

# THE MET

## DINNER MENU

Served 17:00-21:30

### SNACKS

SMOKED & ROASTED ALMONDS (Al Vo Gf)	€4.50
MARINATED ITALIAN OLIVES (Sul Vo Gf)	€4.50
CHARRED FLAT BREAD BRUSHED WITH GARLIC OIL & SERVED WITH A CANNELINI BEAN AND LEMON DIP (Gw D Sul So)	€4.50
SALT & PEPPER SQUID, ROMESCO (Mo F Gw E Al Sul)	€8.50


### SMALL PLATES

TODAY'S SOUP Edward Buckley's Brown Soda Bread, Irish Salted Butter (Agf Cl D Sul Vg Gw Go So Se Avo)	€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
GAMBAS PRAWNS & PIMIENTO BROCHETTE Supplement of €4 applied to Inclusive Dinner Packages Romescos, Roasted Red Pepper & Fennel Salsa (Cr Al D Gf Sul)	€13.00
TASTE OF CORK TO SHARE Supplement of €5/person applied to Inclusive Dinner Packages 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



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

### LARGE SALADS

FRIED HALLOUMI, CARROT & ORANGE SALAD  Shaved Fennel, Micro Coriander, Mustard & Orange Dressing. (Gf D Mu Sul Vg Avo)	€15.00
Add Grilled Prawns (Cr)	€6.00
Add Chicken	€4.00
WARM CHICKEN & BACON Grilled Chicken, Smoked Streaky Bacon, Baby Gem, Fried Potatoes, Shaved Hegarty Cheddar & Fried Onions Dressing. (Agf D Mu Sul)	€16.00
Add Grilled Prawns (CR)	€6.00
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)	€19.00
Add Garlic & Parmesan Sourdough Baguette. (D Gw So Sul)	€3.50
Add Grilled Prawns (Cr)	€6.00
Add Chicken	€4.00
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)	€21.00
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
10 OZ TIM MULCAHY'S CHICKEN SUPREME Potato & N'Duja Terrine, Kale, Wild Mushroom, Hazelnuts, Pink Peppercorn and Jameson Sauce. (Gf Sul Hn Agf Cl D Gw)	€22.00
MCCARTHY'S SLOW COOKED LAMB SHOULDER Channa Massala, Chickpeas, Roasted Squash & Beets, Pickled Watermelon Rind. (Gf Sul Cl)	€26.00
UNION HALL GRILLED HAKE  Roast Potatoes & Seasonal Greens, Pea Purée, Tartare Condiment, Charred Lemon. (F D E Gf Mu Sul)	€24.00
WILD ATLANTIC MONKFISH Supplement of €10 applied to Inclusive Dinner Packages Green Curry, Thai Basil, Charred Courgettes, Seasonal Greens, Lemongrass & Basil Pilau Rice. (Gf D F Sul Cl Cr So)	€32.00

### GRILLED

8 OZ HEREFORD RIB EYE STEAK Supplement of €10 applied to Inclusive Dinner Packages	€32.50
10 OZ HEREFORD SIRLOIN STEAK Supplement of €14 applied to Inclusive Dinner Packages Served with Seasonal Greens, Grilled Flat Mushroom, Caramelised Red Onions & Roast Potatoes. Choice of Jameson & Pink Peppercorn Sauce or Garlic Butter. (Agf D Cl Gw Sul)	€36.00
Add Grilled Prawns (Cr)	€6.00

### 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 Sull Gw)	€4.50
CRISPY ROAST POTATOES WITH A GREMOLATA 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 Supplement of €5 applied to Inclusive Dinner Packages 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

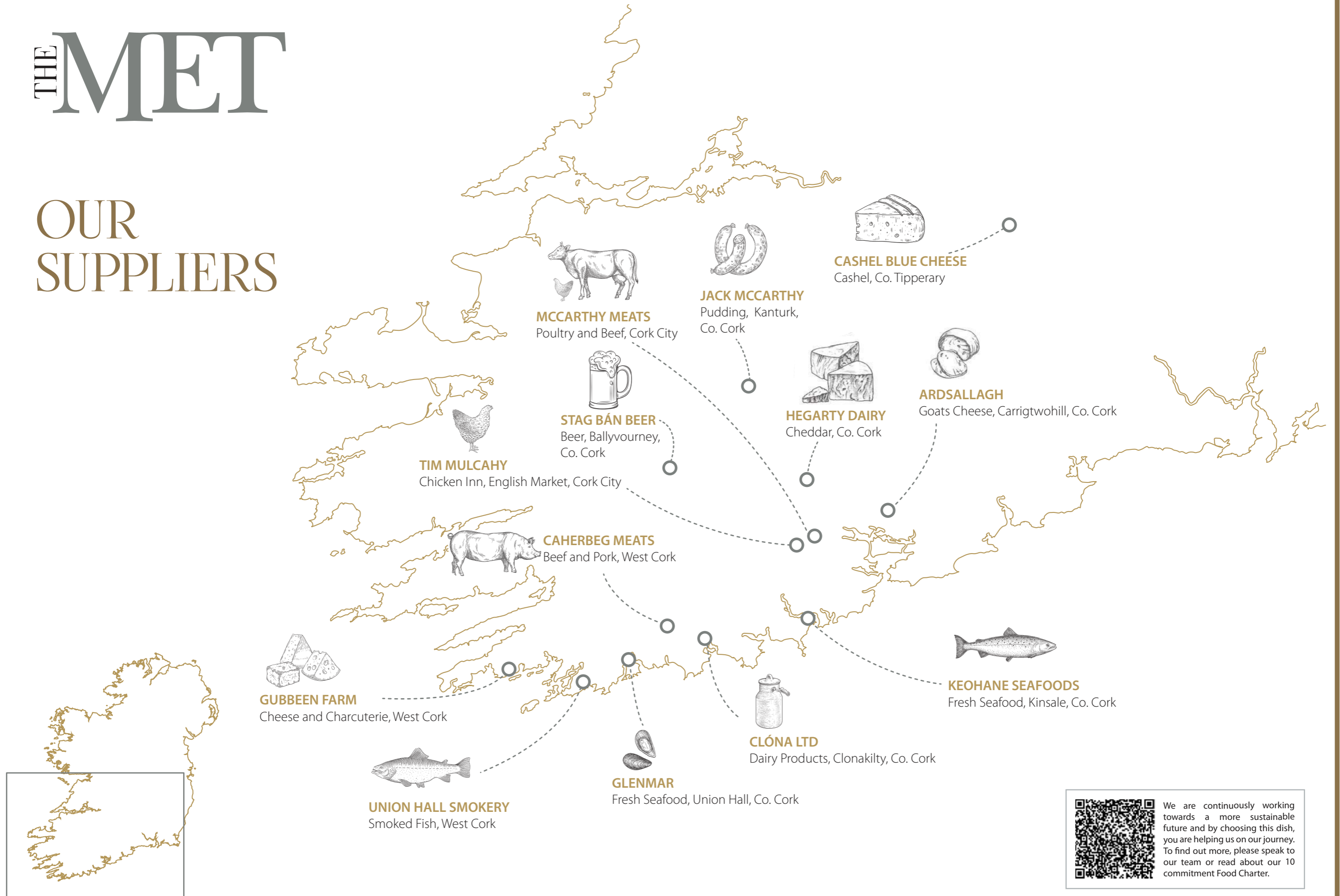
### ALLERGENS

(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.

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## 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.