

THE MET

LUNCH MENU

Served 12:30-17:00

SMALL PLATES

- TODAY'S SOUP** €7
Edward Buckley's brown soda bread, Irish salted butter.
(D, CL, GW, GO, SUL, VG)
- TATSUKA AGE FRIED CHICKEN** €8.50
Thai peanut salad, yuzu mayonnaise.
(D, CL, SO, GW, MU, E, SS)
- WILD MUSHROOM CROQUETTES** €8.50
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)

SALADS

- CLASSIC CAESAR** €15
Grilled chicken, crispy baby gem lettuce, croutons, bacon, parmesan, house Caesar dressing.
Add prawns €4 (CR) (GW, D, E, F, MU)
- HERITAGE BEETROOTS** €15
Arsdallagh goats' cheese, roasted beetroots, poached pears, pickled beetroot, savoury granola. (D, GW, GO, MU, VG)
- WARM JACK MCCARTHY BLACK PUDDING** €16
Fried potatoes, poached granny smith, grapefruit, radishes, toasted seeds, honey dressing. (GW, SUL, MU)

BREADS, BUNS AND ROLLS

ALL SERVED WITH SKINNY FRENCH FRIES.

- ARSDALLAGH FETA** €12
Sun dried tomato focaccia, Guastella olives, rocket leaves, balsamic dressing. (GW, D, SUL, VG)
- THE MET TOASTED SPECIAL** €12
Honey glazed ham, red onion, beef tomato & cheddar cheese
(GW, D, E, SUL)
- BAGEL CLUB** €14
Crispy bacon, grilled chicken, free range egg, baby gem, beef tomato, mayonnaise. (GW, D, E, MU)
- CLASSIC CRAB AND PRAWN COCKTAIL** €17
Local crab meat in a zingy Marie Rose sauce on soda bread with pickled gem & grapefruit. (GW, D, CR, MU, E, GO)

LUNCH OFFER

MONDAY-SATURDAY (12.30 – 14.30)

Half Sandwich **FROM ABOVE** with a Cup of Soup
Followed by a Mini Brownie Square and Freshly Brewed Barry's Tea or Java Coffee

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

CLASSICS

- WEST CORK MUSSELS** €13
1 Lb fresh mussels, marinere sauce, sourdough bread.
(MO, D, GW)
- STAG BÁN BATTERED UNION HALL HADDOCK** €18
Caper, lemon & saffron mayo, crushed peas, burnt lemon, French fries. (F, D, E, GW)
- BUFFALO CHICKEN BURGER** €18
Fried buttermilk chicken, Frank's hot sauce, homemade slaw, cos lettuce & blue cheese ranch in a brioche bun, French fries
(D, GW, E, MU, SUL)
- MET 8OZ IRISH HEREFORD BEEF BURGER** €19
Smoked cheddar, chipotle sauce, jalapenos, crispy onions, cos lettuce, beef tomato, brioche bun, homemade slaw. (D, GW, E, MU, SUL)

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)

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

