

# the Met bar-café

## **Homemade Soup of The Day @ € 5.00**

Served with Homemade Treacle Brown Bread  
Allergens – 4,5,6,7,8,10,11

## **Creamy Seafood Chowder @ € 8.25**

Served with a Homemade Treacle Brown Bread  
Allergens – 1,2,3,5,6,7,8,12,13,14

## **Jack Daniels Glazed Pork Ribs @ € 7.50**

Main Course Option available @ € 10.50  
Served with Chunky Style Coleslaw  
& a Sweetcorn Fritter  
Allergens – 5,6,8,9,12,13,14

## **Smoked Haddock & Dill Fish Cakes @ € 7.50**

Served with a Tangy Lemon Mayonnaise,  
Dressed Rocket Salad & a Lemon Twist  
Allergens – 3,6,7,8,10,11,13

## **Chicken Caesar Salad @ € 7.00**

Main Course Option available @ € 10.50  
Bacon Lardons, Garlic Croutons, Lemon Chicken,  
Parmesan Shavings & Caesar Dressing  
Allergens – 3,6,7,8,10,11,13,14

## **Marinated Chicken Skewers @ € 7.00**

Main Course Option available @ € 10.50  
Poppy Seed & Natural Yoghurt Marinated Chicken  
Skewers, Toasted Pitta Bread, Rocket & Tomato  
Salad with Coronation Sauce  
Allergens – 5,6,8,10,11,13

## **SANDWICHES**

### **Steak Sandwich @ € 14.00**

Mustard Marinated Strips of Beef with Sautéed  
Onions & Mayo, Served in a lightly Toasted  
Baguette & Hand Cut Chips  
Allergens – 5,6,7,8,10,11,13,14

### **Fitzwilton Classic Club @ € 12.50**

Triple Decker Toasted Sandwich filled with Confit  
Chicken, Crispy Bacon, Cheddar Cheese, Lettuce,  
Tomato, Mayo & a Fried Egg with Chips  
Allergens – 5,6,8,10,11,13

### **Sandwich and Chips with your Choice of Fillings**

@ € 7.50

Choose from Honey Glazed Ham, Confit Lemon  
Chicken, Mixed Salad, Egg & Scallion Mayo or  
Cheddar Cheese

Allergens – 5,6,7,8,9,10,11

## **Soup & Blaa Combo @ € 7.50**

Homemade Soup of the Day, with a Floury  
Waterford Blaa Filled with Ham Salad or  
Chicken Salad

Allergens – 4,5,6,7,8,9,11,12,13

## **PANINI'S & WRAPS**

### **Homemade Cajun Chicken Wrap @ € 9.95**

Slow Cooked Chicken mixed with Cajun Mayon-  
naise wrapped in a Lightly Toasted Flour Tortilla,  
Served with Side Salad & Hand Cut Chips

Allergens – 5,6,7,8,11,13,14

### **Toasted Special Panini @ € 9.95**

Honey Glazed Ham, Cheese, Tomato & Onion  
Served with Hand Cut Chips & Side Salad

Allergens – 5,6,7,8,11

### **Mozzarella & Roast Pepper Panini @ € 9.95**

Served with Hand Cut Chips & Side Salad

Allergens – 5,6,7,8,12,13

## **PASTA CORNER**

### **Salmon & Prawn Linguini @ € 14.95**

1/2 portion available €9.50

Cooked in a Pepper & Coconut Cream Sauce,  
With Spinach Leaves & Fresh Parmesan  
Shavings

Allergens – 1,2,3,5,6,8,9,11,12,13

### **Spaghetti Bolognese @ € 13.95**

1/2 portion available €8.95

Homemade Tomato Bolognese on a bed of  
Spaghetti Pasta with Fresh Parmesan Shavings  
& Garlic Bread

Allergens – 4,5,6,8,9,11,12,13

### **Homemade Beef Lasagne @ € 14.95**

Layers of Pasta with Slow Cooked Minced Beef  
& White Sauce, Baked with a Rich Red Cheddar  
served with Side Salad & Chips

Allergens – 5,7,8,9,11,12,13

Menu Subject to Change

# the Met bar-café

## MAIN COURSES

**8oz Homemade Beef Burger** @ € 15.50 (Add Bacon 50c) Allergens – 4,5,6,7,8,10,11,13,14

Served in a Toasted Brioche Bun with a Crispy Onion Ring & Cheddar Cheese, Served with Hand Cut Chips  
PLEASE ALLOW US MINIMUM 15 – 20 MINUTES TO SERVE

**Roast of the Day** @ € 13.95 Allergens – 7,8,9,10,12,13,14

1/2 Portion Available @ €8.95

Served with Fresh Market Vegetables & Potatoes with Traditional Homemade Roast Gravy  
PLEASE ALLOW US MINIMUM 15 – 20 MINUTES TO SERVE

**10oz Sirloin Steak** @ € 22.50\* Allergens – 7,8,9,11,12,13

Cooked as you like, Served with Roasted Vine Tomatoes,  
Onion Rings & Hand Cut Chips with Garlic Butter or Pepper Sauce

**Beer Battered Fish of the Day** @ € 13.95 Allergens – 5,8,10,11,13,14

Served with a Homemade Tartar Sauce, Chunky Coleslaw & Hand Cut Chips

**Fitzwilton House Vegetable Curry** @ € 13.95 (add chicken or beef for €1) Allergens – 4,5,6,8,9,12,14

Braised Lemon & Turmeric Rice, a Fresh Heated Naan Bread with Mango Chutney

**Mixed Vegetable Stir Fry** @ € 12.00 (Add Chicken €1.00) Allergens – 4,5,6,9,10,12,13

Mixed Vegetable & Egg Noodle Stir Fry, Cooked in a light Soya & Sweet Chilli Sauce

**Homemade Chicken Fillet Burger** @ € 13.95 Allergens – 5,6,7,8,10,11,14

Deep Fried Fillet of Chicken in a Toasted Floury Bap with Chipotle Mayo & Hand Cut Chips

\* Inclusive Dining Packages carry a Steak Supplement of €7.00

## HEALTHY OPTIONS

**Mixed Salad** @ € 7.95 Allergens – 5,6,7,10,11,12,13

House Dressed Mixed Salad with Roast Peppers, Cucumber, Cherry Tomatoes & Onion, Lightly Dressed with Fresh lemon

**Prawn Stir Fry** @ € 8.95 Allergens – 1,2,3,5,6,8,10,12,13

Stir Fried Prawn & Mixed Vegetable Salad, Served in a Crispy Cos Lettuce Cup,  
Cooked in a light Soya & Sweet Chilli Sauce

**Tomato, Basil & Roast Vegetable Penne Pasta** @ €10.50 Allergens 1, 2, 3, 5, 6, 8, 10, 12 & 13

Stir Fried in a fresh Tomato and Basil Sauce

## SELECTION OF SIDE ORDERS €3.50 & DESSERTS €4.50 AVAILABLE

Menu Subject to Change

1&2 Shellfish, 3 Fish, 4 Peanuts, 5 Nuts, 6 Cereals, 7 Milk, 8 Soya, 9 Sulphur Dioxide,  
10 Sesame Seeds, 11 Eggs, 12 Celery & Celeriac, 13 Mustard, 14 Lupin