

THE MET EARLY BIRD MENU

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

LARGE PLATES

FRIED HALLOUMI, CARROT & ORANGE SALAD

Shaved Fennel, Micro Coriander, Mustard & Orange Dressing.

(Gf D Mu Sul Vg Avo)

WARM DUCK SALAD

Pulled Confit Duck Leg, Fried Potatoes, Mixed Leaves, Red Onions, Watermelon Rind and Honey Dressing .

(Agf D Mu Sul)

RIGATONI PASTA PRIMAVERA

Seasonal Greens, Ricotta, Pea Purée, Lemon & Mint oil, Hegarty Cheddar, Black Pepper. (Gw E D Sul So)

DOUBLE IRISH HEREFORD CHEESE BURGER

Grilled Flat Mushroom, Bandon Cheddar, Baby Gem, Beef Tomato, Grilled Bacon & Pickles in a Brioche Bun with a Smoked Tomato Relish Served with Skinny French Fries & Truffle Mayonnaise.

(Agf D Gw Mu E Sul Cl)

ROASTED MASSALA GLAZED SQUASH

Channa Massala, Roasted Beets, Chickpeas,

Pickled Watermelon Rind, Poppadom (Vo Gf Sul Cl)

10 OZ TIM MULCAHY'S CHICKEN SUPREME

Potato & N'Duja Terrine, Kale, Wild Mushroom, Hazelnuts, Pink Peppercorn and Jameson Sauce.

(Gf Sul Hn Agf Cl D Gw)

MCCARTHY'S SLOW COOKED LAMB SHOULDER

Channa Massala, Chickpeas, Roasted Squash & Beets, Pickled Watermelon Rind.

(Gf Sul Cl)

UNION HALL GRILLED HAKE

Roast Potatoes & Seasonal Greens, Pea Purée, Tartare Condiment, Charred Lemon.

(F D E Gf Mu Sul)

SERVED WITH

GLASS OF HOUSE WINE OR BOTTLE OF BEER



THIS DISH HAS BEEN CREATED TO CONTRIBUTE TO OUR ZERO FOOD WASTE TARGETS.

Please turn menu over for more information.

DESSERTS

RASPBERRY & PLUM CLAFOUTIS

Candied Walnuts, Salted Caramel Ice Cream, Marinated Raspberries

(D E Gw So Sul)

MANGO, PASSION FRUIT

AND SOYA POSSET

Exotic Coulis, Candied Hazelnuts, Fresh Mango

(Vo So Sul Hn)

DARK CHOCOLATE MARQUISE

Candied Hazelnuts, Amarena Cherries,

White Chocolate & Almond Tuile, Vanilla Ice Cream

(Al D E Gw So Sul Wn)

SEASONAL RHUBARB & WEST CORK STRAWBERRIES

Clonakilty Set Yogurt, Honey Granola,

Poached Rhubarb, Fresh Strawberries,

Strawberry Ice Cream

(Al Hn So Vo D Go E)

ALLERGENS

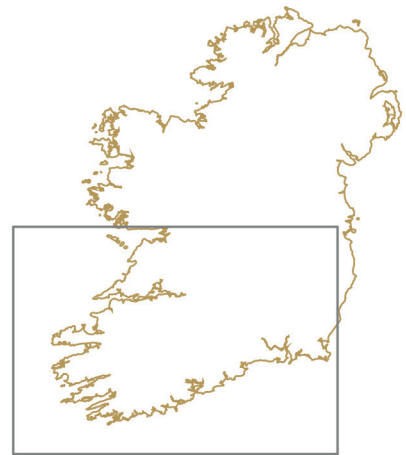
(D)	Milk Products	(Go)	Gluten Oats
(E)	Eggs	(Al)	Almonds
(Mu)	Mustard	(Bz)	Brazil Nut
(Cl)	Celery	(Ch)	Cashew
(Sul)	Sulphur Dioxide	(Mc)	Macadamia Nut
(L)	Lupin	(P)	Peanuts
(F)	Fish	(Wn)	Walnuts
(Mo)	Molluscs	(Ps)	Pistachio Nut
(Cr)	Crustaceans	(Pc)	Pecan Nut
(So)	Soya	(Hn)	Hazelnut
(Se)	Sesame	(Gf)	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



We are continuously working towards a more sustainable future and by choosing this dish, you are helping us on our journey. To find out more, please speak to our team or read about our 10 commitment Food Charter.

