

THE MET

Lunch Menu

Served daily 12.30 - 17.00

SAMPLE MENU SUBJECT TO CHANGE

LUNCH OFFER MONDAY-FRIDAY 12:30 to 14.30

€ 15

MET BAR TOASTED SPECIAL Or CHICKEN CAESAR WRAP

Served with French fries & a Cup of Soup

Followed by Java's Coffee or Barry's Tea & a Homemade Cookie

Daily Chef's Speciality Soup

Buckley's Brown Soda Bread, Irish Salted Butter | 8 

Breads, Buns & Wraps - All Served with Skinny Fries

MET Bar Toasted Special

Home Cooked Ham, Tomato, Red Onions & Emmenthal Cheese | 12.5

Chicken Caesar Wrap

Grilled Chicken, Bacon & Baby Gem, House Dressing, Parmigiano Reggiano | 12.5

Monkfish Taco

Scallopini of Monkfish, Tomato Salsa, Pickled Fennel, Crispy Onions, Lime Mayonnaise | 14

Double Irish Hereford Beef Burger

Streaky Bacon, Chopped Burger Sauce, Truffle Mayonnaise, Fries | 19

Salads

Add Grilled Halloumi, Prawns or Chicken to any of the "Large Plate" Dishes Below | 5

Roasted Squash & Orange Salad,

Puy Lentil, Pickled Fennel, Coriander & Mustard Dressing | 15 

Classic Caesar Salad

Grilled Chicken, Bacon, Parmigiano Reggiano, House Dressing, Croutons | 15

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

Desserts | 9

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

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

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

"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.

