

metropolitan

seafood specialty market

gourmet take-out • catering



Take-Out Menu

Appetizers

- Buffalo Shrimp**
Served with traditional blue cheese dressing and celery sticks
\$7
- Polenta Crusted Fried Calamari**
Served with homemade marinara sauce
\$7
- Popcorn Rock Shrimp**
Served with Kelchner's Cocktail Sauce and Homemade Tarter Sauce
\$8
- Mini Crab Cakes**
Served with horseradish or tartar sauce
\$8
- Mini Fish Cakes**
Served with horseradish or tartar sauce
\$3
- Clams Metropolitan**
3 each \$5
- Traditional Clams Casino**
3 each \$5
- Oysters Rockefeller**
3 each \$6.25
- Large Shrimp Cocktail**
1/2 pound perfectly cooked shrimp with Cocktail sauce and lemon
\$11

Get Raw in your Car or your own Backyard

- Fresh Shucked Clams and Oysters on the Half Shell**
Served with Cocktail and Mignonette Sauce
Clams \$5 half dozen
Oysters \$1.50 to \$2.25 each
(Please Call or Check Website for Daily Oyster Selection)

Specialty Platters

- Our Famous Fish And Chips**
Hand battered fish served with crispy fries, Cole slaw, malt vinegar, and tartar sauce
\$10
- Shrimp Scampi**
Our Notorious Secret Scampi Butter and Large Shrimp Over linguini and served with grated Romano Cheese
\$16
- The Fisherman's Combo Platter**
Fried or Broiled Shrimp, Scallops, Fillet, and Crab Cake Served with Cole Slaw French Fries or Rice Pilaf (Good Luck Finishing this Platter... you might be too full to fish)
\$21
- Drinks**
Coke, Diet Coke, Sprite \$1
Sparkling Water \$2.5
Water \$1

All Fresh Seafood In The Store Can Be Broiled, Fried, Steamed, Or Grilled At Your Request
All Items Will Be Priced Per lb. Daily

*Consuming raw or undercooked meat, fish, shellfish, poultry or eggs can increase your chances for a food borne illness. More information for alternative choices is available upon request.
All prices are subject to change without advance notice

Specialty Sandwiches

- Our World Famous Fried Fish Pita Wrap**
Panko Crusted Fish Wrap in a locally baked Pita with Lettuce, Tomato and homemade Tarter Sauce
\$6
(Can substitute Fish for Chicken Breast)
- Metro Fish Tacos**
Fried or grilled fresh seasonal fish served on a flour tortilla with shredded cabbage and Baja Sauce, Pico Gallo sauce and Pickled Jalapenos and Onions on the side
\$8
- Crab Cake Sandwich**
One of Metros Classic Crab Cakes, Golden brown on your choice of a fresh pita or ciabatta and with your choice of lettuce, tomato, Tarter or Cocktail Sauce
\$8
- Soft Shell Crab Club**
Panko crusted soft crab served with lettuce, tomato, hickory smoked bacon, mayonnaise and on a locally baked ciabatta
\$11
- Lobster Roll**
Traditional lobster salad made with fresh steamed native lobster served on a fresh baked roll with Baby Field greens (market price)
- Grilled Ginger Salmon Pita Wrap**
With Oven Roasted Veggies and Wasabi Sauce
\$9
- Grilled Chicken Sandwich**
Fresh Grilled Chicken Breast on a ciabatta With Lettuce, Tomato and Mayo
\$7

Homemade Soups

(All of our Soups are made on premises from homemade stocks and fresh ingredients...
...Homemade Soup feeds the sole)

- Manhattan Clam Chowder**
New England Clam Chowder
Chicken and Rice
Cup \$3 Pint \$5 Quart \$10
- Lobster Bisque**
Cup \$4 Pint \$8 Quart \$16
- Gazpacho (Seasonal)**
Cup \$3 Pint \$5 Quart \$10

Salads

- House Salad**
Baby Field Greens, Grape Tomato, English cucumber and shaved red onion With a choice of Dijon balsamic, ranch, blue cheese, oil and vinegar
\$6
- Classic Caesar**
Romaine hearts, garlic croutons, shaved Romano, Creamy dressing
\$8
Topped with
Grilled Chicken \$12
Grilled Shrimp \$15
Grilled Fish of your Choice (Market Price)

Home Made Salads by the Pound

All Salads are made on premises with fresh ingredients

- Frutte Di Mare**
Chilled calamari, shrimp and scallops in a lemon vinaigrette
\$18 lb
- Tuna or Salmon Salad**
\$15 lb
- "Real" Shrimp Salad**
\$17 lb
- My Mom's Potato Salad**
\$5 lb
- Tri Color Pasta Salad**
\$6 lb
- Our Famous Cole Slaw**
\$5 lb

Middle Eastern Specialties

- Fhool Salad**
Egyptian fava bean salad with green olives and lemon dressing
\$6
- Stuffed Vegetarian Grape Leaves**
Tender grape leaves stuffed with rice, fresh vegetables and chickpeas in a lemon dressing
\$6 (1doz.)
- Hummus or Baba Ghanouj**
Served with chopped tomatoes, olive oil and pita bread
\$6
- Falafel**
Fried chickpea patties, sandwich or platter Served with lettuce, tomatoes and Tahini sauce
\$5
add with pickles or hot peppers \$.50
- Tabouli**
Parsley and Bulgar wheat salad
\$4
- Lebni and Zaatar**
Greek style yogurt rolled in zaatar spices and olive oil
\$4
- Fresh Steamed Seafood**
All steamed Seafood is served with Drawn Butter and Fresh Lemon

Little Neck Clams

- \$8 dozen
- Mussels in White Wine and Garlic**
\$5 pound
- Live Hard Shell Lobsters**
(Market Price)
- Steamed Shrimp in the Shell**
Medium Shrimp Spiced with Old bay
\$8

Platters From The Fryer

- Panko crusted seafood quick fried in no Trans fat oil Can be broiled on customer's request*
- Flounder* \$17
Sea Scallops* or Whole Belly Clams \$16
Large Shrimp* or Oysters \$15
Spicy Cat Fish \$12
Clam Strips \$10
All White Meat Chicken Tenders \$11
All platters served with crispy fries and our famous Cole slaw.

(908)840-4332

Visit Website For More Menu Items

metroseafood.com

1320 Route 22 West, Lebanon NJ 08833

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Take-Out Menu

◆◆◆ You're Cordially Invited...◆◆◆

...to visit our website to discover Metropolitan Seafood, where we take extreme pride in providing the highest quality seafood and gourmet delights for more than 22 years.

It is with these prized ingredients that we lovingly tend to all of your **catering needs**. Your catered event can be either a convenient pickup or drop off at your home or office or we can provide a full complement of servers to take care of the entire event.

Whether a **wedding or backyard party**, all our events are cared for with the same attention to detail. From tent rentals to flatware, plates and napkins, we can provide for you the most delightful affair leaving you free to be a guest at your own party.

We at Metropolitan also realize that each party is a unique event and we can customize any party to meet your specific needs. And don't forget, we offer more than just the finest seafood.

From a **Custom Raw Bar** with shrimp and lobster cocktail to our **heralded** Black Angus Beef Tenderloin, we pride ourselves on preparing dishes that your palette can truly cherish

Check our Website for a full complement of menu selections or call us to speak to a catering professional

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