

THE

MET

DINNER
MENU

Served 17:00-21:30

SNACKS

SMOKED & ROASTED ALMONDS (Al Vo Gf)	€4.50
MARINATED ITALIAN OLIVES ** (Sul Vo Gf)	€4.50
TOASTED SOURDOUGH, CAFÉ DE PARIS BUTTER (Agf F Sul Gw Vg D)	€4.50
CHARRED FLAT BREAD BRUSHED WITH GARLIC OIL & SERVED WITH HOUMOUS (Gw D Se Sul)	€4.50

SMALL PLATES

TODAY’S SOUP Edward’s Buckley Brown Soda Bread, Irish Salted Butter (Agf Cl D Sul Vg Gw Go So Se)	€7.50
HALLOUMI FRIES Charred Broccolis, Pickled Chilis, Houmous (Gf D Sul Cl So Se)	€11.00
WILD ATLANTIC FISH CAKE Romesco, Dill Yogurt, Pickled Fennel (Al D F Sul Gw E)	€12.00
SLOW BRAISED BEEF “BIRRIA” CROQUETTE Garryhinch Wild Mushrooms, Roasted Cauliflower, Smoked Yogurt (D Sul Cl E Gw)	€12.00
TIGER PRAWNS <i>Supplement of €4 applied to Inclusive Dinner Packages</i> Quinoa Dressed with Lemon Oil, Pickled Fennel & Shaved Radishes (Cr E D Gw F Mu Sul Cl)	€13.00
SKEAGHANORE DUCK <i>Supplement of €4 applied to Inclusive Dinner Packages</i> Smoked Breast & Confit Duck Leg Bonbon, Heritage Beets & Elderflower Dressing. (GW D Sul Mu E)	€13.00
TASTE OF CORK TO SHARE <i>Supplement of €5/person applied to Inclusive Dinner Packages</i> 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 Cl So)	€24.00

LARGE SALADS

WARM CHICKEN & BACON Grilled Chicken, Smoked Streaky Bacon, Baby Gem, Fried Potatoes, Shaved Hegarty Cheddar & Fried Onions Dressing. (Agf D Mu Sul) Add Tiger Prawns. (CR)	€17.00 €4.50
HERITAGE BEETROOTS Roasted Beets, Ardsallagh Goats’ Cheese, Candied Walnuts, Pickled Red Onions, Honey & Mustard Dressing. (Agf D Gw Go Mu Wn Vg Sul	€17.00
WARM ROSSCARBERY BLACK PUDDING Poached Pears, Radishes, Gubbeen Cheese, Pickled Wild Mushrooms, Toasted Seeds & Elderberry Dressing. (Agf Gw Gb Sul Mu D So	€18.00

LARGE PLATES

CARAMELISED RED ONION TART TATIN Puff pastry, Whipped Cashel Blue, Coffee Roasted Carrots & Rocket Leaves. (Gb Go Mu Gw E D Sul So)	€19.00
THAI YELLOW VEGETABLE CURRY 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)	€19.00 €4.50 €3.50
DOUBLE IRISH HEREFORD CHEESE BURGER 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 Cl)	€21.00
WILD ATLANTIC FISH & CHIPS Minted Crushed Peas, Classic Tartare, Burnt Lemon & Skinny French Fries. (F D E Gw Gb Mu Sul)	€21.00
8 HOURS BRAISED SHIN OF HEREFORD BEEF Rich Osso Bucco Ragu on Fresh Tagliatelle Pasta topped with a Gremolata Salsa. (D Gw E Sul) Add Garlic & Parmesan Sourdough Baguette. (D Gw So Sul)	€23.00 €3.50
IRISH SALMON <i>Supplement of €6 applied to Inclusive Dinner Packages</i> Fondant Potato, Bell Pepper & Chili Purée, Apple, Braised Fennel. (Agf D F Sul Cl)	€26.00

GRILLED

8 OZ HEREFORD RIB EYE STEAK <i>Supplement of €10 applied to Inclusive Dinner Packages</i>	€32.50
10 OZ HEREFORD SIRLOIN STEAK <i>Supplement of €14 applied to Inclusive Dinner Packages</i>	€36.00
10 OZ TIM MULCAHY’S CHICKEN SUPREME All served with Charred Broccolis, Coffee Roasted Carrots, Skinny French Fries plus your choice of Jameson & Pink Peppercorn Sauce, or Cashel Blue & Port Sauce. (Agf D Cl Gw Sul) Add Tiger Prawns Brushed with Garlic Butter. (Cr D Sul)	€23.00 €4.50

SIDES

GARLIC & PARMESAN SOURDOUGH BAGUETTE (D Gw Se So Sul)	€3.50
SEASONAL VEGETABLES WITH IRISH SALTED BUTTER (D)	€4.50
BABY MIXED LEAF SALAD WITH ELDERFLOWER DRESSING (Gf Mu Sul)	€4.50
NEW YORKER SKINNY FRENCH FRIES WITH TRUFFLE MAYONNAISE (Agf D E Mu Sul)	€5.00
BEER BATTERED ONION RINGS WITH SMOKED TOMATO RELISH (Cl D Gb Gw Sul)	€5.00
SWEET POTATO FRIES WITH SMOKED ROSEMARY SALT AND GARLIC MAYONNAISE (Agf E Mu)	€5.00

DESSERTS

BLUEBERRY & WHITE CHOCOLATE CHEESECAKE Caramelised White Chocolate with Lemon Sorbet and Berry Coulis (D E Gw So Sul Al)	€8.50
PEAR & ALMOND FINANCIER Almond Nougatine, Pear Purée with Vanilla Bean Ice Cream (Al D E Gw Sul So)	€8.50
DARK CHOCOLATE DELICE Candied Walnut, Chocolate & Walnut Purée with Rum & Raisin Ice Cream (Al D E Gw Sul Wn So)	€8.50
APPLE, GINGER & CINNAMON CRUMBLE Hazelnut Topping with Vegan Vanilla Ice Cream and Linseed Tuile (Gf Al So Vo Hn)	€8.50
MUNSTER CHEESE PLATTER <i>Supplement of € 5 applied to Inclusive Dinner Packages</i> 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 Cl)	€12.50

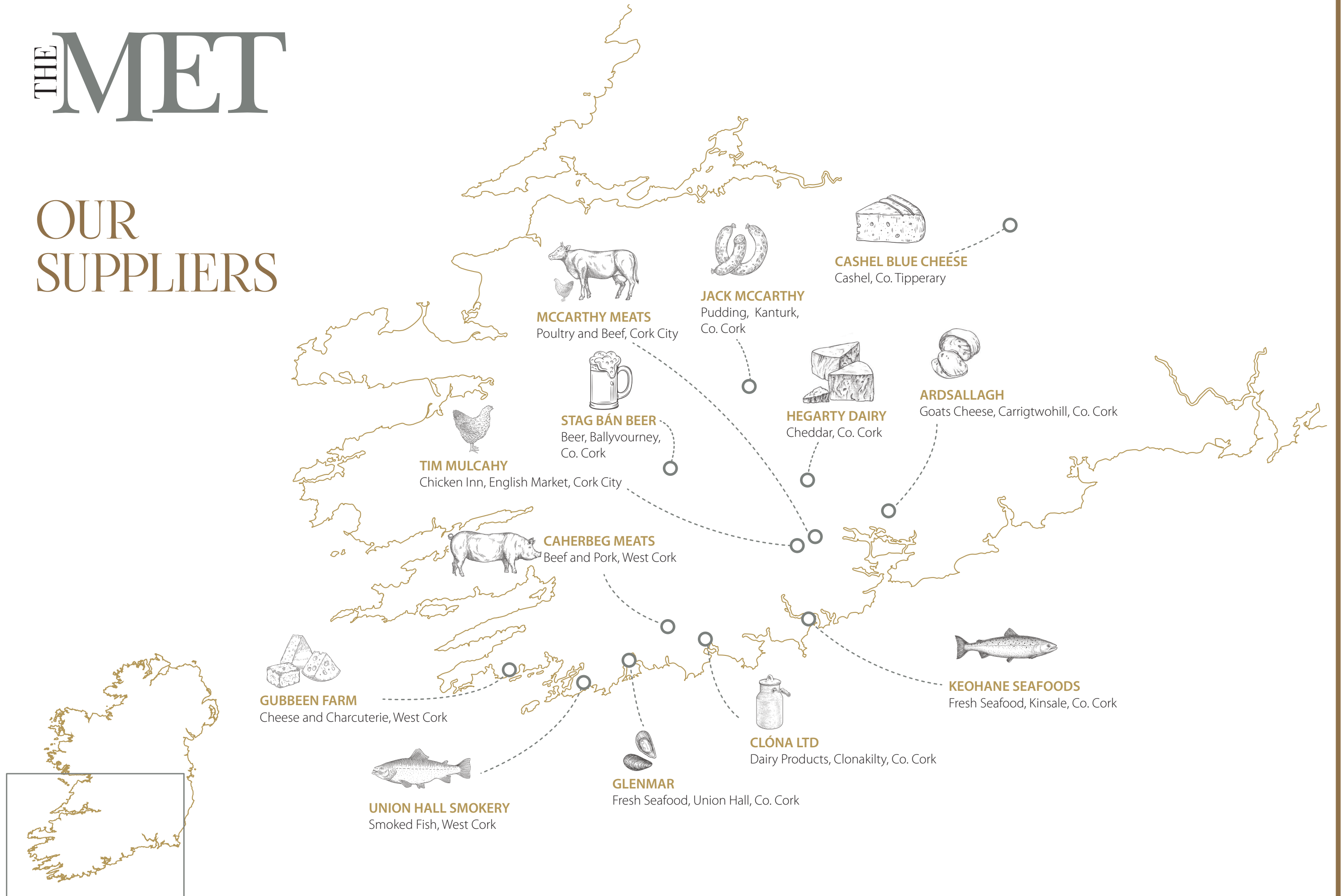
ALLERGENS

(D)	Milk Products	(Se)	Sesame	(Wn)	Walnuts
(E)	Eggs	(Gw)	Gluten Wheat	(Ps)	Pistachio Nut
(Mu)	Mustard	(Gb)	Gluten Barley	(Pc)	Pecan Nut
(Cl)	Celery	(Gr)	Gluten Rye	(Hn)	Hazelnut
(Sul)	Sulphur Dioxide	(Go)	Gluten Oats	(Agf)	Ask Gluten Free
(L)	Lupin	(Al)	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



MCCARTHY MEATS
Poultry and Beef, Cork City

JACK MCCARTHY
Pudding, Kanturk,
Co. Cork

CASHEL BLUE CHEESE
Cashel, Co. Tipperary

STAG BÁN BEER
Beer, Ballyvourney,
Co. Cork

TIM MULCAHY
Chicken Inn, English Market, Cork City

CAHERBEG MEATS
Beef and Pork, West Cork

HEGARTY DAIRY
Cheddar, Co. Cork

ARDSALLAGH
Goats Cheese, Carrigtwohill, Co. Cork

GUBBEEN FARM
Cheese and Charcuterie, West Cork

UNION HALL SMOKERY
Smoked Fish, West Cork

GLENMAR
Fresh Seafood, Union Hall, Co. Cork

CLÓNA LTD
Dairy Products, Clonakilty, Co. Cork

KEOHANE SEAFOODS
Fresh Seafood, Kinsale, Co. Cork