

# METTRICKS *Daytimes at*

DRINKS MENU 

REAL FOOD - FRESH - TASTY - LOCAL

## METTRICKS FAVOURITES

### THE METTRICKS FULL 15.50

2 Fried Eggs, Streaky Bacon, Sausage, Roasted Tomato, Garlic Sautéed Mushrooms, Mini Hash Browns & Baked Beans with Toasted Sourdough

### THE METTRICKS PLANT 15.50

Moving Mountains Sausage, Roasted Tomato, Fried Oyster Mushrooms, Smashed Avocado, Wilted Spinach, Mini Hash Browns & Baked Beans with Toasted Sourdough

### SMASHED AVO 11.50

Smashed Avocado, Roasted Tomato, Poached Eggs & Pickled Red Onion atop Toasted Sourdough

### (UN)ORDINARY OAT MILK PANCAKES 9.00 (2 STACK)

#### CLASSIC BACON

Streaky Bacon & Maple Syrup

#### MORNING METTRICKS

Fruit Compote, Coconut Yoghurt & House-Made Granola

#### BREAKFAST STACK + 1.00

Bacon, Grilled Sausage Patty, Fried Egg & Maple Syrup

2 STACKS NOT ENOUGH ?

ADD EXTRA STACK + 1.00



### OPEN BREAKFAST WRAP 11.50

Tortilla, Streaky Bacon & Chorizo Mix, Smashed Avocado, House-Made Salsa, Mini Hash Browns topped with a Fried Egg & Herb Mayo

ADD FRIED CHICKEN + 3.00

### OPEN PLANT WRAP 11.50

Tortilla, Fried Oyster Mushrooms, Smashed Avocado, House-Made Salsa, Mini Hash Browns & Wilted Spinach topped with Herb Mayo

### BRUNCH BURGER 11.95

Grilled Sausage Patty, Hash Browns, Burger Cheese, Caramelised Onion, Ketchup & a Fried Egg served in Warm Brioche

### BRUNCH ADDITIONS

£1 - Fried Egg • Poached Egg • Baked Beans • Hash Browns • Sautéed Mushrooms • Roasted Tomato • Wilted Spinach • Toasted Sourdough

£2 - Scrambled Eggs • Smashed Avocado • Streaky Bacon • Sausage • Vegan Sausage • Mett-Fried Oyster Mushrooms

## EGGS

### EGGS BENNY 11.00

Poached Eggs and Hollandaise atop Toasted Sourdough  
**Streaky Bacon OR Spinach**

### NEW! EGG BUN 7.00

Warm Toasted Brioche, Mettricks Egg Mayo topped with Fresh Rocket & Chive

### EGGS YOUR WAY 8.50

Your choice of Poached, Scrambled or Fried Eggs atop Toasted Sourdough & finished with Homemade Herb Oil & Chive

## LUNCH

### NEW RECIPE! THE METT 11.50

Mett-Fried Chicken, Streaky Bacon, Cheddar, Mozzarella, Cos Lettuce, Sliced Tomato & Herb Mayo served in 2 Pieces of Lightly Toasted Sourdough

### THE NEW FOREST SARNIE 10.50

Crispy Oyster Mushroom, Smashed Avocado, Sliced Beef Tomato, Pickled Red Onion, Cos Lettuce & Herb Mayo served in Lightly Toasted Sourdough

### BACON, LETTUCE & TOMATO SARNIE 10.50

Crispy Maple Bacon, Cos Lettuce, Sliced Beef Tomato & plenty of Herb Mayo served in Lightly Toasted Sourdough

### GRILLED CHEESE SANDWICHES

Add A Mug Of Soup + 3.00

**Ham & Cheese** - Wiltshire Ham, Mozzarella & Cheddar, Bechamel 7.95

**Tuna Melt** - Tuna Mayo, Mozzarella & Cheddar & Sliced Red Onion 7.95

**Sun Blushed Tomato & Pesto** - Sun Blushed Tomato, Carmalised Red Onion, VG Cheese, VG Pesto & Spinach 7.50 



### METTRICKS GARDEN SALAD 8.50

Fresh Rocket tossed in our Herb Dressing topped with Tomato Salsa, Pickled Carrot Ribbons, Smashed Avocado, Homemade Croutons, Fresh Cucumber & Sweet Pickled Red Onion

ADD FRIED CHICKEN + 3.00    ADD CRISPY OYSTER MUSHROOMS + 2.00

 VEGAN  VEGETERIAN  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.

## TO SHARE

### MINI HASH BROWNS 4.50

A Large Portion of our Mini Hash Browns tossed in Plenty of House Seasoning

### SEASONED FRIES 4.50

A Large Portion of our Thin Cut fries tossed in Plenty of House Seasoning

### MEXTRICKS LOADED 8.00

Smashed Avocado & Tomato Salsa with Pickled Red Onions & Herb Mayo

# METTRICKS *Daytimes at*

ROASTED AT ASCAPART BY METTRICKS

WE ARE A CASHLESS VENUE - PLEASE ORDER AT THE BAR

## BLACK COFFEE

Espresso	3.5
Long Black	3.7
Americano	3.7

### SINGLE ORIGIN - Ask Your Barista

Pour Over / Filter	4.6
Batch Brew	3.4

## ICED COFFEE

Make Any Coffee Iced +0.5

Freddo Espresso	4.0
Espresso Frappe	5.0

## MILKY COFFEE

Espresso Macchiato	3.6
Cortado	3.8
Flat White	4.0
Latte	4.1
Cappuccino	4.1

## CHOCOLATE

Milk • Dark (VE) • White

Mocha	4.7
Hot Chocolate	4.7
Kids Hot Chocolate	3.9

Syrups +0.5

Vanilla, Caramel, Hazlenut

Alternate Milk +0.5

Oat or Soya

## SUMMER SPECIALS

### COLD BREW 4.50

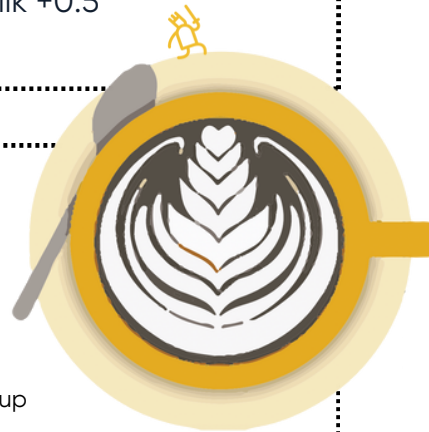
Traditional Cold Brew made using one of our Single Origin Coffees served over Ice

### ICED MATCHA 5.80

Japanese Matcha Served with Blueberry or Strawberry syrup served over Ice with Milk

### VIETNAMESE ICED COFFEE 5.50

Double shot of Espresso served over Ice with Condensed Milk



## FRUIT SMOOTHIES 5.00



All made using real blended fruit

**Pash n' Shoot** - Peach • Pineapple • Mango

**Green Avo Go-Go** - Mango • Spinach • Broccoli • Avocado • Coconut • Ginger • Lime

**Strawberry Delight** - Strawberry • Banana

## METT-SHAKES 6.00

**Cookies n' Cream** - Oreos, Vanilla Ice Cream & Chocolate

**Mettricks B&B** - Unordinary Oat Milk, Ice, Banana Syrup & Biscoff

**Classics** - Vanilla, Chocolate, Strawberry or Salted Caramel

## METT-FLURY 6.00

Made using Whippy Ice Cream

Chocolate & Caramel - Cookies'n'Cream - White Choc & Strawberry

## LOOSE LEAF TEA



### BLACK TEA 3.60

Breakfast golden & fullbodied

Earl Grey floral & citrus

Decaf tea smooth & refreshing

Mettricks Peach Iced Tea 4.30

### GREEN TEA 3.80

Sencha Green clean & refreshing

Jasmine floral & delicate

Matcha vegetal & healthy

### HERBAL & FRUIT 3.80

Honeybush sweet & woody

Chamomile calming & floral

Peppermint invigorating & fresh

Fruit Blend natural & sweet

### TEA-BASED 4.50

Matcha Latte Add Vanilla +0.50

Chai Latte Add Espresso +0.50

London Fog



VEGAN



VEGETERIAN



VEGAN AVAILABLE