Metro Diner Lunch Specials Menu with Prices & Calories 2026

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Lunch & Dinner Favorites

Item	Price	Calories
Tangy Chicken Bowl	$11.69	850
Chicken Pot Pie	$13.29	1050
Chicken Tender Plate	$13.29	930
Iron City Meatloaf	$14.29	980
Roasted Turkey Plate	$14.49	900
Teriyaki Steak Bowl	$14.49	920
Fish & Chips	$14.99	1100
Steak Tips	$15.99	950
Fried Chicken Plate	$16.99	1100
Ribs 1/2 Rack	$16.99	1200

Sandwiches & Burgers

Item	Price	Calories
Grilled 3 Cheese	$8.29	750
Spicy Honey Chicken Biscuit	$8.29	820
Bacon, Egg & Cheese Croissant	$9.99	870
Classic Burger	$12.69	1100
Fried Chicken Sandwich	$12.69	1150
Philly Cheesesteak	$13.99	1150
BBQ Bacon Burger	$14.29	1200
Breakfast Burger	$14.59	1250
Metro Club	$15.29	1300

Early Bird Specials

Item	Price	Calories
Chicken Parmesan	$8.99	850
Charleston Shrimp & Grits	$9.99	950
Shrimp Rosé Linguine	$9.99	980
Fried Chicken Tender Plate	$10.49	900

Pancakes & Waffles

Item	Price	Calories
Metro Pancakes	$8.29	850
Belgian Waffle	$8.49	900
Fruity Waffle	$9.99	950
Cinnamon Roll Pancakes	$10.49	1050
Croissant French Toast	$11.49	1000

Breakfast Favorites

Item	Price	Calories
Fried Chicken & Waffle	$16.99	1150
Steak & Scramble Bowl	$15.69	1050
Huevos Rancheros	$13.49	800
Bissell Breakfast	$12.49	1100
Biscuits & Sausage Gravy	$12.99	950
Bacon Avocado Scramble Bowl	$12.69	900
Southwest Scramble Bowl	$12.69	890
Meat Lover's Scramble Bowl	$12.69	1050
Avocado Toast	$9.69	430
Oatmeal Breakfast	$6.29	320

Soups & Salads

Item	Price	Calories
Cup of Chicken Noodle	$3.99	150
Bowl of Chicken Noodle	$5.99	300
Caesar Salad (Large)	$9.29	400
House Salad (Large)	$9.29	350
Chicken Tender Salad	$12.29	850
Chicken Caesar Salad	$12.29	880

Sides & Extras

Item	Price	Calories
1 Egg	$1.50	70
Biscuit (1)	$1.89	180
Grits	$2.99	150
French Fries	$3.99	400
Macaroni and Cheese	$4.29	450
Bacon	$3.99	190
Mashed Potatoes & Gravy	$3.99	200
Fruit Bowl	$5.99	120

Kids Menu

Item	Price	Calories
Kid’s Pancakes	$4.79	500
Kid’s Waffle	$4.99	520
Kid’s Grilled Cheese	$5.99	600
Kid’s Mac & Cheese	$5.99	650
Kid’s Platter	$6.99	700
Kid’s Tenders	$6.99	650
Kid’s Bissell	$7.49	750
Kid’s Chicken & Waffle	$8.79	900

Drinks & Desserts

Item	Price	Calories
Coffee	$3.69	5
Coke	$3.69	140
Lemonade	$3.69	120
Milk	$3.59	130
Chocolate Milk	$3.59	190
Chocolate Cake	$5.99	450

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.