

THE
METROPOLITAN
BAR & DINING

ALL DAY MENU

Nibbles & Starters

Bread and Olives 5.29

Bloomer bread, slow-roasted tomatoes, mixed olives and extra virgin olive oil. 642 kcal

Seasonal Soup of the Day 5.29

Served with bloomer bread

- Ask a team member to see today's options and calorie information

Cheesy Garlic Bloomer Bread (V) 698 kcal 3.79

Mushrooms on Toast (V) 6.49

Sautéed button mushrooms in a creamy mozzarella, Cheddar & Stilton® sauce, served with rocket leaves. 676 kcal

Panko Coated Prawn & Calamari Duo 6.49

With sweet & sour red onion, rocket leaves and garlic mayo. 326 kcal

Marinated Chicken Skewers 6.49

With mango, chilli & pineapple dressing, served with roasted peppers and rocket leaves. 229 kcal

Vegetable Gyoza (VG-M) 6.49

Japanese style dumplings glazed with a sticky Korean Barbecue sauce, served with iceberg lettuce, sweet & sour red onion, spring onion and fresh lime. 174 kcal

Chicken Liver & Brandy Pâté 6.79

With caramelised red onion chutney and toast. 660 kcal

Smoked Salmon & Mackerel Pâté 7.79

served with toast & butter, diced gherkins, rocket leaves and lemon. 490 kcal

Mini Baked Camembert (V) 7.79

Perfectly baked cheese served with lightly toasted bloomer bread and caramelised red onion chutney. 675 kcal

Garlic King Prawns 7.79

Sautéed in garlic & herb butter, lemon and sea salt, served with lightly toasted bloomer bread and rocket leaves. 549 kcal

To Share

Seafood Platter 19.49

A selection of crispy whitebait, scampi tacos with garlic & chive mayo, mini prawn cocktail, panko coated calamari sticks, mackerel pâté and sliced Scottish smoked salmon with tartare sauce and bloomer bread & butter

Recommended for 2 people. 2341 kcal

Meat Platter 19.49

A selection of southern-fried chicken goujons, Gloucester Old Spot sausages, Italian cured meats, chicken liver & brandy pâté and grilled mango, chilli & pineapple glazed chicken skewers, served with toasted bloomer bread, caramelised red onion chutney, garlic mayo, slow-roasted tomatoes and olives

Recommended for 2 people. 1924 kcal

Sides

Seasoned Skin-On Fries (V) 398 kcal 2.99

Triple Cooked Chunky Chips (V) 420 kcal 2.99

Sweet Potato Fries (V) 513 kcal 3.49

Buttery Mashed Potato (V) 328 kcal 2.99

Garlic Bloomer Bread (V) 508 kcal 3.29

Classics

Pie of the Day - Choose from:

Beef 14.99 or Chicken 13.99

Delicious pie filling topped with golden puff pastry, served with buttery chive mashed potato, glazed seasonal vegetables and a rich beef gravy

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Gloucester Old Spot Sausages 12.99

On a bed of buttery chive mashed potato, with Tenderstem® broccoli, crispy beer-battered onion rings and a rich beef gravy. 1085 kcal

Beer-Battered Cod & Chips 14.99

Served with triple cooked chunky chips, tartare sauce, half a grilled lemon and mushy peas. 1257 kcal

+ Add two slices of bloomer bread

& butter +530 kcal for 1.49

Signature Burgers

All of our burgers are served in a soft glazed bun, accompanied with seasoned skin-on fries and a deliciously sticky BBQ dip.

Our beef burgers use cuts of British rib steak for a melt-in-the-mouth texture and deep flavour

The Met Burger 14.49

Monterey Jack & Honey Glazed Bacon Burger

Beef burger with Monterey Jack cheese, honey glazed bacon, tangy burger sauce & tomato ketchup, crisp iceberg lettuce and diced onion & gherkin. 1239 kcal

Earth Burger (VG) 13.99

Moving Mountains® burger layered with roasted peppers, vegan cheese slice with rocket leaves in a subtly spiced and fruity dressing and crisp iceberg lettuce. 1012 kcal

Chicken Burger 14.99

Tender rosemary & buttermilk coated chicken fillet burger topped with sweet & sour red onion, sticky Korean BBQ sauce, spring onion and coriander with mayo, crisp iceberg lettuce and diced onion & gherkin. 1116 kcal

Upgrade your fries to sweet potato fries (V) +115 kcal 99p

Cheesy Garlic Bloomer Bread (V) 698 kcal 3.79

Glazed Seasonal Vegetables (V) 80 kcal 2.99

Dressed Side 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 zesty dressing. 159 kcal

Mains

Seafood Pie 13.49

Tender salmon, smoked haddock and king prawns in a creamy leek sauce, topped with Cheddar cheese mashed potato and served with seasonal vegetables. 870 kcal

Tomato, Pepper & Cannellini Bean Pie (VG) 13.99

In vegan shortcrust pastry. Served with bubble and squeak, seasonal vegetables and a rich gravy. 1061 kcal

Slow-Cooked Roast Lamb Shank 15.49

With bubble & squeak, savoy cabbage, sweet & sour red onion, chives and a rich beef gravy. 1061 kcal

Chicken Schnitzel 12.99

Panko coated chicken breast, topped with your choice of garlic & herb 1372 kcal OR red chilli butter 1364 kcal served with triple cooked chunky chips, rocket leaves and half a grilled lemon

Grilled Hake Supreme 16.49

Served with buttery mashed potato, succulent king prawns, mussels, cockles and soya beans in a garlic & herb butter. 767 kcal

Great British Steaks

We proudly serve only UK Farm Assured West Country beef sourced from our trusted butcher. All of our steaks are skilfully hand-cut and a minimum of 21 days aged

8oz Rump Steak 15.99

A classic, tender cut with a wonderfully rich flavour. 1145 kcal

10oz Ribeye Steak 19.99

A marbled cut with a deep flavour and succulence. 1481 kcal

Served with triple cooked chunky chips, sautéed button mushrooms, crispy beer-battered onion rings and grilled balsamic vine tomatoes, with either a garlic & herb +64 kcal OR red chilli butter. +56 kcal

Add a Steak Topper

Flash-Fried Garlic King Prawns 2.99

Sautéed in garlic & herb butter, lemon and sea salt. +181 kcal

Three Cheese Mushrooms 2.99

In a creamy mozzarella, Cheddar & Stilton® sauce. +478 kcal

Buttery Hollandaise Sauce +185 kcal 1.99

Stilton® & Peppercorn Sauce (contains brandy) +225 kcal 1.99

Peppercorn Sauce (contains brandy) +61 kcal 1.49

Pasta & Salads

Pea, Mint & Chilli Tortellini (VG) 12.99

Pea, mint & mild chilli stuffed pasta drizzled with a lemon & elderflower dressing, served with slow-roasted tomatoes, peas, fresh mint and rocket leaves. 577 kcal

The Met Salad (VG) 12.49

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 zesty dressing. 318 kcal

Top Your Pasta or Salad

Tender Chicken Supreme

+194 kcal 2.99

Grilled Fillet of Hake

+89 kcal 3.99

Sandwiches

Our sandwiches are served in soft buttered white bloomer bread with seasoned skin-on fries and a dressed salad garnish (unless otherwise stated)

Choose malted boomer bread. +12 kcal

Tomato, Mozzarella & Avocado (V) 9.49

With a chive mayonnaise. 1593 kcal

Chicken, Bacon & Avocado 9.99

Grilled chicken breast and honey glazed bacon with mayonnaise, avocado, sliced tomato and iceberg lettuce. 1558 kcal

Hand-Battered Fish Goujons 9.49

Fresh cod goujons in beer batter, with crisp iceberg lettuce and tartare sauce. 1234 kcal

Philly Cheese Steak 10.99

Succulent West Country rump steak and melted Taw Valley mature Cheddar with mayonnaise, crisp iceberg lettuce and sautéed peppers & onion. 1704 kcal

Rosemary & Buttermilk Coated Chicken 9.49

Crispy rosemary & buttermilk coated chicken, iceberg lettuce and garlic mayonnaise. 1376 kcal

Quorn™ Buttermilk Style Coated Fillet (V) 9.49

Crispy coated Quorn™ Buttermilk Style fillet, crisp iceberg lettuce and vegan mayonnaise. 1150 kcal

Something Sweet

Sticky Toffee Rum Sponge (V) 5.29

In sweet toffee & rum sauce, served with a jug of creamy custard and warm salted caramel sauce. 508 kcal

Served without caramel sauce and either dairy-free custard

470 kcal or vanilla non-dairy iced dessert (VG) 524 kcal

Crumble of the Day (V) 5.29

Today's flavour of classic crumble, served with a jug of creamy custard

Served with dairy-free custard or vanilla non-dairy iced dessert (VG)

- Ask a team member to see today's options and calorie information

Strawberry Cheesecake (V) 5.79

Creamy New York style baked cheesecake with a sweet and fruity strawberry & rum compote, served with vanilla ice cream. 503 kcal

Tarte Aux Pommes (V) 6.29

A classic, fine French style apple tart, served with sweet salted caramel sauce, vanilla ice cream and a jug of creamy custard. 624 kcal

Eton Mess Sundae (V) 5.79

Fresh strawberries, vanilla ice cream and crisp broken meringue with tangy raspberry coulis, all topped with cream. 643 kcal

British Cheese Plate (V) 6.99

A selection of British cheeses served with black grapes, caramelised red onion chutney and water biscuits. 1043 kcal

(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.



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Adults need around 2000 kcal a day.

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

