle Chili	8 ounces	Water, Kidney Beans (Prepared Dark Red Kidney Beans, Water, Sugar, Salt, Calcium Chloride (Firming Agent), Disodium EDTA (for Color Retention).), Diced Chicken Breast, Pureed Tomatoes, Diced Onions, Beans, Pinto, Canned, Diced Red Peppers, Diced Green Peppers, Chipotle Peppers (Water, Tomato Paste, Dried Chipotle Peppers, Distilled Vinegar, Corn Oil, Contains 2% Or Less Of: Iodized Salt (Contains Potassium Iodate), Corn Starch, Onion Powder, Garlic Powder, Spices.), Olive Pomace Oil (Blend of Refined Oil of Olive Pomace and Extra Virgin Olive Oil.), Garlic, Beef Soup Base (Salt, Palm Oil, Sugar, Hydrolyzed Corn Gluten (Contains Salt, Soybean Oil), Maltodextrin; Hydrolyzed Torula And Brewers Yeast Protein; Hydrolyzed Corn Gluten, Soy Protein And Wheat Gluten; Onion Powder, Monosodium Glutamate, Autolyzed Yeast Extract, Caramel Color, Flavor (Beef Flavor (Contains Beef Extract, Salt, Autolyzed Yeast Extract), Modified Corn Starch, Maltodextrin, Gelatin, Natural Flavor), Spices, Safflower Oil, Natural Flavor, Disodium Inosinate, And Disodium Guanylate.), Ground Cumin, Chili Powder (Chili Pepper and Other Spices, Salt, Garlic Powder.), Chicken Soup Base (Salt, Chicken (Includes Rendered Fat, Cooked Skins & Cooked Meat), Sugar, Monosodium Glutamate, Potato Flour, Onion Powder, Food Starch - Modified, Chicken Flavor (Contains Maltodextrin, Salt, Corn Oil, Chicken Skins, Beef Extract, Ascorbic Acid, Thiamine Hydrochloride), Spices, Turmeric, Natural Flavor (Contains Soybean), Disodium Inosinate And Disodium Guanylate.), Black Pepper	CONTAINS: Soy, Wheat
Jackfruit Chili	8 ounces	Water, Beans, Kidney, Light Red, Canned, In liquids, Jackfruit, Shred, Meat Alt, Tomato Puree (Vine-ripened Tomatoes, Tomato Puree, Less Than 2% of: Salt, Citric Acid.), Diced Onions, Julienne Yellow Peppers, Green Chiles (Green Chili Peppers, Water, Salt, Calcium Chloride, Citric Acid), Chipotle Peppers (Water, Tomato Paste, Dried Chipotle Peppers, Distilled Vinegar, Corn Oil, Contains 2% Or Less Of: Iodized Salt (Contains Potassium Iodate), Corn Starch, Onion Powder, Garlic Powder, Spices.), Cilantro, Salt, Garlic, Juice, Lime, Chili Powder (Chili Pepper and Other Spices, Salt, Garlic Powder.), Black Pepper, Cumin, Ground Paprika, Ground Coriander	