

Fresh, Tasty, Local.

All of our food is made in proper kitchens by passionate chefs using real, high quality ingredients. We use local butchers, bakers and fresh food suppliers so you know that our food doesn't just taste good; it is good!

Small Plates

M.F.C (GF) £9.50

Mettricks Fried Chicken with Sriracha Mayonnaise

Glazed Halloumi Sticks (GF) £8.50

Sweet Chilli, Lime & Coriander

Salt & Chilli Calamari £9.50

Tartare Sauce & Lemon

Toasted Chickpea Hummus (VG/GFA) £6

Spiced Hummus with Toasted Pitta Bread

Roasted Pork Belly £9

with Ginger Slaw, Mustard & Soy Mayonnaise

Skewers

Shell On King Prawn (GF) £10

wit Garlic, Chilli & Grilled Lime

Teriyaki Chicken £8.50

with Toasted Sesame Seeds

Crispy Courgette (VG/GF) £5

Vegan Cheese & Harissa

Small Plates

Sharers

Baked Camembert (V/GFA) £16

Rosemary, Garlic, Marmite and a Selection of Bread.

The Full M.F.C (GFA) £20

To Share - Mettricks Fried Chicken, House Seasoned Chips, Grilled Corn, Baked Beans, 'The Met Gravy' & Slaw

Flatbreads

Oven baked Cheese & Garlic Flatbread (VGA) £7.50

Add Tomato £1.50

Add Bacon £2

Add Chicken £2.50

Salads

Baby Gem Caesar £9

Croutons, caesar dressing and parmesan

Add Chicken £4

Chicken & Bacon Salad (GFA) £14

Baby gem, roasted tomato, rocket & harrisa

Loaded Hash Browns or Fries

Sweet Chilli £4

Bacon & Cheese (GF) £5

Aioli & Chive (VG/GF) £5

Cheese & Truffle Oil (GF/VGA) £5

Cheese & Gravy £7

Sharers, Flatbreads & Salads

Mac & Cheese

Mettricks Mac & Cheese (V) £10

Our traditional Cheddar and Mozzarella Mac & Cheese

Add Grilled Tomatoes £1.50

Add Crispy Bacon £2

Add Mettricks Fried Chicken £3

Fish & Chips

Mettricks Fish & Chips £16

Served with Home seasoned Chunky Chips, Mushy peas, Tartare Sauce & Grilled Lemon. (Please ask for today's fish selection)

Burgers & Dogs

All served with home seasoned fries

The Mettricks 'Build Your Own' Burger £13

6oz Beef Patty with Burger Sauce & Baby Gem.

Add Grilled Cheese £1

Add Crispy Bacon £1.50

Add Roasted Red Peppers £1.50

Add Pork Belly £6

Add Slaw £1

Add Smashed Avocado £2

Add Fried Halloumi £3

Add Mettricks Fried Chicken £4

M.F.C Burger £14

Mettricks Fried Chicken, Slaw, Sriracha Mayonaise, Gem Lettuce

Fried Halloumi Burger (V) £12.50

Sweet Chilli, Baby Gem Lettuce, Slaw & Roasted Peppers

Moving Mountains Burger (VG) £13

A Vegan Patty with Burger Sauce & Baby Gem

Add Vegan Cheese £1

Add Roasted Red Peppers £1.50

Add Slaw £1.50

Add Vegan Bacon £1

Add Smashed Avocado £2

The Met Dog (VGA) £13

Smiths Jumbo Pork & Piri Piri Sausage, American Cheese, Chorizo, Bacon & Frenches Mustard

Fish & Chips, Burgers, Mac & Cheese

V - Vegetarian VG - Vegan VGA - Vegan Available GF - Gluten Free GFA - Gluten Free Available

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.