

THE
METROPOLITAN
BAR & DINING

CHILDREN'S MENU

Still using high-quality ingredients, just for smaller appetites

To Start

Prawn & Calamari 3.49

Crispy coated prawns and panko coated calamari sticks with sweet & sour red onion, rocket leaves and garlic mayo. 211 kcal

Three Cheese Button Mushroom Bruschetta (V) 3.49

Toasted bloomer bread topped with sautéed button mushrooms in a creamy mozzarella, Taw Valley Cheddar and Stilton® sauce, served with rocket leaves and chives. 338 kcal

Cheesy Bloomer Garlic Bread (V) 349 kcal 2.99

Southern-Fried Chicken Goujons 3.49

Served with a deliciously sticky BBQ sauce, sweet & sour onion and rocket leaves. 289 kcal

Vegetable Gyoza (VG-M) 3.49

Japanese style dumplings glazed with a sticky Korean BBQ sauce, served with iceberg lettuce, sweet & sour onion, spring onion and fresh lime. 110 kcal

Mains

Monterey Jack & Honey Glazed Bacon Burger 5.99

Your choice of tender British beef rib 840 kcal OR rosemary & buttermilk coated chicken fillet burger 937 kcal with Monterey Jack cheese, honey glazed bacon, stacked in a soft glazed bun with tangy burger sauce & tomato ketchup. Served with seasoned skin-on fries and a deliciously sticky BBQ dip.

Hand-Battered Cod & Chips 6.49

Cooked until golden and crispy, our hand-battered cod is served with triple cooked chunky chips, tartare sauce, wedge of lemon and mushy peas. 758 kcal

The Met Salad (VG) 3.99

Quinoa salad tossed with Tenderstem® broccoli, cucumber, peas, sun-dried tomatoes, spinach, sugar snap peas, red onion, rocket leaves and sweet pomegranate seeds, drizzled with a lemon and elderflower dressing. 159 kcal
+ Add a Chicken Skewer to your salad +65 kcal 1.99

Gloucester Old Spot Sausages & Mash 5.99

Succulent sausages on a bed of buttery mashed potato, with Tenderstem® broccoli and a rich beef gravy. 559 kcal

Something Sweet

Baked Cheesecake (V) 2.99

Creamy New York style baked cheesecake, served with vanilla ice cream. 441 kcal

Crumble of the Day (V) 2.79

Today's flavour of classic crumble, served with a jug of creamy custard - Ask a team member to see today's options and calorie information

Adults need around 2000 kcal a day.

(V) Suitable for vegetarians. (VG) Suitable for vegans. (VG-M) Made with vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning. (V-M) Made with veggie ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

Do you have any allergies?

Full allergen information is available for all dishes. Please ask a team member before you order your food and drink, as menus do not list all ingredients. We have taken all reasonable steps to avoid the unintentional presence of allergens. However, we cannot fully guarantee that products are '100% free from' allergens, owing to cross-contamination, as we do not have specific allergen-free zones in our kitchens; therefore, it is not possible to fully guarantee allergen separation. Even if you have eaten a dish previously, please inform staff of any food allergies before placing your order, so that every precaution may be taken in the kitchen to prevent cross-contamination. We cannot guarantee that any dishes are free from nut traces. Fish and poultry dishes may contain bones and/or shell. All weights are approximate uncooked. Ingredients are based on standard product formulations, variations may occur, and calories stated (excluding drinks options) are subject to change. Photography is for illustrative purposes only. All products and offers are subject to availability. Management reserves the right to refuse custom and/or withdraw/change offers (without notice), at any time. Prices are in pounds sterling and include VAT, at the current rate. At Stonegate Group, all tips earned by our hard-working team members, from delivering great customer service, are retained by them. As we process credit card tips through our payroll, we are required to make statutory deductions. If a service charge is added to the bill, this is entirely discretionary and is paid to those team members providing the service. If, for any reason, you're not happy with your visit, please let a team member know. Stonegate Group, 3 Monkspath Hall Road, Solihull, West Midlands B90 4SJ.



Keep yourself comfortable and order food and drinks from your phone.

