

THE  
**METROPOLITAN**  
BAR & DINING

## BREAKFAST MENU

Full allergen information is available, on request, from our team. Our menus do not list all ingredients. While all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination

### Eggs Benedict 6.79

Two free-range poached eggs and prosciutto cured ham served on a toasted English muffin, finished with a drizzle of Hollandaise sauce and a sprinkle of cracked black pepper. 615 kcal

### Eggs Royale 9.29

Two free-range poached eggs and Scottish smoked salmon served on a toasted English muffin, finished with a drizzle of Hollandaise sauce and a sprinkle of cracked black pepper. 647 kcal

### Smashed Avocado on Toast (V) 6.49

With guacamole, poached free-range egg and slow-roasted tomatoes. 769 kcal

+ Add another poached free-range egg (V) +100 kcal 99p

### Thick-Cut Bloomer Toast (V) 3.49

Choose either white 530 kcal or malted +12 kcal bloomer bread, served with strawberry jam +76 kcal or honey +61 kcal.

### The Best Breakfast Sandwich 7.79

A succulent Gloucester Old Spot sausage, honey glazed streaky bacon, fried free-range egg and grilled tomato in lightly toasted and buttered malted bloomer bread. 1146 kcal

### Honey Glazed Bacon Sandwich 5.29

Honey glazed streaky bacon in lightly toasted and buttered malted bloomer bread. 862 kcal

### Gloucester Old Spot Sausage Sandwich 5.29

Succulent Gloucester Old Spot sausages in lightly toasted and buttered malted bloomer bread. 865 kcal

## Extras

### Bloomer Toast & Butter (V) 99p

White 265 kcal or malted bloomer bread. 271 kcal

### Poached 100 kcal, Fried 104 kcal OR

### Scrambled 306 kcal Free-Range Egg (V) 99p

### Honey Glazed Streaky Bacon 80 kcal 99p

### Gloucester Old Spot Sausage 162 kcal 99p

### Button Mushrooms (V) 51 kcal 99p

### Grilled Tomato (V) 18 kcal 99p

## Hot Drinks

### Cappuccino 47 kcal 2.79

### Latte 61 kcal 2.79

### Flat White 113 kcal 2.99

### Americano 4 kcal 2.49

### Espresso 1 kcal 2.49

### Double Espresso 2 kcal 2.99

### Hot Chocolate 3.79

with Cream, Marshmallows and a chocolate flake. 334 kcal

### English Breakfast Tea

43 kcal 2.49

Ask a team member to see today's options and calorie information for flavoured teas and fruit juices

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.

**DRINK**  
**SENSIBLY**

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



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