

the Met

B A R & G R I L L

Brunch Menu Served 11am – 2pm (Saturday, Sunday & Holiday Mondays)

BREAKFAST

2x2 Breakfast	4.95
2 eggs with either, 2 strips of bacon, 2 sausages or 2 pieces of grilled ham, fresh fruit, hash browns and your choice of toast	
Fully breakfast	9.50
3 eggs with 3 strips of bacon, 3 sausages, 3 pieces of grilled ham, grilled roma tomatoes, sautéed mushrooms, fresh fruit, hash browns, and your choice of toast	
The Met Omelette	6.95
3 egg omelette with your choice of 3 toppings or; Toppings: Onion, red or green peppers, mushrooms, tomato, bbacon, ham, sausage, spinach, chevere, feta, cheddar Smoked Salmon with feta and arugula Oven dried tomatoes with chevere and spinach Bacon and sausage with mushrooms and cheddar	
Pancakes	5.95
3 pancakes served with maple syrup and fresh fruit	
French Toast	5.95
Thick texas toast served with reap maple syrup and fresh fruit	
Eggs Benny	8.95
All served with hash browns and fresh fruit Traditional: English muffin, grilled ham, poached eggs and house made hollandaise sauce Black Stone: English Muffin, sautéed spinach, oven roasted tomatoes, poached eggs and house made hollandaise sauce Seafood: English muffin, smoked salmon, poached eggs and house made hollandaise sauce	
Sides	
Bacon, Ham or Sausage, Pancakes	2.00
Eggs, toast, hash browns, grilled tomatoes & sautéed mushrooms	1.50

STARTERS

Basket House Fries	5.00
Yam Fries, served with chipotle mayo	6.00
Onion Rings served with ranch dipping sauce	6.00
Pork Bites	7.00
Tossed in your choice of flavours; Honey Garlic, Dry Cajun or House BBQ sauce	
Quesadilla	7.00
Grilled mini tortillas stuffed with tomato, green onions, and house nacho cheese, served with sour cream and salsa. Add chicken or spicy ground beef for 2.00.	
Chicken Wings	9.00
One dozen fresh wings tossed in your choice of flavors, served with your choice of side dipping sauce. Flavours; Plain, Hot, Salt & Pepper, Honey Garlic, Cherry Chipotle BBQ, Lemon pepper, and (only if you can handle it) Death Wings. Add Fries for 2.00. Add Salad for 2.00.	

SOUPS & SALADS

Daily Soup	Bowl 6.00 Cup 3.00
Please ask you server about today's homemade soup Soup bowl is served with garlic potato bread	
Met Salad	Full 8.00 Half 5.00
Mixed greens with feta cheese, oven roasted roma tomatoes, cucumber, olives and artichoke hearts served with our house vinaigrette. Add Chicken 2.00.	
Caesar Salad	Full 8.00 Half 5.00
Crisp romaine tossed in our homemade Caesar dressing served with bacon, croutons, and parmesan. Add Chicken 2.00.	
Spinach Salad	Full 8.00 Half 5.00
Baby spinach leaves, fresh fruit, candied pecans, double cream brie tossed with our fresh thyme vinaigrette. Add Chicken 2.00.	

SANDWICHES & PANINI'S

All served with your choice of fries or house salad

Add a cup of soup or side Caesar salad for 2.00

Club Sandwich 10.00

A classic club served with grilled turkey and crispy bacon, mayonnaise, lettuce and tomato.

Breakfast Club 10.00

Grilled ham & melted cheddar cheese, fried egg, bacon layered in 3 piece of bread of your choice

Chicken Focaccia 10.00

Chicken breast with bacon, lettuce, tomato, double cream brie and house made pesto mayonnaise. (contains nuts)

Vegetarian Panini 9.00

Baby spinach, artichoke hearts, roasted peppers, tomato, double cream brie and house made pesto mayonnaise on foccacia. (contains nuts)

BLT 4.95

Bacon, Lettuce, Tomato and mayo on toast of your choice
Add and egg for 1.50

MET BURGERS

Murder Burger 10.50

house made beef patty, jalapeno havarti, spicy banana peppers, jalapenos, red onion, lettuce, tomato, pickle and chipotle mayonnaise

The Met Burger: 9.00

Choice of chicken breast, lamb or house made beef, with red onion, lettuce, tomato, pickle mayonnaise and house made relish .Add cheddar, or jalapeno havarti, caramelized onion, bacon, or sautéed mushrooms 1.00 each

DESSERT

Maple Crème Brulee	4.00
White Chocolate Cheesecake With oreo cookie crust and raspberry coulis	4.50