

metropolitan

seafood specialty market

gourmet take-out • catering



Take-Out Menu

Appetizers

Buffalo Shrimp

Served with traditional blue cheese dressing and celery sticks
\$7

Panko and Cornmeal 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
\$4

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 \$5

Large Shrimp Cocktail

½ 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 to full to fish)
\$21

Drinks

All Snapple Products \$1.5

Coke, Diet Coke, Sprite \$1

All Stewart's Products \$1.5

Sparkling Water \$1.5

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

Your choice fried or grilled fresh seasonal fish served on a flour tortilla with lettuce, tomato and your choice of Baja Sauce, Pico Gallo sauce and Pickled Jalapeños and Onions
\$8

Crab Cake Sandwich

One of Metros Classic Crab Cakes, Golden brown on your choice of a fresh pita or Portuguese roll and with your choice of lettuce, tomato, Tarter or Cocktail Sauce
\$7

Soft Shell Crab Club

Panko crusted soft crab served with lettuce, tomato, hickory smoked bacon, mayonnaise and on a locally baked Portuguese Roll
\$11

Lobster Roll

Traditional lobster salad made with fresh steamed native lobster served on a Portuguese Roll with Baby Field greens and Tomato (market price)

Grilled Ginger Salmon Pita Wrap

With Oven Roasted Veggies and Wasabi Sauce
\$9

Grilled Chicken Sandwich

Fresh Grilled Chicken Breast on a Portuguese Roll 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 \$2 Pint \$4 Quart \$8

Lobster Bisque

Cup \$3 Pint \$5 Quart \$10

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

Grilled Swordfish Salad

With grilled vegetables and grape tomatoes in a red wine vinegar dressing
\$20 lb

Frutte Di Mare

Chilled calamari, shrimp and scallops in a lemon vinaigrette
\$14 lb

Tuna or Salmon Salad

\$13 lb

"Real" Shrimp Salad

\$14 lb

My Mom's Potato Salad

\$4 lb

Tri Color Pasta Salad

\$5 lb

Our Famous Cole Slaw

\$4 lb

Middle Eastern Specialties

Fhool Salad

Egyptian fava bean salad with green olives and lemon dressing
\$5

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
\$5

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
\$3

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)735-5121

Visit Website For More Menu Items

metroseafood.com

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