

## SPECIALITY COFFEE

### Black coffee

Espresso 2oz	2.80
Long black 6oz	3.00
Americano 10.5oz	3.00
Batch brew 10.5oz	3.00
AeroPress 10oz	3.75
V60 10oz	3.75

Ask our baristas for more info

### Iced coffee

Iced latte	3.80
Iced mocha	3.80
Freddo espresso	3.60
Affogato	4.00
Cold brew	3.30
Espresso frappe	5.00
Iced Americano	3.30

### Milky coffee

Cappucino 10.5oz	3.30	Flat white 7oz	3.20
Latte 10.5oz	3.30	Cortado 5oz	3.10
Mocha 10.5oz	3.80	Macchiato 3oz	2.90

Choose from milk, dark or white chocolate

**Syrups 0.50**  
Ask our baristas

**Alternate milk 0.30**  
Oat, almond or soya

**Guest coffee available +0.50**

### Hot chocolate 3.75

Made with real chocolate flakes.

**Milk chocolate** 45% cocoa  
Creamy, smooth & intensely chocolatey

**Dark chocolate** 54% cocoa  
Rich, intense & indulgent

**White chocolate** 30% cocoa  
Sweet, luxurious & velvety

**Add Marshmallows 0.50 // Cream 0.50**

**Kids hot chocolate 3.25**  
Our house hot chocolate made for kids



## A bit about our HOUSE COFFEE

### A message from Spencer & Mettricks Head Roaster Lewis:

We are proud to bringing 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 rounder espresso should taste like. That subtle sweetness that smoothens out at the finish, & 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 5,000 bags of 60kg sacks each year, with altitude 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 & more. Planalto Naturals have pronounced body & sweetness, excellent aroma & moderate acidity. Planalto Pulped Naturals are more balanced. Body & aroma are the same as in naturals. The cup is naturally sweet, with South Minas acidity reaching its highest levels.

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

## SO:DOUGH

from the bakers at

## METTRICKS

**Available at counter.** Our bakers proudly make & bake all of our brownies, doughnuts, cakes & cookies in house

### Smoothies 4.95 *Regain*

#### Tropical Crush

Passion fruit, papaya, mango & pineapple

#### Green

Kale, broccoli kiwi, peach & apple

#### Merry Berry

Blackberry, strawberry, raspberry, blueberry & banana

### Banging shakes!

<b>Classic vanilla</b>	4.95	<b>Epic strawberry</b>	5.95
<b>Vegan biscoff &amp; banana</b>	4.95	<b>Seriously chocolate brownie</b>	5.95
<b>Chocolate &amp; peanut butter</b>	4.95	<b>Oreo chocolate cookie</b>	5.95
<b>Salted caramel</b>	4.95		

## LOOSE LEAF TEA

### Black tea

Breakfast golden & fullbodied	3.00
Earl Grey floral & citrus	3.00
Vanilla chai aromatic & spicy	3.25
Decaf tea smooth & refreshing	3.00

### Green tea

Sencha green clean & refreshing	3.00
Silver needle floral & delicate jasmine	3.50
Matcha vegetal & healthy	3.50
Flowering tea floral & sweet	4.00

### Herbal & fruit tea

Honeybush sweet & woody	3.00
Chamomile calming & floral	3.00
Peppermint invigorating & fresh	3.00
Fruit blend natural & sweet	3.50
Detox warming & citrus	3.50

### Tea lattes

Chai latte	3.75
Matcha latte	3.75
London fog	3.75

**All teas available iced +0.50**

# BRUNCH

## Locally baked sourdough toast 4.00

Served with butter

Add seasonal jam 0.50 // Peanut butter 0.50

## Full English 11.00 *Go big for +3.00* **GFA**

Local fried free range eggs, toast, bacon, butchers sausage, hash browns, mushrooms, confit plum tomatoes & homemade Boston beans

## Vegan full English 11.00 *Vegetarian* **GFA**

Toasted sourdough, smashed avocado, confit plum tomatoes, hash browns, mushrooms, crispy kale, homemade Boston beans & coconut bacon

## Breakfast wrap 8.50 *Vegetarian* **GFA**

Chorizo, smoked bacon, smashed avocado, tomato & roasted pepper salsa, cheese, hash browns, fried egg & sriracha mayo

## Vegan breakfast wrap 8.50 *Vegetarian*

Smashed avocado, tomato & roasted pepper salsa, violife cheese, hash browns, crispy kale & sriracha mayo

## Breakfast butty 6.90

Sausage or bacon on white buttered bloomer bread served with crispy kale

Add egg 2.00 // Hash browns 2.00

## Brunch burger 9.50

Local butchers sausage patty, bacon, local fried egg, hash browns, sriracha mayo & American cheese

## Steak and eggs 12.00 **GFA**

Bavette steak, chimmichurri and two eggs poached or fried

## Bowl of goodness 8.00 **VGA**

Chia seeds and vanilla yoghurt, fresh berries and toasted almonds

# TOASTIES

Served with lightly salted crisps

## Super cheesy 5.50 *Vegetarian*

Mix of three cheeses

## Ham & cheese 7.00

A classic cheese and ham

## Red pepper & pesto 7.00 *Vegetarian*

Roasted red pepper, pesto and violife cheese.

# ALL ABOUT THE EGGS

## Meet the Benedicts *two poached eggs on toasted sourdough with hollandaise sauce*

Eggs Benedict (the ham one) 9.50 **GFA**

Eggs Royale (the salmon one) 10.50 **GFA**

Eggs Florentine (the spinach one) 8.50 *Vegetarian* **GFA**

## Eggs your way 7.00 *Vegetarian*

Poached, fried or scrambled eggs on sourdough toast.

Add Smoked salmon 4.00 // Sautéed mushrooms 3.00 // Streaky bacon 3.00

## Smashed avo on toast 7.95 *Vegetarian* **GFA**

Served on sourdough toast with chilli flakes, toasted pumpkin seeds, pomegranate, salsa and herb oil.

Add a poached egg 1.50 // Streaky bacon 3.00 // Halloumi 3.00

# PANCAKES *Served all day*

two stack 9.00 // three stack 10.00

## Bacon **VGA**

Smoked bacon with syrup and fresh berries

## Biscoff *Vegetarian*

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

## Strawberry **VGA**

Strawberry 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

# FOCCACIA SANDWICHES

Served with lightly salted crisps

## Mett club 9.00 **GFA**

Bacon, chicken, lettuce, tomato, sriracha mayo and cheese

## Smoked salmon 9.00 **GFA**

with horseradish dill cream, cucumber and rocket

## Cheese steak 9.00 **GFA**

Grilled steak with sticky harissa onions, double cheese and mustard mayo

## Fish finger 9.00 **VGA**

Crispy goujons, rocket and homeade tartare sauce

## Burrata & charcuterie 9.00 **GFA**

With pickles, rocket and pesto

## Fried chicken 9.00

With smokey chilli jam, american cheese and rocket

*Vegetarian* 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.

SOUTHAMPTON'S INDIE COFFEE & BRUNCH CO. SINCE 2013

FOOD TILL 4  
METTRICKS

Brunch & Lunch Tea & Coffee Milkshakes & Smoothies