

To Share

Warm rustic breads, roasted garlic, olive oil, marinated olives 5.75  
Continental meats, pickles, chutney & breads 11.50  
Box baked Camembert, red onion jam & crudités 8.50  
Cured salmon, king prawns, roll mop herrings, dressed crab & breads 12.50

Freshly made soup 4.50

Smoked haddock & spring onion fishcake, lightly curried mayonnaise 6.00  
Warm black pudding, new potato & pancetta salad, soft poached egg 6.25  
Hot smoked salmon, beetroot & mustard cress salad 6.50  
Baked goats cheese, filo pastry, tomato jam 6.25

Crispy duck salad 6.50/12.75

Crab, tomato, chilli & basil spaghetti 6.25/12.50  
Roasted red pepper, tomato & basil gnocchi 6.00/11.50  
Chargrilled chicken & crispy bacon Caesar salad 6.25/12.50

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**2 Courses 14.50 - 3 Courses 17.50**

Monday to Thursday – Menu changes weekly

Freshly made soup

Corned beef hash, soft poached egg  
Prawn cocktail, cos leaves, brown bread

Gammon, egg, hand cut chips

Grilled cod, cheese & chive mash, hollandaise  
Roasted vegetable lasagne, garlic bread

Selection of ice creams

Vanilla pannacotta, sour cherries, white chocolate

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Steaks

6oz Sirloin 12.50    10oz Ribeye 17.50    8oz Fillet 22.50  
21 day dry aged Hereford beef, field mushroom, roast tomato, hand cut chips  
Peppercorn sauce 1.50    Garlic & herb butter 1.50

Roasted cod, seafood chowder 14.75

Grilled seabass fillet, king prawn & saffron risotto 15.25  
Grilled fillets of plaice, crushed new potatoes, wilted spinach, rosemary cream 14.50

Daily fresh fish specials available at market price – see the specials board

Roasted pork fillet, apple & sage risotto 13.00

Confit duck leg, butterbean puree & chorizo 13.25  
Ballotine of guinea fowl, stuffed with brie & bacon, boulangere potato 14.50  
Moroccan spiced rump of lamb, spinach, pine nuts, creamy mash 15.25  
Braised bavette of beef, buttered savoy cabbage, parma ham, chestnuts 13.50

Frites 3.00    Green beans & shallots 2.75    Creamy mash 3.00

Homemade onion rings 3.00    Tomato & rocket salad 2.75    New potatoes 2.75

All our food is from fresh produce and cooked to order. Please allow 25 minutes if not eating a starter.  
A discretionary service charge of 10% will be added to your bill and is shared between all our staff.  
To the best of our knowledge, all our products are GM free. Please ask for advice if you have any allergies.  
Children are welcome at Metro but must be seated and supervised at all times, both for their safety  
and as a courtesy to other guests.