

PANCAKES

two stack 9.00 // three stack 10.00

Bacon **VGA**

Smoked bacon with syrup and fresh berries

Biscoff *vegan*

Biscoff spread, chocolate brownie ice cream and chocolate sauce finished with crushed biscoff.

Stawberry **VGA**

Stawberry compote, maple syrup, house cream or eton mess ice cream

two stack 11.00 // three stack 12.00

Chicken

Fried chicken, hollandaise sauce and a poached egg.

Smoked salmon

Smoked salmon, horseradish dill cream, and a poached egg.

ICE CREAM

One Scoop 2.00 // Two Scoops 3.50 // Three Scoop 4.50

Choose from Vanilla, Strawberry, Chocolate, Salted Caramel and Vegan Chocolate Brownie

BANGING SHAKES!

Classic vanilla 4.95

Our classic vanilla ice cream shake

Vegan biscoff & banana 4.95 *vegan*

Frozen banana, vegan biscoff, oat milk & plant cream

Chocolate & peanut butter 4.95

Frozen banana, chocolate & peanut butter

Salted caramel 4.95

Made with real dairy ice cream, topped with caramel sauce & cream

Epic strawberry cheesecake 5.95

Made with real dairy ice cream, real milk topped with cream, crunchy biscuit & strawberry sauce

Seriously chocolate brownie 5.95

Made with real dairy ice cream, famous Mettricks brownie pieces, cream & chocolate sauce

Oreo chocolate cookie 5.95

Made with real dairy ice cream, milk & Oreo biscuits, topped with cream, Oreo pieces & chocolate sauce

Add a shot 2.00

Add a shot of Vodka, Rum, Whisky, Amaretto or Irish cream

Our MISSION

Since 2013 our mission has been to bring speciality coffee to Southampton alongside craft cocktails & tasty, made from scratch food. Learn more at

www.mettricks.com

Follow us @Mettricks

FOOD FROM 2PM METTRICKS

Small Plates • Sharers • Burgers

SINCE 2013 SOUTHAMPTON'S INDIE COFFEE & BRUNCH CO. **M**

BAR SNACKS - 4.00

Warm focaccia with rosemary, olive oil and sea salt **VGA**

Marinated olives **VGA**

Garlic focaccia bread **VGA**

Smokey nuts **VGA**

SMALL PLATES

Lightly dusted calamari **9.00**

Crispy calamari with lime & sweet chilli

Bruschetta **8.00** *Reggie*

Toasted focaccia and marinated tomatoes finished with balsamic glaze

Sweet & spicy gochujang fried chicken **9.00** **VGA**

Coated in sticky gochujang sauce with sesame seeds and spring onion

Burrata **9.00**

Prosciutto, honey, toasted pine nuts, watercress and toasted sourdough

Fried chicken strips **3 - 4.95 / 5 - 7.95** **VGA**

With either satay, smokey bbq, sweet chilli or hot sauce

Halloumi **7.00**

Crispy golden halloumi with salsa and pomegranate

Bavette steak **12.00** **GFA**

Marinated steak with chimichuri, rocket and parmesan. **Add chips for 3.50**

Creamy mushrooms **8.00** **VGA**

Creamy garlic mushrooms on toasted sourdough

Gin infused salmon **9.00**

Served with cucumber, juniper berries, burnt lemon and warm focaccia

SALADS

Beef salad **13.00** **GFA**

Grilled steak with cucumber, red onions, tomatoes and rocket in a chilli lime dressing

Classic ceasar **9.00**

Babygem lettuce, sourdough croutons, parmesan and ceasar dressing

Classic greek **9.00** **VGA** **GFA**

Tomato, cucumber, red onion, olives, feta cheese, oregano and olive oil.

Add Chicken **3.00**

Add Smoked Salmon **4.00**

Add Bacon **3.00**

Add Halloumi **4.00**

Reggie 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.

PERFECT TO SHARE

Mettricks platter **19.00**

Chicken strips, calamari, bruschetta bites, cheesy garlic bread, seasoned fries and dips

Cheesy nachos **12.00** **VGA**

Home made tortilla nachos smothered in cheese and jalapenos with crushed avocado, salsa and sour cream

Charcuterie board **19.00**

Selection of cured meats, burrata, pickles, olives and warm focaccia

Veggie antipasti **15.00**

Roasted red peppers, burrata, marinated olives, crispy kale, dressed rocket and coconut bacon with toasted focaccia and oils

BURGERS With home seasoned fries

The Founder **12.50** **GFA**

A classic butchers beef pattie, lettuce, tomato, cheese, pickles & burger sauce

The Vosper **14.50** **GFA**

Our signature beef burger with two 4oz butchers patties, lettuce, tomato, pickles, american cheese, smoked bacon & harrisa onions

The Merger **12.00** **GFA**

Fried Chicken with gem lettuce, tomato, pickles and sriracha mayo

TT Calshot **14.50** **GFA**

Fried chicken, gem lettuce, tomato, pickles, smoked bacon, seasoned hash browns, cheese and a fried egg

The Bargate Tower **12.50** *Reggie* **GFA**

A Moving Mountains pattie, gem lettuce, tomato, pickles, hashbrowns, vegan cheese and sriracha mayo

LOADED FRIES

Sour cream, cheddar cheese, smoked bacon, ranch dressing **7.00**

Steak and chimichurri **9.00**

Smoked bacon and chorizo, hot sauce, chive mayo **7.00**

Cheese, fried egg, sriracha mayo **7.00**

Parmesan and truffle oil **5.00**

SIDES

Home seasoned fries **3.50** *Reggie* **GFA**

Halloumi fries **6.00** **GFA**

Garlic focaccia bread **4.00**

Cheesy garlic focaccia bread **5.00**