

THE  
**METROPOLITAN**  
BAR & DINING

**DINING MENU**

**NIBBLES**

**Selection of marinated olives** £3.95 (vg) (gf) **M**

**Bread and olives** £5.75 (vg) **M**

Breads, white bean houmous, oils, mixed olives

**Garlic and rosemary focaccia** £4.50 (v) **M**

Garlic butter, rocket leaves

**Baked Camembert** £11.95

Dipping breads, baby tomato and basil jam

**Antipasto sharing board** £14.95

Rosemary focaccia, olives, buffalo mozzarella, serrano ham, roasted garlic, artichoke hearts, chorizo, gorgonzola

**Vegan sharing board** £16.95 (vg)

Chick pea stew, mini "Caesar" salad, sweet potato hash, tempura battered tofu, beetroot bread, tomato jam, vegan hollandaise dip

**Fish sharing board** £17.95

Crab cakes, battered cod goujons, crayfish cocktail, 'hot smoked' salmon, bread shards, tartare sauce, dill soya yoghurt

**STARTERS**

**Soup of the day** £5.95 (v) **M**

Crusty bread, salted butter

**Honey cured salmon** £7.95

Blackened leeks, lemon curd, buttermilk pancakes

**Double baked cheese soufflé** £6.95 (v) **M**

Celeriac and watercress sauce

**Confit of lamb spring rolls** £7.25

Feta, olive, cucumber, tomato salad, cumin yoghurt dressing

**Crab and lemongrass cakes** £6.50

Asian salad, sweet chilli sauce

**Spiced chicken rilette** £6.75 **M**

Chargrilled sourdough, white truffle butter

**Pan-fried oyster mushrooms** £5.95 (vg) **M**

Chargrilled pumpkin seed bread, vegan hollandaise

**MAINS**

**Pork fillet** £14.50

Wrapped in sage and serrano ham, baked apple croquette, blue cheese cream, roasted pistachios

**Chargrilled chicken supreme** £13.95 **M**

Gorgonzola, peas, broccoli, pine nuts, creamy tagliatelle

**Drunken tempura tofu** £10.25 (vg) (gf) **M**

Glass noodles, wasabi spiced edamame beans, peas

**Grilled sea bass fillet** £16.95 (gf)

Roasted new potatoes, braised fennel and beetroot, dill and soya yoghurt dressing

**Pan roasted duck breast** £16.95 (gf)

Baby leeks, gem lettuce, smoked bacon, broad bean and baby onion jus

**Salmon fillet** £14.95 (gf) **M**

Roasted new potatoes, butternut squash and courgette spaghetti, sun-blushed tomato and spring onion tapenade

**Chargrilled stuffed Romano peppers** £11.25 (vg) (gf) **M**

Lightly spiced chick pea curry, rainbow chard, tahini dressing

**Seared lamb rump** £17.95

Roasted butternut squash ratatouille, gnocchi, spring onion and mint gremolata

**Slow braised rib of beef** £15.95 (gf)

Rosemary dauphinoise potatoes, summer greens, roasted garlic jus

**STEAKS**

**Frosty's chargrilled steaks**

Slow roasted mushroom and tomato, watercress, chips

**8oz rump steak** £18.95 (gf)

**10oz rib eye** £22.95 (gf)

**A sauce for your steak?** 2.50 (gf)

Choose from: Peppercorn sauce, Red wine jus, Blue cheese butter, Mushroom & brandy sauce

**TEATIME**  
AT THE MET

**Monday–Friday, 5pm–7pm**  
**2 COURSES** for **£15** **3 COURSES** for **£17.95**  
ON SELECTED DISHES MARKED **M**

## MET CLASSICS

### **The famous Metropolitan burger £13.95**

28 day aged chargrilled beef, bacon, burger sauce, cheddar or stilton, caramelised onion focaccia, homemade chips

\*Please read our burger policy in the small print below

### **Frosty's sausages £11.95 M**

Creamy mash, French style peas, red wine jus

### **Seafood pie £14.95**

Smoked Applewood & saffron mash, soft free range hen's egg, mixed greens

### **Vegan sausages £10.25 (vg) M**

Olive oil mash potato, wilted spinach, white onion gravy

### **Beer battered fillet of cod and chips**

Large £13.50 / Medium £9.95 M

Mushy peas, tartare sauce, Maldon sea salt, sherry vinegar

## PASTA & SALADS

### **Sweet chilli beef salad £12.95 M**

Crunchy salad, sesame seeds

### **Seafood linguine £12.95 M**

Mussels, crayfish, salmon, garlic, tomato, chilli, lemon, parsley

### **Vegan "Caesar" style salad £10.50 (vg) M**

Baby gem lettuce, smoked almonds, toasted bread crumbs, wasabi & avocado mayonnaise

**Add Chicken £13.50**

### **Chargrilled Mediterranean vegetable trofie pasta £10.95 (vg) M**

pine nuts, melted mozzarella, red basil oil

### **Superfood salad £9.95 (vg)**

Kale, baby spinach, beetroot, watercress, fregola pasta, orange, toasted pumpkin seeds, tomato, garlic and oregano vinaigrette

**With lemon & oregano chicken fillet £13.50**

**Or pan fried Scottish salmon £13.50**

**Or marinated halloumi £13.50 (v)**

## SIDES

**Chips £3.95 (vg) (gf)**

**Sweet potato fries £4.50 (vg) (gf)**

**House salad £3.95 (vg)**

**Mixed seasonal vegetables £3.95 (v) (gf)**

**Rocket, Gran Moravia and sun-blushed tomato salad £3.95 (v) (gf)**

**Creamed spinach £3.95 (v) (gf)**

**Creamy mash £3.95 (v) (gf)**

(v) Suitable for vegetarians  
(vg) Suitable for vegans  
\*\*(gf) Prepared with ingredients that are gluten free

## SANDWICHES

12-5pm only

ALL SANDWICHES ARE SERVED WITH A CHOICE OF:  
SOUP, SALAD OR CHIPS

### **Barbeque pulled pork £8.75**

Smoked Applewood cheese, butternut squash slaw, brioche bun

### **Chicken schnitzel £8.75**

Baby gem lettuce, chipotle mayonnaise, sourdough bun

### **Southern fried vegan fillet £8.75**

Rainbow slaw, pretzel bun

### **Smashed avocado £8.75 (v)**

**With Chicken or Halloumi**

Tomato, spinach, toasted sourdough bun.

### **'Hot-smoked' salmon £8.95**

Shallots, baby capers, dill soya yoghurt dressing, served open on pumpkin seed bread

### **Roasted Mediterranean vegetables £8.50 (vg)**

White bean houmous, served open on beetroot bread

## DESSERTS

### **Chocolate brownie stack £5.95 M**

Whipped cream, warm chocolate sauce, double chocolate ice cream

### **Baked vanilla cheesecake £5.95 M**

Mixed summer berry compote

### **White chocolate and lemon mousse £5.95 M**

Dipping shortbread biscuits

### **Warm treacle tart £5.95 M**

Strawberries, Cornish clotted cream

### **Sticky toffee pudding £5.95 M**

Toffee sauce, sticky toffee ice cream

### **Mango and passionfruit baked Alaska £6.95**

Fruit coulis

### **Cheshire Farm ice creams and sorbets £1.95 per scoop**

Fresh berries, homemade biscuit

Please ask your server for today's selection of flavours

### **Metropolitan cheeseboard £7.50 / £9.95**

A selection of three or five of our British cheeses, with a shot of apple juice, spiced fruit compote, grapes, celery and savouries. Choose from:

Harrogate blue, Crabtree, Richard III Wensleydale, Mrs Kirkham's smoked Lancashire, Golden brie, Bourne's organic Cheshire

### **PLEASE ADVISE OF ANY ALLERGIES WHEN ORDERING**

A list of allergens that may be found in menu items or at the bar, is available upon request. Fish served may contain some bones.

\* Due to legislation regarding the cooking of minced meat, burgers will **not** be available pink and must be cooked through

\*\* (gf) We do not operate a dedicated gluten free area of the kitchen therefore contamination is possible

In order for us to provide you with the freshly prepared food you expect from The Metropolitan there may be a short wait in busy periods. We appreciate your patience and welcome all feedback on your experience

Food and drink is subject to availability.

All tips go to the team who served you

visit us at: [themetropolitanwestdidsbury.co.uk](http://themetropolitanwestdidsbury.co.uk)