

LUNCH MENU

SOUPS AND APPETIZERS

Soup du Jour

Ask your server about Chef's Home-made Soup
made with the freshest ingredients
\$ 4.25

Soup au Pistou

A Provençal Vegetable and Bean Soup With Basil and Garlic
\$ 4.25

French Onion Soup Gratinee

Classic Bistro Specialty,
Baked with Provolone and Gruyere Cheese
\$ 6.25

Escargot and Mushroom Casserole

Sautéed with Pernod and Garlic Butter, Mushroom Duxelle
\$ 9.95

Jumbo Lump Crab Cake

Sliced Avocado, Tabouleh Timbale,
Lemon, Virgin Olive Oil, Sauce Rouille
\$ 10.95

FROM THE GARDEN

Grilled Chicken Salad

Mixed Greens, Diced Tomato, Blue Cheese,
Cranberries and Walnuts
Tossed in Balsamic Vinaigrette
\$ 12.95

Shrimp Cobb Salad

Sautéed Shrimp, Mixed Greens
Tomato, Bacon, Blue Cheese, Haricot Vert, Avocado
\$ 14.95

Cantaloupe and Prosciutto Salad

Served on a bed of Mixed Greens
with Diced Tomato, Blue Cheese,
Tossed with a Mustard Vinaigrette
\$ 13.95

COMPOSE YOUR OWN SALAD

Classic Caesar

Crisp Romaine, with Herbed Croutons,
Parmesan Cheese and Anchovies
Our Caesar Dressing
\$ 8.95

Tomato Goat Cheese Salad

Sliced Tomato, Crumbled Goat Cheese
Mixed Greens, Olives, Balsamic Vinaigrette
\$ 10.95

Belgian Endives

Tomato, Walnuts, Bleu Cheese Crumble
Lemon Juice, Olive Oil
\$ 9.95

Bistro House Salad

Mixed Greens, Tomato, Cucumber, Olives, Onions
Your Choice of Dressing
\$ 8.95

Add any to the above salads

6 Shrimp	\$6.00
Flat Iron Steak	\$9.00
6 Ounces Grilled Salmon	\$8.50
Grilled Chicken Paillard	\$4.50
Grilled Portobello Mushroom	\$ 4.00
Crab Cake	\$ 6.50
Prosciutto	\$5.00

LEMETRO

NEIGHBORHOOD BISTRO

1155 Main Street #120 ABACOA TOWN CENTER, Jupiter
561-429-5464 www.lemetrobistro.net

Lunch: Monday– Friday 11:30-5:00

Dinner: Mon–Sat. 5:00-CL

Sunday Brunch: 11:00-3:00 **Dinner:** 4:00-8:00

BISTRO SPECIALTIES

Prince Edward Island Mussels

In a light broth of Shallots, Garlic, Fresh Parsley, Diced Tomato
White Wine and Cream. Served with Pommes Frites
\$ 12.95

Steak Frites

6 oz Flat Iron Steak topped with a Shallot, Fresh Herb and
White Wine Sauce, Pommes Frites, Mesclun Salad
\$ 17.95

Dover Sole Meuniere

Sautéed with Brown Butter, Lemon Juice and Fresh Parsley
Market Price

Braised Short Ribs

Burgundy Wine Sauce, Pancetta, Onions, Carrots,
Haricot Vert, Mashed Potato
\$ 17.95

Chicken Aux Morilles Stuffed Crepes

Diced Chicken in a Morel Mushroom Sauce with Spinach
Sherry Wine Cream Sauce
\$ 14.95

BETWEEN THE SLICES

Grilled Vegetable and Goat Cheese Wrap

Portobello Mushroom, Asparagus and Roasted Red Peppers
Mixed greens, Tomato, Herb Vinaigrette
Fries, Fruit or Tabouleh
\$ 9.95

Classic Burger

Half pound Angus Beef, on a Ciabata Roll
Lettuce, Tomato and Onion. Choice of Cheese.
Fries, Fruit or Tabouleh
\$ 9.95

French Baguette

Ham, Dijon Mustard, Brie and Swiss Cheese, fresh thyme,
sliced tomato. Served with Fries, Fruit or Tabouleh
\$ 12.95

The Club

Turkey Breast, Bacon, Lettuce and Tomato
On Your Choice Of Bread. Fries, Fruit or Tabouleh
\$ 11.95

Bistro Panini

Braised Short Ribs, Caramelized Onions, Swiss Cheese, and
Mayonnaise on Baked Ciabata Roll. Fries, Fruit or Tabouleh
\$ 13.95

Prosciutto and Brie Tartine

on French Baguette with Dijon Mustard, Lettuce and Tomato
Served with Fries, Fruit or Tabouleh
\$14.95

Lobster Salad On Baguette

Maine Lobster Laced with Lemon Juice and Mayonnaise
With Lettuce and Tomato. Fries, Fruit or Tabouleh
\$ 18.95

Warning: Consuming raw or undercooked meats or shellfish may be harmful to your health.