

THE

MET

LUNCH  
MENU

Served 12:30 - 17:00

## SMALL PLATES

<b>TODAY'S SOUP</b> Edward's Buckley Brown Soda Bread, Irish Salted Butter (Agf CI D Sul Vg Gw Go So Se)	€7.50
<b>HALLOUMI FRIES</b> Charred Broccolis, Pickled Chilis, Houmous (Gf D Sul CI So Se)	€11.00
<b>WILD ATLANTIC FISH CAKE</b> Romesco, Dill Yogurt, Pickled Fennel (AI D F Sul Gw E)	€12.00
<b>SLOW BRAISED BEEF "BIRRIA" CROQUETTE</b> Garryhinch Wild Mushrooms, Roasted Cauliflower, Smoked Yogurt. (D Sul CI E Gw)	€12.00
<b>TASTE OF CORK TO SHARE</b> Hegarty Cheddar, Gubbeen Mature, Cooleeney Brie, Ardsallagh Goat's Cheese, Apple Chutney, Houmous, Gremolata, Persian Salsa, Flat Bread, Crackers, Gubbeen Chorizo & Salami, Mc Carthy Spiced Beef (Gw Sul Se D E CI So)	€24.00

## BREADS, BUNS AND ROLLS

ALL SERVED WITH SKINNY FRENCH FRIES

<b>RED WINE POACHED PEAR, HONEY AND ARDSALLAGH FETA FOCCACIA</b> Toasted Foccacia, Roasted Beetroot, Poached Pears, Dressed Baby leaves. (Agf D Gb Gw Mu Sul Vg Se So)	€12.50
<b>THE MET TOASTED SPECIAL</b> Home Cooked Gammon, Red Onion, Beef Tomato & Cheddar Cheese, Dressed Baby leaves. (Agf, D Gw Mu Sul So)	€12.50
<b>PRAWN B.L.T.</b> Grilled Prawns, Tomato, Lettuce, Crispy Bacon & Basil Aioli in Toasted Sourdough, Dressed Baby leaves. (Agf Cr So Gw E Mu Sul Se)	€14.00
<b>CORK DOG</b> O'Flynn's Cumberland Sausage in a Brioche Roll with Mustard Mayonnaise, Caramelised Red Onions & Bacon Jam, Rocket Leaves. (D E Gw Mu Se So Sul )	€14.50

## LUNCH OFFER

MONDAY - FRIDAY (12.30 – 14.30) €16.50

**TOASTED SPECIAL with a Cup of Soup**  
(CI D Sul Vg Gw Go So Se)

*Or*  
**HALF WARM CHICKEN & BACON SALAD**  
(Agf D Mu Sul)

**Followed by a Mini Brownie**  
(D Gw Wn So Sul E)

**with Freshly Brewed Barry's Tea or Java Coffee**

## LARGE SALADS

<b>WARM CHICKEN &amp; BACON</b> Grilled Chicken, Smoked Streaky Bacon, Baby Gem, Fried Potatoes, Shaved Hegarty Cheddar & Fried Onions Dressing. (Agf D Mu Sul) Add Tiger Prawns. (CR)	€16.00 €4.50
<b>HERITAGE BEETROOTS</b> Roasted Beets, Ardsallagh Goats' Cheese, Candied Walnuts, Pickled Red Onions, Honey & Mustard Dressing. (Agf D Gw Go Mu Wn Vg Sul)	€16.00
<b>WARM ROSSCARBERRY BLACK PUDDING</b> Poached Pears, Radishes, Gubbeen Cheese, Pickled Wild Mushrooms, Toasted Seeds & Elderberry Dressing. (Agf Gw Gb Sul Mu D So)	€17.00

## LARGE PLATES

<b>THAI YELLOW VEGETABLE CURRY</b> Roasted Vegetables Served with Steamed Basmati & a Som Tum Thai Salad topped with a Lime & Peanut Rayu. (Gf Sul Pn So Vo Se) Add Tiger Prawns. (Cr) Add Charred Flat Bread. (D Gw So)	€17.50 €4.50 €3.50
<b>WILD ATLANTIC FISH &amp; CHIPS</b> Minted Crushed Peas, Classic Tartare, Burnt Lemon & Skinny French Fries. (F D E Gw Gb Mu Sul)	€19.50
<b>DOUBLE IRISH HEREFORD CHEESE BURGER</b> Bandon Cheddar, Baby Gem, Beef Tomato, Grilled Bacon & Pickles in a Brioche Bun with a Smoked Tomato Relish, Skinny French Fries. (Agf D Gw Mu E Sul CI)	€19.50
<b>8 HOURS BRAISED SHIN OF HEREFORD BEEF</b> Rich Osso Bucco Ragu on Fresh Tagliatelle Pasta topped with a Gremolata Salsa. (CI D Gw E Sul)	€21.00

## SIDES

<b>GARLIC &amp; PARMESAN SOURDOUGH BAGUETTE</b> (D Gw Se So Sul)	€3.50
<b>SEASONAL VEGETABLES WITH IRISH SALTED BUTTER</b> (D)	€4.50
<b>BABY MIXED LEAF SALAD WITH ELDERFLOWER DRESSING</b> (Gf Mu Sul)	€4.50
<b>CHARRED FLAT BREAD BRUSHED WITH GARLIC OIL &amp; SERVED WITH HOUMOUS</b> (Gw D Se Sul)	€4.50
<b>NEW YORKER SKINNY FRENCH FRIES WITH TRUFFLE MAYONNAISE</b> (Agf D E Mu Sul)	€5.00
<b>BEER BATTERED ONION RINGS WITH SMOKED TOMATO RELISH</b> (CI D Gb Gw Sul)	€5.00
<b>SWEET POTATO FRIES WITH SMOKED ROSEMARY SALT AND GARLIC MAYONNAISE</b> (Agf E Mu)	€5.00

## DESSERTS

<b>BLUEBERRY &amp; WHITE CHOCOLATE CHEESECAKE</b> Caramelised White Chocolate with Lemon Sorbet and Berry Coulis (D E Gw So Sul AI)	€9.00
<b>PEAR &amp; ALMOND FINANCIER</b> Almond Nougatine, Pear Purée with Vanilla Bean Ice Cream (AI D E Gw Sul So)	€9.00
<b>DARK CHOCOLATE DELICE</b> Candied Walnut, Chocolate & Walnut Purée with Rum & Raisin Ice Cream (AI D E Gw Sul Wn So)	€9.00
<b>APPLE, GINGER &amp; CINNAMON CRUMBLE</b> Hazelnut Topping with Vegan Vanilla Ice Cream and Linseed Tuile (Gf AI So Vo Hn)	€9.00
<b>MUNSTER CHEESE PLATTER</b> Gubbeen Mature (Skibbereen, West Cork) Hegarty Cheddar (Whitechurch, Co. Cork) Cashel Blue (Cashel, Co. Tipperary) Apple Chutney, Crackers and Fresh Grapes (D Gw Sul E CI)	€12.50

### ALLERGENS

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

"Please be mindful that our dedicated kitchen team expertly manages the preparation of dishes containing the 14 mandatory allergens daily. Although every care is taken to ensure the safety of our guests, please inform a member of our team if you have any food allergies, intolerances, coeliac disease, or other dietary requirements. This will enable us to tailor your dining experience and we will endeavour to meet your specific needs." All our beef is 100% Irish and fully traceable to the farmer & our seafood is sustainably caught & landing in our kitchen daily.

# THE MET

## OUR SUPPLIERS

