

METTRICKS BRUNCH 'TILL 4PM MONDAY - SUNDAY

ALL OF OUR FOOD IS MADE IN PROPER KITCHENS BY PASSIONATE CHEFS USING REAL, HIGH QUALITY INGREDIENTS. WE USE LOCAL BUTCHERS, BAKERS & FRESH FOOD SUPPLIERS SO YOU KNOW THAT OUR FOOD DOESN'T JUST TASTE GOOD; IT IS GOOD!

BRUNCH 9am - 4pm

Regular Full English £13 (GFA - GF bread, no sausage)
2 free range fried eggs, bloomer toast, streaky bacon, sausage, mini hash browns, mushrooms, roasted plum tomato and baked beans

Hungry? Go big for £3 extra

Vegan Full English (VG) £13 (GFA - GF bread)
Smashed avocado on bloomer toast, tofu scrambled egg, vegan sausage, confit plum tomatoes, mushrooms, sweetcorn fritters, beans, hash browns and spinach

Hungry? Go big for £3 extra

Potato Hash (VG) £10
Poached egg, red onion, red peppers, potatoes, spinach

Open Breakfast Wrap £11
Chorizo, bacon, smashed avocado, tomato & red pepper salsa, cheese, hash browns, fried egg and chipotle mayo

Vegan Breakfast Open Wrap (VG) £11
Smashed avocado, tomato & red pepper salsa, hash browns, grated cheddar & mozzarella, wilted spinach and drizzled with chipotle mayo

NEW Mettricks Fried Chicken Open Wrap (GFA) £11.50
Fried chicken, chorizo, bacon, smashed avocado, tomato & red pepper salsa, hash browns, fried egg, chipotle mayo and cheese

PANCAKES 9am - 4pm

Blueberry & Lemon Drizzle (VG) 4 Stack £8 // 8 Stack £10

Bacon & Maple 4 Stack £8 // 8 Stack £10
Smiths Butchers streaky bacon with maple syrup
Blueberry compote with fresh blueberries

Biscoff & Maple Syrup (VG) 4 Stack £8 // 8 Stack £10
Sprinkled with a Biscoff crumb

Banana Banoffee 4 Stack £8 // 8 Stack £10
Fresh banana w salted caramel sauce and squirty cream
NEW Southern Fried Chicken 4 Stack £8 // 8 Stack £10
MFC chicken with soul gravy

FRENCH TOAST 9am - 4pm

Cinnamon, vanilla ice cream, bourbon and maple syrup £8
Bacon and maple syrup £8

Blueberry, banana and sweet lemon drizzle £8

Biscoff and maple syrup £8

ON TOAST 9am - 4pm

**TOASTED SOURDOUGH OR WHITE BLOOMER
Just Toast £4.00**

Add Jam // Peanut Butter for £1

Smashed Avocado (V) £10.50 (VGA - Tofu scrambled egg)

Smashed, lightly spiced chilli avocado, free-range poached eggs and roasted plum tomatoes

Chilli Corn Fritters VG £10.50

Smashed avocado on toast, coriander & lime yoghurt, sweet pickled red onion and roasted plum tomatoes

Eggs (V) £8 (GFA - GF bread)

Choose from poached, fried or scrambled free-range eggs

Baked Beans (V) £6.50 (GFA - GF bread)

Classic baked beans on bloomer toast

Bacon & Fried Egg £9 (GFA - GF bread)

A free-range fried egg and bacon on bloomer toast

Bacon Bap £8 (GFA - GF bread)

Bacon in a brioche bun

Sausage Bap £8 (GFA - GF bread)

Sausage in a brioche bun

Add an egg for £1.50 **Add a hash brown for £1**

Eggs Benedict £10.50 (GFA - on GF bread)

Streaky smoked bacon, poached eggs and hollandaise sauce

Eggs Florentine £9.50 (V) (GFA - on GF bread)

Sourdough, spinach and hollandaise sauce

Eggs Royale £11.50 (GFA - on GF bread)

Smoked salmon, wilted spinach and hollandaise sauce

Chorizo Benedict £11 (GFA - on GF bread)

Chorizo sausage, avocado, poached eggs, chipotle hollandaise served with diced jalapeños & herb dressing.

SANDWICHES 12pm - 4pm

All served with home seasoned fries

Mett Club Sandwich £10.50 (GFA)

Chicken, bacon, grilled cheese, lettuce, chipotle mayo & tomato

Triple Cheese & Tomato Chutney Toastie (V) £7

Cheddar, Brie & mozzarella with tomato chutney

Ham & Cheese Toastie £8

Ham and Cheddar cheese

Vegan Cheese, Red Pepper, Spinach & Tomato Toastie (VG) £8

Vegan cheese with tomato chutney, spinach and red pepper

Fish Finger Sandwich £9.50

Tartare sauce and gem lettuce

FRUIT SMOOTHIES

Yellow Pash 'n' Shoot £4.95 Peach, pineapple, passionfruit, papaya, guava and aloe vera
Green Avo-Go-Go £4.95 Avocado, spinach, spirulina, basil, apple and lime
Red Strawberry Split £4.95 Strawberry and Banana
Real fruit blended with apple juice

BUDDHA BOWL 12pm - 4pm

Peach & Prosciutto Ham (VG) £9.50

Olives, cherry tomatoes and balsamic glaze feta

Roasted Chickpea Greek Salad (VG) £9.50 (add chicken £3)

Cucumbers, cherry tomatoes, olives, feta, red onion with a lemon dressing

Sweet Thai £9.50 (VG) (add chicken £3)

Chilli corn fritters, Asian slaw, fanned avocado, spring onion, mixed leaf, Mango salsa, zested coconut yoghurt. Garnished with a half-grilled lime

Chicken Supreme £11.50

Fried chicken bites, roasted chickpeas, mixed leaf, pickled red cabbage, cous cous, cherry tomatoes and coriander sweetcorn

BAGELS 12pm - 4pm

Smoked Salmon, Cream Cheese & Pickled Cucumber £8.50

Scrambled Egg, Bacon & Sausage £8

Avocado, Beetroot Hummus, Sweet Pickled Red Onions & Pickled Cucumber £8

MINI HASH BROWNS 12pm - 4pm

Aioli & Chive (VG) (GF) £6

Chipotle Mayo (VG) (GF) £6.50

Cheese & Truffle Oil (V)(GF) £6.50

Bacon & Cheese £6.50 (GF)

Diced Chorizo £6.50 (GF)

BURGERS 12pm - 4pm

All served with home seasoned fries

The Mettrick Beef Burger £13

6oz beef pattie, baby gem lettuce, sliced beef tomato, red slaw and burger sauce

Moving Mountains Burger (VG) £13

Vegan MM Pattie, baby gem lettuce, sliced beef tomato, red slaw and burger sauce

MFC Chicken burger £13

Mettricks fried chicken breast, baby gem lettuce, sliced beef tomato, red slaw and burger sauce