

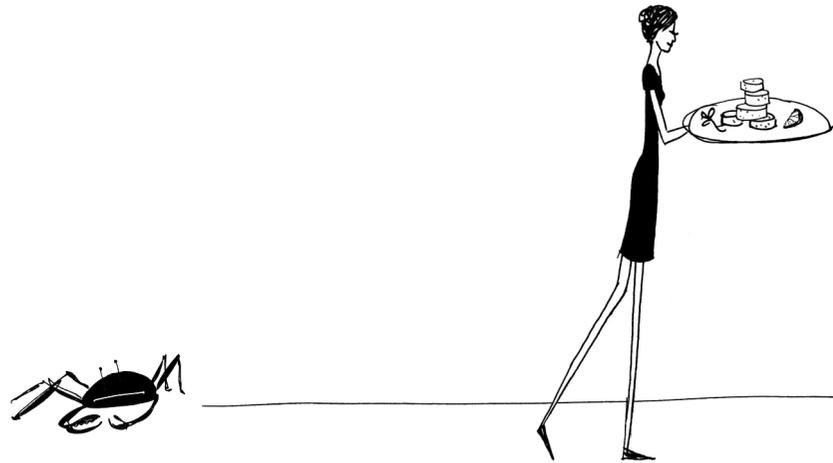
Mez.

Menu



All of our food is prepared in a kitchen where nuts, gluten and other food allergens are present. Our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering.

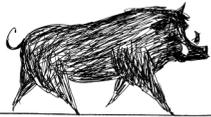
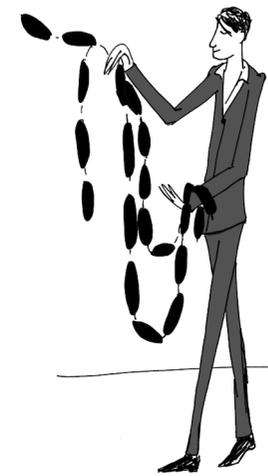
Prices include VAT. Please note that a discretionary service charge of 12.5% will be added to your bill



Sweet Treats

Chocolate Praline Delice Chocolate sponge cake with milk chocolate and praline	9.00
Light Raspberry Mousse Fresh raspberry mousse on a crunchy base	9.00
Peanut Butter Pyramid Parfait Refreshing frozen mousse	9.00
Met Sticky Toffee Pudding Rich sponge cake combined with toffee, dates and caramelised spiced syrup	9.00
Lemon Syllabub Rich double cream lemon posset	9.00



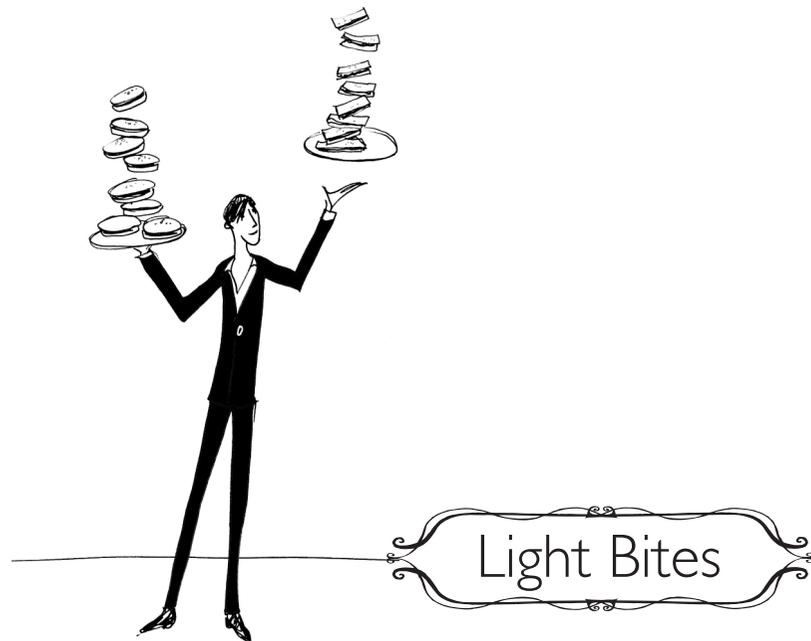


Large Plates

Grilled Chicken Shawarma Wrap Tortilla wrapped corn-fed marinated chicken with hummus and tahini dips	11.00
Norfolk Chicken and Fresh Avocado Salad Served with bacon, spinach and chervil, accompanied by a grain mustard and walnut dressing	14.00
Lancashire Cheese and Vine-Ripened Tomato Served on spelt bread with rocket, pickled onion and tomato chutney	14.00
Met Club Sandwich Grilled chicken, bacon, egg, tomato, lettuce, baby spinach, gem salad and mayonnaise	17.00
Met Burger Angus beef, fried egg, fresh tomato, red onion, lettuce and melted cheddar cheese with twice-cooked chunky chips and a spicy tomato relish, served on a freshly baked brioche	18.00
Met Caesar Salad Served with chicken or prawns, baby gem salad, croutons and Grana Padano shavings	18.00
Met Chips and Fish Beer-battered haddock, garden peas, twice-cooked chunky chips and Met tartare sauce	20.00

Small Plates

Met Charcuterie Medley Selection of cured meats served with pain Poilâne and cornichons	9.00
Fromage Anglais Selection of British cheeses served with ciabatta crisps, quince and grapes	9.00
Power Salad Red rice mixed with black-eyed beans and green beans, spelt salad, pomegranate and pumpkin seeds, served with a Met vinaigrette	12.00
Super Salad Lentil, quinoa, and feta salad with spring onions, cucumber and herbs, served with a walnut and honey dressing	12.00



Fresh Battered Cornish Squid	8.50
Tender deep-fried squid in a light curried batter served with chilli mayonnaise	
Harissa Falafels and Tahini Sauce (v)	7.50
Blended chickpeas and harissa served with a tahini sauce	
Rioja Chorizo	7.50
Spanish cocktail sausages on a bed of crispy shallots	
Shetland Isles Salmon Tataki	8.50
Salmon fillet, mango, radish and lime with a fresh coriander salad	
Gressingham Duck Kataifi Balls	7.00
Greek-style confit of duck and chives, dressed with a citrus caramel	
Corn-fed Norfolk Teriyaki Chicken	8.00
Marinated chicken breast, sesame seeds, spring onions, coriander and chilli, glazed with a homemade Teriyaki sauce	
Spicy Vegetable Empanadas	7.00
Cajun-spiced sautéed vegetables and mozzarella cheese wrapped in puff pastry	
Met Thai Fish Cakes	9.00
Cod, prawn and scallops prepared with Thai spices, spring onions, coriander and lime served with a chilli sauce	
Met Sliders	8.00
Knights Farm minced 7-bone steak, caramelised onions, tomato, lettuce and melted cheddar served in homemade mini brioches	
Heirloom Tomato and Basil Salsa (v)	7.00
Served with crispy ciabatta	