

**The Metropole**  
**Communion Lunch Menu**

**STARTERS**

TODAY'S SOUP 

Edward's Buckley Brown Soda Bread, Irish Salted Butter. (Agf Cl D Sul Vg Gw Go So Se)

UNION HALL SMOKED SALMON

Pickled Fennel, Baby Lettuce Leaves, Olive Tapenade. (F Sul Gf Mu D)

ARDSALLAGH GOAT'S CHEESE SPANAKOPITA (Al Sul E Gw D Nuts ) 

Almond & Pepper Romesco Sauce, Pickled Fennel & Apricot Salad. 

CLASSIC CAESAR SALAD

Chicken, Bacon, Parmigiano, House Dressing, Croutons (Agf F Gw E Mu D Sul)

**MAIN COURSES**

10 OZ TIM MULCAHY'S CHICKEN SUPREME

"Bourguignon" casserole, Paris Mushroom, Smoked Bacon, Roast Potatoes. (Agf Sul Cl D)

GRILLED HALLOUMI 

Roast Potatoes, Wild Mushrooms, House Peanut Rayu. (D So Se Sul Pn Nuts)

OVERNIGHT SLOW COOKED FEATHERBLADE OF IRISH BEEF

Grilled Flat Mushroom, Wilted Young Spinach, Roast Potatoes, Pink Peppercorn Sauce. (Agf D Cl Sul)

WILD ATLANTIC COD

Potato fondant, Wilted Kale, Coffee Roasted Carrots, Citrus Butter Sauce. (Gf F D Sul)

**DESSERTS**

MET SIGNATURE CHOCOLATE BROWNIE

Amarena Cherries, Candied Hazelnuts, Chantilly Cream, Caramelised White Chocolate. (Gw E Al D Sul Nuts)

CARAMELISED APPLE TARTLET

Vanilla Bean Ice Cream, Crème Anglaise. (Agf E D Sul Gw Al Hn Nuts)

BREAD & BUTTER PUDDING

Caramel Sauce, Salted Caramel Ice Cream. (E D Gw Sul So Nuts)

SEASONAL BERRY MERINGUE

Fresh Berries, Berry Compote, Lemon Curd. (Gf E D)

"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.

