

THE MET EARLY BIRD MENU

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

CHOOSE ONE OF THE FOLLOWING

HERITAGE BEETROOTS SALAD

Arsdallagh 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)

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)

WILD ATLANTIC FISH & CHIPS

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

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)

€3.50

CARAMELISED RED ONION TART TATIN

Puff pastry, Whipped Cashel Blue, Coffee Roasted Carrots & Rocket Leaves. (Gb, GO, Mu, Gw, E, D, Sul, SO)

10 OZ TIM MULCAHY'S CHICKEN SUPREME

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)

SERVED WITH

GLASS OF HOUSE WINE OR BOTTLE OF BEER

FOLLOWED BY

BLUEBERRY & WHITE CHOCOLATE CHEESECAKE

Caramelised White Chocolate with Lemon Sorbet and Berry Coulis. (D E Gw So Sul Al)

DARK CHOCOLATE DELICE

Candied Walnut, Chocolate & Walnut Purée with Rum & Raisin Ice Cream. (Al D E Gw Sul Wn So)

APPLE, GINGER & CINNAMON CRUMBLE

Hazelnut Topping with Vegan Vanilla Ice Cream and Linseed Tuile. (Gf Al So Vo Hn)

ALLERGENS

(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	(Hn)	Hazelnut
(Se)	Sesame	(Gf)	Gluten Free
(Gw)	Gluten Wheat	(Vg)	Vegetarian
(Gb)	Gluten Barley	(Vo)	Vegan
(Gr)	Gluten Rye		

"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.

* GLUTEN FREE, for other dishes to be made gluten free, please look for the AGF sign, VO = vegan, VG = vegetarian.

THE MET

OUR SUPPLIERS

