

THE METROPOLITAN

BAR & DINING

BREAKFAST

Monday to Friday 10am – 11.45am
Saturday and Sunday 10am – 11.30am

KEEPING IT SIMPLE

Toast £1.95 (v)

Toasted granary or white bloomer,
butter, marmalade or jam

Homemade smoothie of the day £2.50 (v)

Ask your server for today's fruit smoothie option,
made with fat free Greek yoghurt

Griddled Irish oat cakes £4.95 (vg)

Golden raisins, grapes

Homemade granola £4.95 (v)

Dried cranberries, pecan, almonds, hazelnuts,
toasted pumpkin seeds, maple syrup, choice of milk

MET BREAKFASTS

Pancake Stack £6.50

Homemade pancakes with choice of topping:
Streaky bacon, maple syrup & fresh blueberries or
Fresh fruit & Greek yoghurt (v)

Breakfast bap £8.50

Choose 3 items, served on a toasted floury bap:

- Sausage • Streaky bacon • Free range poached egg •
- Tomato • Mushrooms • Bury black pudding • Scrambled tofu •
- Vegan sausage • Sweet potato & onion hash cake •

Extra items £1.00 each

Breakfast wrap £5.95

Spiced avocado & black beans with hot sauce dip (vg)
Add piri piri chicken £1.75

FREE RANGE EGGS

Poached eggs & hollandaise £7.95

Toasted floury bap with your choice of:

- Royale (smoked salmon) • Benedict (maple cured gammon) •
- Florentine (spinach) (v) • Smashin' (smashed avocado) (v) •

Scrambled eggs £5.95 (v)

Toasted floury bap. Add smoked salmon for £1.50

Arnold Bennett omelette £8.95

Smoked haddock omelette, hollandaise sauce,
a choice of granary or white toast

Baked eggs £7.50 (v)

Tomatoes, peppers, spinach, chillies, potato, dipping bread