

# METTRICKS BRUNCH 'TILL 4PM

## MONDAY - SUNDAY

ALL OF OUR FOOD IS MADE IN PROPER KITCHENS BY PASSIONATE CHEFS USING REAL, HIGH QUALITY INGREDIENTS. WE USE LOCAL BUTCHERS, BAKERS & FRESH FOOD SUPPLIERS SO YOU KNOW THAT OUR FOOD DOESN'T JUST TASTE GOOD; IT IS GOOD!

## BRUNCH 9am - 4pm

### Regular Full English £13 (GFA - GF bread, no sausage)

2 free-range fried eggs, bloomer toast, streaky bacon, sausage, mini hash browns, mushrooms, roasted plum tomato and baked beans

**Hungry? Go big for £3 extra**

### Vegan Full English (VG) £13 (GFA - GF bread)

Smashed avocado on bloomer toast, tofu scrambled egg, vegan sausage, confit plum tomatoes, mushrooms, sweetcorn fritters, beans, hash browns and spinach

**Hungry? Go big for £3 extra**

### Potato Hash (VG) £10

Poached egg, red onion, red peppers, potatoes, spinach

### Open Breakfast Wrap £11 (GFA - GF bread)

Chorizo, bacon, smashed avocado, tomato & red pepper salsa, cheese, hash browns, fried egg and chipotle mayo

### Vegan Breakfast Open Wrap (VG) £11 (GFA - GF bread)

Smashed avocado, tomato & red pepper salsa, hash browns, grated cheddar & mozzarella, wilted spinach and drizzled with chipotle mayo

### NEW Mettricks Fried Chicken Open Wrap £11.50 (GF - GF bread)

Fried chicken, chorizo, bacon, smashed avocado, tomato & red pepper salsa, hash browns, fried egg, chipotle mayo and cheese

### Eggs Benedict £10.50 (GFA - on GF bread)

Streaky smoked bacon, poached eggs & hollandaise sauce

### Eggs Florentine £9.50 (V) (GFA - on GF bread)

Sourdough, spinach and hollandaise sauce

### Eggs Royale £11.50 (GFA - on GF bread)

Smoked salmon, wilted spinach and hollandaise sauce

### NEW Chorizo Benedict £11 (GFA - on GF bread)

Chorizo sausage, avocado, poached eggs, chipotle hollandaise served with diced jalapeños & herb dressing.

## FRENCH TOAST 9am - 4pm

Cinnamon, vanilla ice cream, bourbon and maple syrup £8

Bacon and maple syrup £8

Blueberry, banana and sweet lemon drizzle £8

Biscoff and maple syrup £8

## PANCAKES 9am - 4pm

### Blueberry & Lemon Drizzle (VG) 3 Stack £8 / 6 Stack £10

Blueberry compote with fresh blueberries

### Bacon & Maple 3 Stack £8 / 6 Stack £10

Smiths Butchers streaky bacon with maple syrup

### Biscoff & Maple Syrup (VG) 3 Stack £8 / 6 Stack £10

Sprinkled with a Biscoff crumb

### Banana Banoffee 4 Stack £8 / 6 Stack £10

Fresh banana w salted caramel sauce and squirty cream

### NEW Southern Fried Chicken 3 Stack £8 / 6 Stack £10

MFC chicken with soul gravy

## ON TOAST 9am - 4pm

### ON WHITE BLOOMER BREAD

#### Just Toast £4.00

Add Jam // Peanut Butter for £1

#### Smashed Avocado (V) £10.50 (VGA - Tofu scrambled egg)

Smashed, lightly spiced chilli avocado, free-range poached eggs and roasted plum tomatoes

#### Chilli Corn Fritters (VGA) £10.50

Smashed avocado on toast, coriander & lime yoghurt, sweet pickled red onion and roasted plum tomatoes

#### Eggs (V) £8 (GFA - GF bread)

Choose from poached, fried or scrambled free-range eggs

#### Baked Beans (V) £6.50 (GFA - GF bread)

Classic baked beans on bloomer toast

#### Bacon & Fried Egg £9 (GFA - GF bread)

A free-range fried egg and bacon on bloomer toast

#### Bacon Bap £8 (GFA - GF bread)

Bacon in a brioche bun

#### Sausage Bap £8 (VGA)

Sausage in a brioche bun

Add an egg for £1.50 Add a hash brown for £1

## MINI HASH BROWNS 12pm - 4pm

Aioli & Chive (VG) (GF) £6

Chipotle Mayo (VG) (GF) £6.50

Cheese & Truffle Oil (V)(GF) £6.50

Bacon & Cheese £6.50 (GF)

Diced Chorizo £6.50 (GF)

## FRUIT SMOOTHIES

**Yellow Pash 'n' Shoot £4.95** Peach, pineapple, passionfruit, papaya, guava and aloe vera

**Green Avo-Go-Go £4.95** Avocado, spinach, spirulina, basil, apple and lime

**Red Strawberry Split £4.95** Strawberry and Banana

## BUDDHA BOWL 12pm - 4pm

### Roasted Chickpea Greek Salad (VG) £9.50 (Add chicken £3)

Cucumbers, cherry tomatoes, olives, feta, red onion with a lemon dressing

### Sweet Thai £9.50 (VG) (Add chicken £3)

Chilli corn fritters, Asian slaw, fanned avocado, spring onion, mixed leaf, Mango salsa, zested coconut yoghurt. Garnished with a half-grilled lime

## BAGELS 12pm - 4pm

### Smoked Salmon, Cream Cheese & Pickled Cucumber £8.50

### Scrambled Egg, Bacon & Sausage £8

### Avocado, Beetroot Hummus, Sweet Pickled Red Onions & Pickled Cucumber £8

## SANDWICHES 12pm - 4pm

All served with home seasoned fries

### Mett Club Sandwich £10.50 (GFA)

Chicken, bacon, grilled cheese, lettuce, chipotle mayo & tomato

### Triple Cheese & Tomato Chutney Toastie (V) £7

Cheddar, Brie & mozzarella with tomato chutney

### Ham & Cheese Toastie £8

Ham and Cheddar cheese

### Vegan Cheese, Red Pepper, Spinach & Tomato Toastie (VG) £8

Vegan cheese with tomato chutney, spinach and red pepper

### Fish Finger Sandwich £9.50

Tartare sauce and gem lettuce

## BURGERS 12pm - 4pm

All served with home seasoned fries

### The Mettrick Beef Burger £13

6oz beef pattie, baby gem lettuce, sliced beef tomato, red slaw and burger sauce

### Moving Mountains Burger (VG) £13

Vegan MM Pattie, baby gem lettuce, sliced beef tomato, red slaw and burger sauce

### MFC Chicken burger £13

Mettricks fried chicken breast, baby gem lettuce, sliced beef tomato, red slaw and burger sauce