

# THE MET

## EARLY BIRD MENU

Served daily from 17:00-18:30 | €32.50pp

### CHOOSE ONE OF THE FOLLOWING

#### HERITAGE BEETROOT SALAD

Ardsallagh Goats' Cheese, Roasted & Pickled Beetroots, Fresh Pear, Caraway Granola (Agf, D, Gw, Go, Mu, Al Vg)

#### WARM ROSSCARBERY BLACK PUDDING SALAD

Fried Potatoes, Poached Granny Smith, Grapefruit, Radishes, Toasted Seeds, Honey Dressing (Agf, Gw, Gb, Sul, Mu)

#### STAG BÂN BATTERED UNION HALL HADDOCK

Minted Crushed Peas, Classic Tartare, Burnt Lemon, French Fries (F, D, E, Gw, Gb, Mu)

#### RAS EL HANOUT ROASTED BROCCOLINI

Quinoa, Cashew Nut Houmous, Roasted Squash (Ch, Se, Sul, Vo)

#### DOUBLE IRISH HEREFORD CHEESE BURGER

Hegarty Cheddar, Baby Gem, Beef Tomato, Grilled Bacon, Pickles, Brioche Bun And French Fries (Agf, D, Gw, Mu, E, Sul)

#### PERI PERI "CHICKEN" SUPREME

Smoked Pistachio Rice, Sumac Onions, Charred Broccolini, Squash & Coriander Salsa (Ps, D)

#### SLOW COOKED FEATHER BLADE OF IRISH BEEF

Roasted Winter Root Vegetables, Potato Croquette, Red Wine Jus (D, Gw, Sul, E)

### SERVED WITH

GLASS OF HOUSE WINE OR BOTTLE OF BEER

### FOLLOWED BY

#### PEAR AND ALMOND FINANCIER

Vanilla Crème Anglaise, Almond Nougatine, Vanilla Ice Cream (Gw, D, E, Al)

or

#### WARM CHRISTMAS PLUM PUDDING

West Cork Whiskey Crème Anglaise, Vanilla Bean Ice Cream, Honey Roasted Spiced Bread (Al, D, E, Gw, Gb)

or

#### MULLED BERRIES AND WHITE CHOCOLATE CHEESECAKE

Caramelised White Chocolate & Pistachio Crumb, Raspberry Sorbet (Gw, So, D)

### ALLERGENS

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

Please advise a member of staff if you have any food allergies, intolerances, coeliac disease, or other dietary requirement so that we can provide you with extra care. All our beef is 100% Irish and fully traceable to the farmer & our seafood is sustainably caught & landing in our kitchen daily.

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## OUR SUPPLIERS

