

SUNDAY 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

Met Sunday Roast

Indulge in our hearty Sunday roasts, served with deliciously buttery mash, crispy British roast potatoes, golden Yorkshire puddings and lashings of rich beef gravy, all served to your table with roasted parsnips & carrots, Savoy cabbage, sugar snap peas and Tenderstem® broccoli.

Sirloin of Beef 987 kcal 14.99**Roast Loin of Pork 13.99**

Served with crispy pork crackling. 1223 kcal

Hand-carved Turkey 13.99

Served with a pork, orange & fig stuffing. 1043 kcal

- Pairs beautifully with Jacob's Creek Chardonnay

Triple Roast 15.99

Tender hand-carved sirloin of beef, pork loin and turkey served with a pork, orange & fig stuffing and crispy pork crackling. 1177 kcal

Roast Lamb Shank 14.99

Tender slow-cooked lamb with a rich minted rosemary & red wine sauce. 1409 kcal

Mushroom Wellington (V) 13.99

Chestnut mushrooms with wilted spinach, onions, garlic and brown rice, all encased in golden flaky puff pastry and served with vegetarian gravy. 1255 kcal

Kids' Roast

Sirloin of Beef 733 kcal 6.99

Roast Pork Loin 909 kcal or Turkey 799 kcal 6.49

Mushroom Wellington (V) 1064 kcal 6.49

Indulge Yourself

Pigs in Blankets 225 kcal 1.79

Cauliflower Cheese (V) 161 kcal 1.99

Pork, Orange & Fig Stuffing 85 kcal 99p

Classics & Mains

Pie of the Day - Choose from:

Beef 14.99 or Chicken 13.99

Delicious pie filling topped with golden pastry, served with buttery chive mashed potato, glazed seasonal vegetables and a rich beef gravy
- Ask a team member to see today's options and calorie information

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

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

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

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

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

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

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

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

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

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

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.

DRINK
SENSIBLY

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Adults need around 2000 kcal a day.

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

