



Early Bird Dinner Menu

SAMPLE MENU SUBJECT TO CHANGE

€32.5 per person, served every night 17.00 – 18.30.

Includes choice of 1 main course, 1 dessert & a house glass of wine or bottle of beer.

Main Courses

Roasted Squash & Orange Salad, Puy Lentil, Pickled Fennel, Coriander & Mustard Dressing 

Seared Chili Tempeh, Potato Rissoles, Young Spinach, Wild Mushroom, House Peanut Rayu 

Classic Caesar Salad, Grilled Chicken, Bacon, Parmigiano Reggiano, House Dressing, Croutons

Add Grilled Halloumi, Prawns or Chicken to any of the “Main Courses” Above | 5

Double Irish Hereford Beef Burger, Streaky Bacon, Chopped Burger Sauce, Truffle Mayonnaise

English Market Chicken Supreme “Bourguignon”, Paris Mushroom, Smoked Bacon, Roast Potatoes

Irish Venison Rump, Wilted Kale, Coffee Roasted Carrots, Fondant Potato, Spring Berry Jus

Sides

Baby Mixed Leaf Salad with Elderflower Dressing | 4.5

Skinny French Fries with Truffle Mayonnaise | 5

Crispy Roast Potatoes with a Chimichurri Salsa | 5

Seasonal Vegetables with Irish Salted Butter | 5

Desserts

MET Signature Chocolate Fondant, Amarena Cherries, Candied Hazelnuts, Chantilly Cream,
Caramelised White Chocolate

Lemon Crème Brulée, Candied Lemon Peel, Lemon Sorbet, Short Bread & Hazelnut Crumble

Vegan Pineapple Up Side Down Cake, Citrus Syrup, Lime & Coconut Mousse, Marinated
Orange Segments

Rhubarb & Almond Delice, First of the Season Rhubarb & Vanilla Compote, Apple Cider Jelly,
Almond Streusel

Dessert of the Moment, please ask your server.

"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." An allergen specific menu is available for consultation shall you need to see it. All our beef is 100% Irish and fully traceable to the farmer & our seafood is sustainably caught & landing in our kitchen daily.



This dish has been created to contribute to our Zero Food Waste Targets. 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

