

# THE MET

## OUR FOOD STORY

Welcome to The Met, we as a kitchen team strive for simplicity in our menus and elegance in our presentation. In Cork we have some of the finest ingredients in the world and we believe in sourcing as much of our produce as possible from local suppliers. We have sought out the finest ingredients from people who are as passionate about food as we are. From the land and the sea, from our producers and suppliers, our menu is made up of many hands working together to maintain and uphold our traditions, new and old.

Our vision is for a great dining experience made up of the perfect balance of simplicity, professionalism and warmth. All our beef is handpicked 100% Irish Beef to ensure the most succulent beef every time. If you have any allergies or intolerances please let us know and we can provide you with our allergen information booklet and we will endeavour to tailor a dish to suit your needs. So sit back, relax and let our passionate team take care of those who matter most; you, our guest.

## LUNCH MENU

SOUP DE JOUR	€6
MET SEAFOOD CHOWDER served with house baked soda bread	€8
CLASSIC CHICKEN CAESAR SALAD romaine lettuce, herb croutons, crispy smoked bacon and a creamy Caesar dressing	€7
MAIN COURSE	€12
THE MET CLUB SANDWICH ON TOASTED FOCACCIA BREAD thyme roasted chicken, crispy smoked bacon, beef tomato	€8
MET TOASTED SPECIAL house baked honey glazed ham, beef tomato	€8
THE CROQUE MADAME SANDWICH honey baked ham, Monterey jack cheese toasted on sourdough bread topped with a fried egg	€10
ROASTED HALLOUMI AND CANDIED BEETROOT served on open house made soda bread	€10
GOLDEN FRIED GOUJONS OF PLAICE served in a warm tomato tortilla, spicy salsa and lime aioli	€10
WARM ARDSALLAGH GOAT'S CHEESE AND POACHED PEAR SALAD with toasted cashew nuts and a honey mustard dressing	€12
MC CARTY'S 6OZ PRIME BEEF BURGER crisp lettuce, beef tomato and Swiss Emmental cheese served on a sweet brioche bun	€14
ROAST MED VEGETABLE AND POTATO GNOCCHI finished with a basil vinaigrette	€14
THAI STYLE VEGETABLE GREEN CURRY fragrant jasmine rice.	€14
Add chicken	€3
Add prawns	€3



---

## WHITE WINE

SANT ELISA PINOT GRIGIO,  
VERONA 2017  
Italy – Pinot Grigio

   
€6.50 €25

DOMAINE MONTROSE  
CHARDONNAY 2017  
France – Chardonnay

€7.50 €28

SAUVIGNON VDP 2017, DOMAINE DE  
LA VINCONNIERE, LOIRE VALLEY  
France – Sauvignon Blanc

€7.50 €27

ALBARINO, ATLANTIC WAY,  
DO RIAS BAIXAS 2017  
Spain – Albarino

€32

FANTINI CASALE PECORINO,  
TERRE DI CHIETI, IGT 2017  
Italy – Pecorino

€33

POUILLY FUMÉ, DOMAINE GILLES  
CHOLLET, LOIRE VALLEY 2017  
France – Pouilly Fume

€37

DOMAINE THOMAS & FILS, SANCERRE,  
LOIRE VALLEY 2017  
France – Sancerre

€41

CHABLIS 1ER CRU,  
WILLIAM FEVRE "MONTMAINS" 2015  
France – Chablis

€73

---

## CHAMPAGNE

PROSECCO "SGAJO" PERLAGE NV  
Italy – Prosecco

€7 €37

MOËT & CHANDON  
France – Champagne

€15 €87

VEUVE CLICQUOT  
France – Champagne

€97

DOM PERIGNON 2009  
France – Champagne

€331

---

## RED WINE

MAIN A MAIN, CABERNET SAUVIGNON,  
IGP PAYS D'OC 2017  
France – Cabernet Sauvignon

   
€6.50 €25

CROIX DES VENTS MERLOT  
PAYS D'OC IGP 2017  
France – Merlot

€7.50 €27

LA SYRAH D'OGIER IGP "LA ROISNE"  
DOMAINE OGIER 2016  
France – Syrah

€7.50 €28

LES DEUX COLS, COTES DU RHONE  
"CUVEE D'ALIZE" 2016  
France – Carignan, Cinsault

€32

LA CHEVALIERE CABERNET SAUVIGNON 2017  
France – Cabernet Sauvignon

€39

MUGA RIOJA 2014  
Spain – Rioja

€41

MARQUES DE RISCAL RESERVA RIOJA 2014  
Spain – Rioja

€45

PETIT CORBIN-DESPAGNE,  
SAINT-EMILION GRAND CRU, BORDEAUX 2011  
France – Listrac

€48

LA RÉSERVE DE LÉOVILLE BARTON,  
ST JULIEN, BORDEAUX 2014  
France – Bordeaux

€77

CHÂTEAU SIRAN, MARGAUX CRU  
BOURGEOIS, BORDEAUX 2012  
France – Bordeaux

€86

LE PARADOU GRENACHE 2016  
France – Grenache

€31

---

## ROSÉ

WHISPERING ANGEL 2017  
France – Rose

€53