

THE MET

LUNCH MENU

Served 12:30 - 17:00

SMALL PLATES

TODAY'S SOUP Edward Buckley's Brown Soda Bread, Irish Salted Butter (Agf Cl D Sul Vg Gw Go So Se)	€7.50
HALLOUMI FRIES Charred Broccolis, Pickled Chilis, Cannelini Bean & Lemon Dip (Gf D Sul Cl So Se Avo)	€11.00
MACROOM BUFFALO MOZZARELLA  Heirloom Tomatoes in a Basil Pickle, Fennel, Strawberries, Sourdough Garlic Croutons, Cannelini Bean & Lemon Dip (D Sul E Gw Agf Avo)	€12.00
GOJUCHANG GLAZED CHICKEN WINGS FROM TIM MULCAHY'S, ENGLISH MARKET Miso Yogurt, Toasted Sesame, Spring Onions, Fresh Lime (Gb So Se Gw D)	€12.50
UNION HALL SMOKED SALMON Pea & Caper Salad, Pea Velouté, Crème Fraiche, Edward Buckley's Brown Soda Bread. (D F Sul Gw E Go)	€13.00
TASTE OF CORK TO SHARE Hegarty Cheddar, Gubbeen Mature, Ardsallagh Goat's Cheese, Apple Chutney, Cannelini Bean & Lemon Dip, Gremolata, Romesco, Flat Bread, Crackers, Gubbeen Chorizo & Salami, Mulcahy's Spiced Beef (Agf Gw Sul D E Cl So Al Go)	€24.00

BREADS, BUNS AND ROLLS

ALL SERVED WITH SKINNY FRENCH FRIES

CHICKEN CAPRESE WRAP Hot chicken, Beef Tomato, Cannelini Bean & Lemon Dip, Macroom Buffalo Mozzarella. (Agf D Gw Mu Sul So E)	€12.50
GRILLED MUNSTER CHEESE Cheese Trio, Gubbeen, Arsdallagh Goat & Hegarty Cheddar, Red Onions, Pickle Jalapeno, Truffle Mayo on Pezze Pan. (D E Gw Mu So Sul)	€12.50
CALIFORNIAN HOT PRAWN BAGUETTE Grilled Prawns in Garlic Butter, Lemon Mayonnaise, Roasted Red Pepper & Fennel Salsa, Cos Lettuce in a Warm Baguette. (E Gw So Cr Mu Sul)	€14.50
DUCK N'ROLL Confit Duck Leg, Rhubarb Ketchup, Carrot Slaw, Fresh Herb Salad in a Warm Baguette. (E Gw So Sul Cl Mu)	€14.50



THIS DISH HAS BEEN CREATED TO CONTRIBUTE TO OUR ZERO FOOD WASTE TARGETS. Please turn menu over for more information.

LUNCH OFFER

MONDAY - FRIDAY (12.30 – 14.30) €16.50

CHICKEN CAPRESE WRAP

Hot Chicken, Beef Tomatoes, Cannelini Bean & Lemon Dip, Macroom Buffalo Mozzarella (Cl D Sul Vg Gw Go So Se)

Or

HALLOUMI, CARROT & ORANGE SALAD


Shaved Fennel, Micro Coriander, Mustard & Orange Dressing. (Gf D Mu Sul Vg Avo)

FOLLOWED BY A BROWNIE SQUARE

(D Gw Wn So Sul E)

with Freshly Brewed Barry's Tea or Java Coffee

LARGE SALADS

FRIED HALLOUMI, CARROT & ORANGE SALAD  Shaved Fennel, Micro Coriander, Mustard & Orange Dressing. (Gf D Mu Sul Vg Avo) Add Grilled Prawns (Cr) €6.00 Add Chicken €4.00	€15.00
WARM CHICKEN & BACON Grilled Chicken, Smoked Streaky Bacon, Baby Gem, Fried Potatoes, Shaved Hegarty Cheddar & Fried Onions Dressing. (Agf D Mu Sul) Add Grilled Prawns (Cr) €6.00	€16.00
WARM DUCK SALAD Pulled Confit Duck Leg, Fried Potatoes, Mixed Leaves, Red Onions, Watermelon Rind and Honey Dressing. (Agf D Mu Sul)	€17.50

LARGE PLATES

RIGATONI PASTA PRIMAVERA Seasonal Greens, Ricotta, Pea Purée, Lemon & Mint Oil, Hegarty Cheddar, Black Pepper. (Gw E D Sul So) Add Garlic & Parmesan Sourdough Baguette (D Gw So Sul) €3.50 Add Grilled Prawns (Cr) €6.00 Add Chicken €4.00	€19.00
DOUBLE IRISH HEREFORD CHEESE BURGER Grilled Flat Mushroom, Bandon Cheddar, Baby Gem, Beef Tomato, Grilled Bacon & Pickles in a Brioche Bun with a Smoked Tomato Relish Served with Skinny French Fries & Truffle Mayonnaise. (Agf D Gw Mu E Sul Cl)	€21.00
ROASTED MASSALA GLAZED SQUASH  Channa Massala, Roasted Beets, Chickpeas, Pickled Watermelon Rind, Poppadom. (Vo Gf Sul Cl) Add Charred Flat Bread Brushed with Garlic Oil & Served with Cannelini Bean & Lemon Dip (Gw D Sul So) €4.50 Add Grilled Prawns (Cr) €6.00 Add Chicken €4.00	€21.00
UNION HALL GRILLED HAKE  Roast Potatoes, Pea Purée, Seasonal Greens, Tartare Condiment, Charred Lemon. (F D E Mu Sul Gf)	€24.00

SIDES

GARLIC & PARMESAN SOURDOUGH BAGUETTE (D Gw So Sul)	€3.50
SEASONAL VEGETABLES WITH IRISH SALTED BUTTER (Agf D)	€4.50
BABY MIXED LEAF SALAD WITH ELDERFLOWER DRESSING (Gf Mu Sul)	€4.50
CHARRED FLAT BREAD BRUSHED WITH GARLIC OIL & SERVED WITH CANNELINI BEAN & LEMON DIP (Gw D Sul So)	€4.50
SKINNY FRENCH FRIES WITH TRUFFLE MAYONNAISE (Agf E Mu Sul Gw)	€4.50
CRISPY ROAST POTATOES WITH A CHIMICHURRI SALSA (Agf Sul Gw)	€4.50

DESSERTS

RASPBERRY & PLUM CLAFOUTIS Candied Walnuts, Salted Caramel Ice Cream, Marinated Raspberries (D E Gw So Sul)	€9.00
MANGO, PASSION FRUIT AND SOYA POSSET Exotic Coulis, Candied Hazelnuts, Fresh Mango (Vo So Sul Hn)	€9.00
DARK CHOCOLATE MARQUISE Candied Hazelnuts, Amarena Cherries, White Chocolate & Almond Tuile, Vanilla Ice Cream (Al D E Gw So Sul Wn)	€9.00
SEASONAL RHUBARB & WEST CORK STRAWBERRIES Clonakilty Set Yogurt, Honey Granola, Poached Rhubarb, Fresh Strawberries, Strawberry Ice Cream (Al Hn So Vo D Go E)	€9.00
MUNSTER CHEESE PLATTER <i>Supplement of €5 applied to Inclusive Dinner Packages</i> Gubbeen Mature (Skibbereen, West Cork) Hegarty Cheddar (Whitechurch, Co. Cork) Cashel Blue (Cashel, Co. Tipperary) Apple Chutney, Crackers and Fresh Grapes. (D Gw Sul E Cl)	€12.50

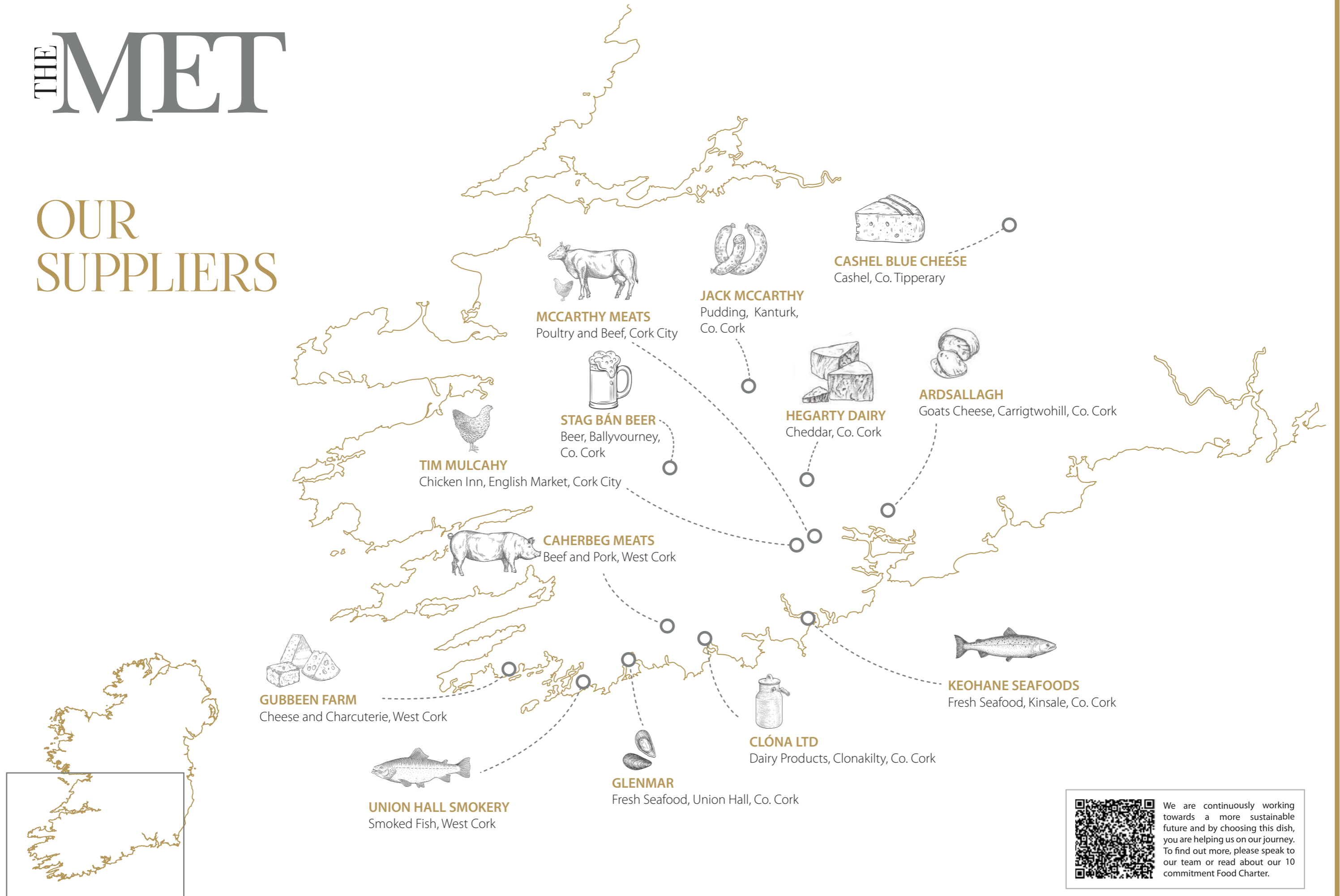
ALLERGENS

(D) Milk Products	(Se) Sesame	(Wn) Walnuts
(E) Eggs	(Gw) Gluten Wheat	(Ps) Pistachio Nut
(Mu) Mustard	(Gb) Gluten Barley	(Pc) Pecan Nut
(Cl) Celery	(Gr) Gluten Rye	(Hn) Hazelnut
(Sul) Sulphur Dioxide	(Go) Gluten Oats	(Agf) Ask Gluten Free
(L) Lupin	(Al) Almonds	(Gf) Gluten Free
(F) Fish	(Bz) Brazil Nut	(Vg) Vegetarian
(Mo) Molluscs	(Ch) Cashew	(Vo) Vegan
(Cr) Crustaceans	(Mc) Macadamia Nut	(Avo) Ask Vegan
(So) Soya	(P) Peanuts	

Please be mindful that our dedicated kitchen team expertly manages the preparation of dishes containing the 14 mandatory allergens daily. Although every care is taken to ensure the safety of our guests, please inform a member of our team if you have any food allergies, intolerances, coeliac disease, or other dietary requirements. This will enable us to tailor your dining experience and we will endeavour to meet your specific needs. All our beef is 100% Irish and fully traceable to the farmer & our seafood is sustainably caught & landing in our kitchen daily.

THE MET

OUR SUPPLIERS



We are continuously working towards a more sustainable future and by choosing this dish, you are helping us on our journey. To find out more, please speak to our team or read about our 10 commitment Food Charter.