

THE MET

DINNER MENU

Served 17:00-21:30

SNACKS

- CHILLI NUTS** (PN, AL, CN, WN, TN, E, VG) €4
- GUASTELLA MIXED OLIVES** (SUL, VO) €4
- BREADS, CAFÉ DE PARIS BUTTER** (GW, D, VG) €4

SMALL PLATES

- TODAY'S SOUP** €7
Homemade brown soda bread, Irish salted butter.
(D, CL, GW, GO, SUL, VG)
- TATSUKA AGE FRIED CHICKEN** €9
Thai peanut salad, yuzu mayonnaise.
(D, CL, SO, GW, MU, E, SS)
- WILD MUSHROOM CROQUETTES** €9
Irish cauliflower purée, vegetable crisps, pomegranate salsa.
(SO, GW, AL, VO)
- TACOS AL PASTOR** €12
West Cork pork belly, Pico de Gallo salsa, crispy onions,
chipotle (GW, CL, MU, E)
- PRAWN PIL PIL** €13.50
Chilli & garlic olive oil, sourdough bread, fennel
and rocket salad (GW, CR)
- WEST CORK MUSSELS** €13.50
1 Lb fresh mussels, marinere sauce, sourdough bread.
(MO, D, GW)

BRASSERIE CLASSICS

- BUFFALO CHICKEN BURGER** €19
Fried buttermilk chicken, Frank's hot sauce, homemade slaw,
cos lettuce & blue cheese ranch in a brioche bun, French fries
(D, GW, E, MU)
- STAG BÂN BATTERED UNION HALL HADDOCK** €19
Caper, lemon & saffron mayo, crushed peas, burnt lemon,
French fries. (F, D, E, GW)
- FRIED POLENTA** €19
Charred courgettes, crispy chickpeas, tahini & mint dressing,
smoked almonds (D, GW, AI, SUL)
- MET 8OZ IRISH HEREFORD BEEF BURGER** €20
Smoked cheddar, chipotle sauce, jalapenos, crispy onions,
cos lettuce, beef tomato, brioche bun, homemade slaw
and French fries. (D, GW, MU, E, SUL)
- CHICKEN SUPREME "KIEV"** €22
Café de Paris butter, smoked squash, dill oil, wilted kale,
toasted almonds, mash potato (AI, D, GW, E)
- IRISH SALMON** €26
Brick pastry, creamed spinach, spiced lentils, lemon and
herb dressing (F, GW, D, SUL, MU)

SIDES

- SKINNY FRENCH FRIES WITH TRUFFLE MAYONNAISE** (GW, MU, E) €5.50
- SWEET POTATO FRIES WITH TOGARASHI SALT** (GW) €5.50
- WILTED SUMMER GREENS WITH LEMON OIL** (D) €5.50
- DRESSED BABY LEAVES WITH ELDERBERRY DRESSING** (MU) €5.50

SALADS

- CLASSIC CAESAR** €16
Grilled chicken, crispy baby gem lettuce,
croutons, bacon, parmesan, house Caesar dressing.
(GW, D, E, F, MU) Add prawns (CR) €4.50
- HERITAGE BEETROOTS** €16
Arsdallagh goats' cheese, roasted beetroots, poached pears,
pickled beetroot, savoury granola. (D, GW, GO, MU, VG)
- WARM JACK MCCARTHY BLACK PUDDING** €17
Fried potatoes, poached granny smith, grapefruit, radishes,
toasted seeds, honey dressing. (GW, SUL, MU)

GRILLED ON THE PLANCHA

- IRISH DUCK BREAST** €30
Potato fondant, Dukkha spice, blackberry gel,
confit Eryngii mushroom. (D, CL)
- WILD ATLANTIC JOHN DORY** €32
Summer ragout of cannellini bean and samphire, saffron pickled
fennel, lemon, caper & dill salsa. (F, D, SUL)
- 10 OZ HEREFORD SIRLOIN STEAK** €33
Stag Ban battered onion rings, watercress salad, confit Eryngii
mushroom, skinny French fries. (D) Choice of Jameson & peppercorn
sauce or homemade garlic butter. (D, CL, GW)

DESSERTS

- STRAWBERRY & VANILLA CRÉMEUX** €8.50
Almond sponge, West Cork strawberries (GW, D, E)
- WARM CHOCOLATE AND WALNUT BROWNIE** €8.50
Salted caramel ice cream, cinnamon caramel sauce
(GW, D, E, SUL, WN)
- RASPBERRY AND WHITE CHOCOLATE CHEESECAKE** €8.50
Caramelised white chocolate, raspberry sorbet (GW, SO, D)
- WHIPPED LEMON GANACHE CAKE** €8.50
Raspberry gel, lemon sorbet (GW, E, D, SO)
- IRISH CHEESE PLATTER** €11.50
Gubbeen Mature (Skibbereen, West Cork)
Hegarty Cheddar (Whitechurch, Co. Cork)
Cashel Blue (Cashel, Co. Tipperary)
Apple Chutney, Crackers and Fresh Grapes (D, GW, SUL)

ALLERGENS

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|-----------------------|--------------------|--------------------|
| (D) Milk Products | (So) Soya | (Mc) Macadamia Nut |
| (E) Eggs | (Se) Sesame | (P) Peanuts |
| (Mu) Mustard | (Gw) Gluten Wheat | (Wn) Walnuts |
| (Cl) Celery | (Gb) Gluten Barley | (Ps) Pistachio Nut |
| (Sul) Sulphur Dioxide | (Gr) Gluten Rye | (Pc) Pecan Nut |
| (L) Lupin | (Go) Gluten Oats | (Vo) Vegan |
| (F) Fish | (Al) Almonds | (Vg) Vegetarian. |
| (Mo) Molluscs | (Bz) Brazil Nut | |
| (Cr) Crustaceans | (Ch) Cashew | |

All our meats, poultry & game are "Feile Bia" approved & our beef is 100% Irish

THE MET

OUR SUPPLIERS

