

# BRUNCH

**Toasted locally baked sourdough** 3.5  
Add jam, marmalade or peanut butter 0.50

**Stacked pancakes & Caramelized doughnuts** **VGA**  
2 stack pancakes 6.5 // 3 stack pancakes 7.5 // 2 stack caramelised doughnuts 7.5  
Caramelized banana, toasted pecan & maple // Fresh blueberries with a vanilla & blueberry compote // Crispy streaky bacon & maple syrup



**Free range eggs on toast** **GFA** 7  
Served with slow roasted tomatoes (**Poached // Fried // Scrambled**)

**Grilled peaches** **GFA** 7  
Seasonal fruit, creamed goat's cheese, rosemary honey on toasted sourdough

**Garlic butter roasted halloumi** 8  
With rocket, avocado on a toasted muffin  
Add bacon 3 // Fried egg 2

**Grilled butcher's sausage muffin** 7.5  
Cheese & caramelized onions on a toasted muffin

**Eggs Benedict** **GFA** 7.5  
Parsley ham hock, local free-range eggs, tomatoes on a toasted muffin

**Full English Hungry? Go big for +3** **GFA** 9.5  
Fried eggs, bacon, Boston beans, Cumberland sausage, slow roasted tomatoes, field mushrooms, hash browns & toast

**Vegan English breakfast Hungry? Go big for +3** **GFA** 8.5  
Avocado on toast, Boston beans, field mushrooms, slow roast tomatoes, vegan bacon, hash browns & kale

**Breakfast wrap** **GFA** 7  
Chorizo, smoked bacon, smashed avocado, cheese, hash browns, fried egg & chipotle mayo

**Vegan breakfast wrap** **GFA** 7  
Crushed avocado, tomato & roasted pepper salsa with crisp kale & hash browns  
Add egg 2 // Fried halloumi 3.5 // Vegan bacon 2

**Smashed avocado** **VGA** 7  
Home-made toasted focaccia with feta cheese, slow roasted tomato, green chilli, olive oil & lime.  
Add poached egg 2 // Streaky bacon 2 // Garlic halloumi 3.5

**Breakfast butty** **VGA** 5.6  
Sausage or bacon  
Add egg 2 // Hash brown 1 // Vegan bacon +1

**The Forest bap** 6.5  
Grilled mushrooms, vegan cheese & balsamic mayo

# BRUNCH

**Old Town bap** **GFA** 7  
Sausage, caramelized onion, burger cheese & fried egg in a brioche bap

**Steak deluxe** **GFA** 8  
Steak burger, fried egg, cheese, crisp Parma ham & bearnaise sauce.

**Beige against the machine** 5.5  
Fried egg, hash brown with hollandaise

**Brunch burger** 8.5  
Sausage, smoked streaky bacon, American cheese, fried egg, hash browns & brioche

**Croque monsieur** **GFA** 7  
Baked honey roast ham & cheese on local sourdough served with micro watercress  
Add egg 2

## LUNCH Available from 12pm

**SANDWICHES, TOASTIES & FOCACCIAS 6.50** **GFA**  
Homemade baked focaccia, toasties or sandwiches served with Mettricks slaw & crisp seasoned kale

Ham & cheese  
Crisp Parma ham, roasted seasonal vegetables & herb pesto  
Brie & balsamic braised onions  
Smashed avocado, cheese & onion jam **Add bacon 2**  
Roasted filled mushrooms, vegan truffle mayo, rocket & cheese   
Homemade kimchi & spiced mayo **VGA**

**The Founder burger** **VGA +£1** **GFA** 8.25  
Classic burger, lettuce, tomato, cheese, burger sauce & pickles

**Mettricks club sandwich** Chicken, bacon, lettuce & mayo **VGA** **GFA** 7.5

**SALADS** Add buttermilk chicken 3 // Smoked bacon 3 // Halloumi 3.5 // Shroom 3

**Beetroot & creamed goat's cheese** **GFA** 9  
With toasted walnuts & watercress

**Roasted summer vegetables** **GFA** 9  
With pesto dressing

**Buddha bowls** **GFA** 9  
Turmeric rice, kale, rocket, seasonal slaw, toasted seeds & nuts with Moroccan dressing

Vegan Vegetarian **VGA** Vegan Available **GFA** Gluten Free Available

**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 in our kitchen. If you have any queries, please speak to one of our team. GFA at request.



Daytime at  
**METTRICKS**  
Brunch & Lunch • Tea & Coffee • Milkshakes & Smoothies