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Allergen advice: While we take steps to minimise the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with allergies to soya, dairy, egg or wheat as all of these ingredients are used. If you have any queries, please speak to one of our team.

Why not try our  
Guest coffee?

## BLACK COFFEE

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Espresso // 2.90

A double shot of Espresso, a house classic.

Long Black // 3.20

For Americano lovers after less water, and a stronger coffee flavour.

Americano // 3.30

Our Bargate blend takes the worlds most popular coffee fix to a whole new level.

## WHITE COFFEE

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Cappuccino // 3.60

Double shot of Espresso topped with hot steamed milk and foam

Our largest milk-based coffee, a great choice for a gentle, lighter taste.

Latte // 3.60

Double shot of Espresso with hot steamed milk and a thin layer of foam.

The world's first speciality coffee body, with a silky milk foam layer tying the Espresso into the heart of the drink.

Mocha // 4.00

A double shot of Espresso, on a bed of chocolate (Milk, White or Dark) topped with hot steamed milk.

A marriage of everyone's favourite flavours, coffee and chocolate.

Flat White // 3.50

A double shot of Espresso, topped with milk.

The middle ground between a latte and Espresso. Sweet, smooth but still packing a strong Espresso flavour.

Cortado // 3.40

A double shot of Espresso, topped with hot steamed milk.

Native to Spain, this coffee has gained popularity for its feathery milk yet bold Espresso taste.

Macchiato // 2.90

A double shot of Espresso, with a touch of milk and foam on top.

A take on the traditional shot, with a soft milk lid.

## ICED COFFEE

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Iced Latte // 3.90 

Iced Cappuccino // 3.90 

Iced Americano // 3.30 

Iced Flat White // 3.70 


Iced Mocha // 4.00 

Iced Espresso // 3.10 

Iced V60 // 4.00 

## SHAKEN/ BLENDED

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Affogato Frappe // 5.00 

A great sweeter summer treat, a Frappe is an iced coffee staple (Vanilla, Chocolate, Caramel or Sugar)

Freddo Espresso // 4.00 

A shaken twist on an iced espresso gives you a punchy brew. Mixes perfectly with a hint of brown sugar. (Please ask at the till)


## FILTER

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Ask for availability

Batch Brew // 3.00 

A great choice if you want a filter coffee in a rush. All batch filter is made with our Bargate house roast.

V60 // 4.00 

An Iconic method of brewing filter, giving a delicate light light-bodied brew

**Add Syrup +50p**

**Caramel - Vanilla - Roasted Hazlenut**



# LOOSE LEAF TEA

Our loose leaf teas are exclusive blends made to our own recipes

## BLACK TEA

Bargate Breakfast // 3.25

Our very own Bargate Breakfast tea blend, elevating the well loved taste of breakfast tea with vibrant sunflowers flowing through.

Earl Grey // 3.25

Sri Lankan Black Tea combined with Indian Darjeeling Black Tea, Orange Peel, Chinese Keemun Black Tea, Blue Cornflowers and Bergamot Flavouring come together to create a treat for all the senses.

Decaf Tea // 3.25

Decaffeinated Sri Lankan Black Tea.

## HERBAL & FRUIT TEA

Fruit Blend // 3.50

Apple Pieces, Rosehip, Freeze-dried Peach, Raspberry, Orange Peel, Hibiscus and Lemon Verbena

Detox // 3.75

Ginger, Turmeric, Rooibos, Apple Pieces, Rosehip, Dandelion Leaves, Lemon Myrtle, Black Peppercorns and Orange Peel.

Peppermint // 3.50

A slightly spicy pepper flavour with a tiny bit of sweetness and a touch of minty flavour

Honeybush // 3.50

A herbal infusion from South Africa, also known as Heuningbos, bergtee, or mountain tea

## GREEN TEA

Sencha Green // 3.50

Japanese Sencha Green Tea

Matcha // 3.75

High-grade Japanese green tea with a complex flavour profile incorporating mellow vegetal grassy notes, natural sweet nuttiness, a touch of bitterness with a pleasant savoury ending

Jasmine // 3.50

Green tea based with the light delicate flavours of Jasmine blossoms

Flowering // 3.50

Chinese Green Tea, Amaranth, Jasmine Blossom, Chrysanthemum and Lavender

# The Bargate Roast

A message from Spencer & The Mettricks Head Roaster:

We are proud to bring speciality coffee roasting right here to our home city of Southampton. Our first Mettricks Roasted House Coffee is a real Brazilian crowd-pleaser. Brazilian coffees to me are what great all-around espresso should taste like. That subtle sweetness that smoothens out at the finish, & and that's exactly what this natural & pulped natural from the region of South of Minas in Brazil gives us.

In the town of Nova Resende, Mariza Franco Mantovaninni harvests in average of 5,000 bags of 60kg sacks each year, with altitudes ranging from 1097m to 1188m. The varieties currently planted - Mundo Novo & Red & Yellow Catuaí - will soon be joined by 100 acres of Yellow Catuaí. Planalto Estate Coffees have the typical features of South Minas coffees & and more. Planalto Naturals have pronounced body & and sweetness, excellent aroma & and moderate acidity. Planalto Pulped Naturals are more balanced. Body & aroma are the same as in naturals. The cup is naturally sweet, with South Mina's acidity reaching its highest levels.

So sit back and enjoy, knowing you're drinking a very good brew, roasted with care by the team at Mettricks

# BEER & CIDER

Ask at the counter for craft beers

Brooklyn Pilsner	4.6%	Sommersby Apple	4.5%
Good Old George	5.0%	Rekorderlig Fruit Cider	4.0%
San Miguel 0	0.0%		

# SPIRITS

Ask at the counter for prices

## Gin

Beefeater London Dry  
Beefeater Pink  
Hendricks

## Rum

Havana Club 3 Year Old  
Appleton Estate Jamaica Rum  
Bacardi Spiced

## Vodka

Absolut Blue  
Absolut Vanilla  
Absolut Citron

## Whiskey

Jameson Triple Distilled Irish  
Maker's Mark Bourbon  
Jack Daniel's Tennessee  
Martell Vs

## Apertif

Campari  
Limoncello  
Aperol  
Martini Rosso  
Martini Extra Dry

## Liqueurs

St germain  
Khalua  
Cointreau  
Passoa  
Malibu

## Tequila

Olmecca Silver Tequila  
Cuervo Especial Gold Tequila

# ICED TEA

Made using our freshly brewed exclusive loose leaf tea blends

Fruits of the Forest // 3.95 

For those with a sweet tooth. A delightful combination of our fruit tea blend and other favoured fruity flavours.

Peach Iced Tea // 3.95 

A staple to the Iced tea world, this never disappoints.

Peppermint & Elderflower // 3.95 

Our Peppermint tea brewed and served over ice with a subtle minty sweetness and pleasant Elderflower punch, a true energy uplift.

# TEA BASED LATTES

Made using our exclusive loose leaf tea blends

Chai Latte // 4.00 // Add Coffee 0.50

A great twist on the Latte, using black Chai tea to give a spicy punch.

Matcha Latte // 4.00

Made using our Japanese Matcha Tea this is a great coffee alternative giving you a boost in the most delicious way possible.

London Fog // 4.00

A growing favourite, this latte is made using a great mix of black tea flavours steamed with milk to add sweetness.

## JUICE 'MS

Deliciously homemade, a refreshing future classic.

### Strawberry & Peach 3.95

Strawberry & Peach topped with Lemonde

### Passionfruit & Kiwi 3.95

Passionfruit & Kiwi topped with Lemonde

### Elderflower & Blackberry 3.95

Elderflower & Blackberry topped with Lemonde

### Blue Raspberry 3.95

Raspberry & Blue Curacao topped with Lemonde

### Orange & Lemon 3.95

Orange, Cloudy Lemon & Lime topped with Lemonde

## FRUIT SMOOTHIES

Freshly blended using real fruit

### Yellow Pash 'n' Shoot 4.95

Peach, Pineapple, Papaya, Passion Fruit

### Green Avo-Go-Go 4.95

Apple, Spinach, Avocado, Lime Juice

### Strawberry Delight 4.95

Strawberry, Peach and Papaya.

## SOFT DRINKS

Served in an 8oz size, kids sizes available

<b>Orange Juice</b>	3.00	<b>Pepsi Max</b>	3.00
<b>Apple Juice</b>	3.00	<b>Lemonde</b>	3.00
<b>Pineapple Juice</b>	3.00	<b>Lime &amp; Soda</b>	2.00
<b>Cranberry Juice</b>	3.00		

## CLASSIC COCKTAILS £10

### Old Fashioned

Makers Mark Bourbon, Demarera Sugar & Angostaura Bitters

### Cosmopolitan

Absolut Citron Vodka, Cointreau, Lime & Cranberry Juice

### Pina Colada

Appleton Signature Jamaican Dark Rum, Malibu Coconut Rum, Coco Re'al, Pineapple & Lime

### Coffee Negroni

Beefeater Gin, Matrini Rosso, Campari & Kahlua

## MOCKTAILS £6

### Virgin Mojito

Lime Juice, Sugar, Mint & Soda

### Virgin Garden

Apple Juice, Elderflower lime & Fresh Cucumber

### Caramel Espresso Mocktini

Bargate Roast Espresso, Homemade Mettricks Caramel Sauce

### Virgin Colada

Pineapple Juice, Coco Re'al & Lime

# 2 FOR £14 COCKTAILS

Deal applies when ordering 2 of the same cocktail  
Or 1 for £8

## Espresso Martini

Absolut Vanilla Vodka, Kahlua & Mettricks House Coffee

## Mettricks Rum Punch

Appleton Signature Jamaican Dark Rum, Passoa Passionfruit Liqueur, Pineapple & Coconut

## Dark & Stormy

Goslings Seal Dark Rum, Angostura Bitters & Ginger Beer

## Passion Fruit Martini

Absolut Vanilla Vodka, Passoa Passionfruit Liqueur & Pineapple Juice

## Sherbert Surprise

Peach & Raspberry Beefeater Gin, Limoncello, Butterscotch & Pineapple Juice

## Long Island Iced Tea

Havana 3 Year Rum, Omleca Blanco Tequila, Cointreau, Beefeater Gin, Absolut Vodka & Pepsi Max

## Mojito

Havana 3 Year Rum, Lime & Mint

## Mettricks Garden

Beefeater Gin, St Germain Elderflower Liqueur, Apple, Lime & Fresh Cucumber

## Blood Orange Margarita

Omleca Blanco Tequila, Cointreau, Blood Orange, Lime & Agave

# SPRITZ £10

## Aperol Spritz

Aperol, Prosecco & Soda

## Mettricks Garden Spritz

Beefeater Gin, St Germain Elderflower Liqueur, Prosecco, Soda & Mint

## Limoncello Spritz

Limoncello, Beefeater Peach & Raspberry Gin, Butterscotch, Prosecco, Soda & Lemon

# HOT CHOCOLATE

Made with real chocolate

**Vegan Hot Chocolate Available**

## Milk Hot Chocolate 4.00

Smooth and comforting, it's a hug in a mug.

## Dark Hot Chocolate 4.00

Rich, intense and endlessly indulgent.

## White Hot Chocolate 4.00

Sweet and velvety, this modern twist is always in season.

## Kids Hot Chocolate 3.25

Our house hot chocolate in a little cup, designed for little hands.

# BANGING SHAKES

Freshly made Milkshakes mixed with real vanilla ice cream

## Classic Shakes 4.95

Our classic shake recipe made with your choice of Strawberry, Vanilla, Chocolate or Salted Caramel

## Malt Vanilla 5.95

Classic American style milkshake made with Malt powder, Maltesers and our Vanilla ice cream

## The Mettricks B & B 5.95

A true vegan treat, a generous scoop of Biscoff blended with Oat milk and Banana.

## Jammie Dodger 5.95

Real Jammie dodgers, Milk & Ice cream oh and some more jam to finish it off

## Matcha Made In Heaven 5.95

Classic Vanilla shake with Japanese Matcha Tea, treating your tastebuds and brain!

## Oreo Milkshake 5.95

A staple on any good milkshake menu. Ice cream, Oreos and chocolate. What more can you want?

## Nothing Good Happens After Eight 5.95

A delicately crafted chocolatey mint kick mixed with ice cream to recreate the flavour of this well loved favourite.

## RED WINE

### Le Sanglier VdF, Merlot

Ripe plumb flavours of plum, blackberry and bramble fruits, and is medium bodied with soft tannins.

**125ml 5.5 // 175ml 6.75 // 250ml 8.5 // Bottle 21**

### Andean Vineyards, Malbec

Rich, concentrated scents of plum and cherries with notes of vanilla and chocolate. A mid-bodied and warming red wine that has a good attack of damson and spice aromas.

**125ml 5.5 // 175ml 6.75 // 250ml 8.5 // Bottle 24**

### Finca de Oro, Rioja

A surprisingly refined and complex mid bodied red wine, showing dark fruit, spice and oak aromas.

**125ml 6 // 175ml 7.5 // 250ml 9.5 // Bottle 25**

## WHITE WINE

### Franschhoek Cellar 'La Cotte Mill', Chenin Blanc

Vibrant gold in colour, with typical aromas of honey, peach, and pineapple. Full bodied and refreshing on the palate, with mature yellow fruit character, mixing with notes of tropical fruit.

**125ml 5 // 175ml 6 // 250ml 7.5 // Bottle 21**

### Vignana, Pinot Grigio

A wonderfully crisp Pinot Grigio with fresh apple, pear, lemon and lime citrus flavours.

**125ml 5.5 // 175ml 6.75 // 250ml 8.5 // Bottle 24**

### Esk Valley, Sauvignon Blanc

Rich full bodied in style this wine showcases the intensity of flavour and unique qualities found in Marlborough Sauvignon Blanc. A mix of ripe tropical flavours and subtle herbaceousness.

**125ml 6 // 175ml 7.5 // 250ml 9.5 // Bottle 25**

## ROSÉ

### Jack & Gina, Zinfandel Rosé

Medium-sweet with delicious red fruit flavours and plenty of lively acidity.

**125ml 5 // 175ml 6 // 250ml 7.5 // Bottle 21**

## FIZZ

### Vignana, Prosecco

Delicate and aromatic with fine bubbles. This wine carries lots of fresh peach, pear and an elegant zest.

**125ml 7 // Bottle 30**