

### THE EARLY BIRD

#### STARTERS

##### **GARLIC BREAD**

topped with basil oil & balsamic glaze  
add cheese for £1

##### **HOME MADE SOUP OF THE DAY**

with a wedge of bread

##### **CHICKEN WINGS**

choose from teriyaki or hot buffalo sauce.

##### **SPINACH & SWEET POTATO PAKORA**

served with raita & salad

#### MAINS

##### **AUTOMATIC FRIED CHICKEN**

chicken strips coated in a lightly spiced batter, deep fried & served  
with skinny fries & our BBQ dip

##### **SAUSAGE AND HOME MADE MASH**

served with onion gravy

##### **6oz SIRLOIN STEAK SANDWICH** (£2 supplement)

with confit onions & Dijon mayo on ciabatta

##### **HALLOUMI BURGER**

with red pepper relish, tzatziki, tomato, red onions & lettuce in a brioche bun

##### **MEDITERRANEAN SALAD WITH GOAT'S CHEESE**

cucumber, tomato, roasted peppers served with toasted ciabatta

#### DESSERTS

##### **CRÈME BRÛLÉE**

with homemade shortbread

##### **STICKY TOFFEE PUDDING**

with cream or ice cream

##### **STICKY CHOCOLATE PUDDING**

with cream or ice cream

##### **STICKY TOFFEE PUDDING SUNDAE**

Cartmel sticky toffee pudding pieces  
with a warm caramel sauce, vanilla ice  
cream & whipped cream

##### **STICKY CHOCOLATE SUNDAE**

Cartmel sticky chocolate pudding pieces  
with a warm chocolate sauce, chocolate  
ice cream & whipped cream

##### **THE ROCKY ROAD SUNDAE**

chocolate and vanilla ice cream, with  
marshmallows & chocolate sponge  
pieces and a warm chocolate sauce  
& whipped cream

##### **VANILLA OREO SUNDAE**

vanilla ice cream with chunks of Oreo,  
hot fudge sauce & whipped cream

#### SERVED SUNDAY – THURSDAY 4PM – 6PM

**2 COURSES - £11.95**

**3 COURSES - £16.00**

**NOT TO BE RUSHED...** The early bird menu  
is perfect for a pre-show dinner, but do  
allow plenty of time to enjoy your meal.  
Please let your server know if you are  
attending an event at The Met and we'll  
happily advise on timings.

#### DRINKS THE DEALS

PINT OF AUTOMATIC ALE ..... **£2.80**

A 4% lightly hopped pale ale brewed  
exclusively for us by Silver Street Brewing Co.

PINT OF OUSTANDING'S

PILSNER 5% ..... **£3.70**

500ML CARAFE OF HOUSE WINE ..... **£9.95**

A BOTTLE OF PROSECCO ..... **£20**

(wine/Prosecco offer available for 2 people  
ordering a minimum of 2 courses)

The listed drinks at discounted prices are  
only available when ordering food from the  
Seasonal Menu.

**WE'RE OPEN  
ALL DAY FOR  
BREAKFAST & BRUNCH  
MORNING COFFEE  
WORKER'S LUNCH  
TEATIME TREATS  
DINNER  
COCKTAILS  
DRINKS**



All our chicken  
is certified halal.

Please ask your server for allergen information.  
Due to the hand-crafted nature of our menu items,  
the variety of procedures used in our kitchen & our  
reliance on our suppliers, we cannot guarantee that  
our food will not contain traces of allergens.

#### **THIS IS A SET MENU**

To maintain consistency and keep waiting times  
down we are unable to offer any alternatives,  
upgrades or additional items to the above listed  
dishes. We reserve the right to withdraw this menu  
at any time.

We add a discretionary service charge of 10% to  
tables of 6 or more. This goes directly to your server.