



A La Carte Menu

Nibbles & Starters

Creamy Feta Cheese with marinated olives (v)	£2.95
Selection of Breads with tapenade, olive oil & hummous (v)	£3.95
Honey Roast Duck, Feta and Rocket Salad with a zesty orange dressing ..	£5.95
Simple Soup with focaccia wedge (v)	£3.95
Salt & Chilli Squid with Metro's dipping sauces	£5.95
Metro Mini Ribs with BBQ glaze	£6.50
Chicken Liver Parfait, spiced apple chutney with melba toast.....	£5.75
Char Grilled Chicken	£5.50
with confit tomato & chard salad with a basil balsamic reduction	
Grilled Fivemiletown Goats Cheese & Red Onion Compote	£5.75
with pickled cucumber & beetroot dressing (v)	
Fish cakes with chilli jam & crème fraîche	£5.25

Sharing - perfect for 2 to start or for 1 as the main dish

Metro Seafood Platter	£10.95
sautéed prawns, salt & chilli squid & fritto misto with selection of dips	
Tex Mex Platter.....	£9.95
chicken satay, bbq ribs, Szechuan pepper chicken wings, spicy wedges & duo of dips	

Mains

Seafood Blanquette with saffron mash & a rocket parmesan salad	£11.50
Braised Chicken, Lemon & Pea Risotto	£9.95
Fish of the Day - ask your waiter for the freshest catch.....	£POA
Cod & Chips	£11.50
classic lightly battered fish, handcut chips with homemade tartare sauce & lemon wedge	
Baked Chicken Parmagiana.....	£9.95
with parmesan crumbs, gratinated with tomato salsa, crisp bacon & cheddar cheese, served with a crisp green salad	
Grilled 10oz Sirloin Steak	£19.95
with sautéed rosemary mushrooms & potatoes	
Char Grilled 10oz Kettle Rib-Eye with chilli butter & homemade chips	£18.95
Metro Roast Chicken	£10.50
supreme of chicken, whipped mash, chef's market vegetables & house gravy	
Escalope of Chicken	£10.95
in Thai green curry sauce, orange & ginger couscous & braised pak choi salad	
Pork Loin	£10.95
with white onion puree, watercress & red pepper salad & herb pesto	

Metro Burger	£8.95
6oz Irish beef patty, mature cheddar, tomato mayo & shoestring fries	
Add Mushrooms, bacon, egg, tobacco onions, garlic aioli.....	Each £1.00
Portobello mushroom fries	£2.00

Vegetarian Burger	£7.95
Portobello mushroom, roasted peppers, goat's cheese & wilted spinach with aioli in a bun & a side of shoestring fries (v)	
Add Tomato, egg, sautéed onions, slaw.....	Each £1.00

Roast Courgette & Red Pepper Tagliatelle	£8.50
with shaved parmesan (v)	
Add Chicken.....	£2.00 extra

Salads

Classic Greek Salad	£7.95
with feta cheese, olives, tomatoes, cucumber, red onion & vinaigrette dressing (v)	
Metro Prawn Salad.....	£8.95
with chorizo & citrus dressing	

Sides £2.95 each

Garlic Bread • Shoestring Fries • Handcut Chips • Whipped Mash Potato
Chef's Market Vegetable Plate • Fresh Salad with Metro Dressing

Sauces / Butters

Garlic Aioli £1.00 • Chilli Butter £1.50
House Gravy £1.95 • Black Peppercorn Sauce £1.95

Afters £3.95 each

Tiramisu - classic layers of espresso soaked vanilla sponge; fresh mascarpone cream custard
Rich Chocolate Brownie with vanilla ice cream
Nectarine & Peach Eton Mess - a twist on the classic summer dessert with crumbled meringue, whipped cream & pureed fruits
Lemon Cup served with homemade biscuits
Summer Berry Sundae - thick scoops of vanilla ice cream & strawberry ice cream, summer berry puree, sweet shortbread & fresh berry pieces
The Metro Mini Dessert Select one of our scrumptious desserts from above and we will "mini -me" it just for you, with a cup of coffee, or tea if you prefer!