

the Met


B A R & G R I L L

DRINK FEATURES

MONDAY	Kokanee \$4.50/SLEEVE \$15/JUG	
TUESDAY	House Wine \$5/GLASS Granville Island \$4.75/SLEEVE <i>(Choose from IPA or Winter Ale)</i>	
WEDNESDAY	OK Springs \$4.75/SLEEVE <i>(Choose from Pale Ale or 1516)</i> Sleeman \$4.75/SLEEVE	
THURSDAY	Red Racer IPA \$4.75/SLEEVE Highballs \$4.50	
FRIDAY	Stanley Park Amber \$4.75/SLEEVE	
SATURDAY	Bottles of Grolsch \$5.50 Highballs \$4.50 Jagermeister \$4.50	
SUNDAY	Budweiser \$4.75/SLEEVE Caesars \$4.50	
VANCOUVER HOCKEY GAME DAY SPECIALS		
	Stanley Park \$4.50/SLEEVE \$15.50/JUG	
	Mike's Hard Lemonade \$15.50/BUCKET OF 3	

ALL PRICES INCLUDING HST

FOOD FEATURES

MONDAY	Pizza \$10 <i>(Includes any 2 toppings)</i>	
TUESDAY	Sliders \$9 <i>(Choose 3 from pork, chicken or beef)</i>	
WEDNESDAY	Burger & Beer \$11 <i>(Chicken, beef or veggie)</i>	
THURSDAY	Prime Rib Dinner \$14 Stuffed Yorkies \$4	
FRIDAY	Fish & Chips \$12 <i>("Stanley Park" home made beer batter)</i>	
SATURDAY	Steak & Prawns \$17.95 <i>(Served with mashed potatoes and seasonal veggies)</i>	
SUNDAY	Pot Stickers \$10 <i>(Topped with Ginger Soya sauce)</i>	

BRUNCH

Monday to Friday from 7am – 2pm
Saturday and Sunday starting at 9am – 2pm

THE 'MET' 2 X 2 \$8

A great way to start your morning! Includes 2 pieces of toast of your choosing, 2 eggs any style, your choice of bacon, ham, chorizo or bangers and accompanied by hash browns.

THE FULL BREAKFAST \$10

When you need an even better start to your day! Have a taste of it all. Includes 2 pieces of toast, 2 eggs, 2 strips of bacon, ham, and bangers all accompanied by hash browns.

BREAKFAST SANDWICH \$8

A quick and convenient start to your day! Choose from bacon, ham, chorizo or bangers and we'll pair it up with 2 eggs on a toasted English muffin and finish it off with cheddar cheese. Accompanied by hash browns.

FRENCH TOAST \$7.50

An all time classic! 2 slices of thick-cut French bread dipped in egg and baked to a golden brown, then dusted with icing sugar and accompanied by hash browns.

THE 'MET' OMELET \$8

A traditional 3 egg omelet stuffed with our blend of 3 cheeses and accompanied by toast and hash browns. *Additional toppings \$1*

BREAKY BOWL \$9.25

A great combination of eggs, diced red onion, diced green onion and hash browns all mixed together with your choice of bacon, ham, chorizo or bangers and topped with a light hollandaise sauce. Served with a toasted English muffin.

THE 'MET' FRITTATA \$11.50

A special twist on an omelet, as we take 3 eggs and combine them with chorizo, mushrooms, onions, green peppers and our blend of 3 cheeses skillet style along side hash browns.

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APPETIZERS

DRY RIBS \$8.25

Delicious "Bone-in" Rib Tails seasoned lightly with salt and pepper, finished off with diced red peppers.

CHICKEN TENDERS \$8.50

Homemade Panko breaded chicken tenders, baked to a golden crisp and served with your choice of honey mustard or BBQ. *Add fries or salad \$2*

'MET' SKINS \$8.50

Russet potato skins stuffed generously with our blend of 3 cheeses, diced tomato and your choice of crispy bacon or spicy beef. Served with sour cream.

QUESADILLAS \$9

Three mini quesadillas filled with our blend of 3 cheeses, diced tomato and diced green onion. Served with salsa and sour cream. *Add chicken, spicy ground beef or guacamole \$2, steak \$4*

CHICKEN WINGS \$11

One dozen freshly-dusted wings tossed in your choice of flavours, served with blue cheese or ranch dipping sauce. Choose from: Plain, Hot, Honey Garlic, Cherry Chipotle BBQ, and (only if you dare), our home made Death sauce. *Add fries or salad \$2*

NACHOS \$16.50

House made nacho chips or our steak fries covered with jalapeno peppers, tomatoes, green onions, black olives and a blend of 3 cheeses. Served with salsa and sour cream *Add chicken, spicy ground beef or guacamole \$2, add an extra sour cream or salsa \$1*

SOUPS & SALADS

DAILY SOUP \$6/BOWL \$4/CUP

Please ask your server about today's home made soup. Soup bowl is served with French garlic bread.

MET SALAD \$10

Mixed greens with feta cheese, roma tomatoes, olives, cucumber, and artichoke hearts served with our house vinaigrette.

CAESAR SALAD \$9.50

Crisp romaine tossed in our home made Caesar dressing served with bacon, croutons, and parmesan.

SPINACH SALAD \$10

Baby spinach leaves, fresh fruit, candied pecans, brie cheese tossed with our fresh thyme vinaigrette. *Add grilled chicken, steak or shrimp \$4*

SANDWICHES

All served with your choice of steak fries or mixed greens with balsamic vinaigrette. Sub a cup of soup, caesar salad or onion rings \$1.50.

'MET' PULLED PORK \$11

Tender pork shoulder marinated lightly in a whisky BBQ sauce, complimented by sautéed onions and mushrooms, served on a lightly toasted steak bun.

BEEF DIP \$11.50

Thinly shaved roast beef on a lightly toasted steak bun with cheddar cheese and caramelized onions, served with red wine garlic au jus.

CHICKEN RANCH MELT \$11.50

Succulent chicken breast grilled to perfection, topped with crispy bacon, lettuce, tomato and Havarti cheese on a ranch covered steak bun, lightly toasted.

TURKEY CLUB SANDWICH \$11.50

A classic club served with grilled turkey, crispy bacon then garnished with mayo, lettuce and tomato.

'THE PHILLY' \$12

Thinly shaved roast beef, complimented by a medley of mushrooms, onions and green pepper. Completed nicely with Havarti cheese, all on a lightly toasted steak bun and served with red wine garlic au jus.

STEAK SANDWICH \$13.50

Tender 6oz striploin steak, cooked to your liking and served with mushrooms and onions all together on toasted French garlic bread.

SIDES

BASKET OF STEAK FRIES \$4.75

SIDE OF BEEF GRAVY \$1.25

BASKET OF YAM FRIES \$4.95

BASKET OF ONION RINGS \$6.95

BURGERS

All served with your choice of steak fries or mixed greens with balsamic vinaigrette. Sub a cup of soup, caesar salad or onion rings \$1.50.

WORKER BURGER \$13.50

The perfect meal to get you through your work day or reward yourself with after a hard one! Our tender beef burger topped with ham, lettuce, tomato, red onion and pickles finished off with mayo, fried egg, with havarti and cheddar cheese all on a sourdough kaiser.

BISON BURGER \$12.50

Tender and delicious bison meat smothered with BBQ sauce alongside lettuce, tomato, red onion, pickle and completed with Havarti cheese and mayo all on a sourdough kaiser.

THE MET BURGER \$11.50

Choice of grilled chicken, beef, veggie or salmon complimented by red onion, lettuce, tomato, pickle, mayonnaise and home made relish.

PANINIS

'MET' PANINI \$11

Nice and lightly toasted meal with your choice of turkey, bacon or ham, finished off with Havarti cheese and your choice of mixed greens or our "new" steak fries.

VEGETARIAN PANINI \$12

Baby spinach, artichoke hearts, roasted peppers, tomatoes topped with Havarti cheese and home made pesto mayonnaise on lightly toasted bread. Complimented with our mixed greens and house dressing.

PASTAS

Try your pasta baked with our 3 cheese blend \$3.

'MET' PASTA \$14

A delightful creation of chicken breast, chorizo, mushrooms and red onion sautéed in a simmering rose sauce and served over a bed of linguini and finished off with our French garlic bread, lightly toasted.

PRIMAVERA LINGUINI \$12

A vegetarian alternative to pasta, as we combine spinach, artichokes and roasted red peppers in a white wine alfredo sauce. Served over a bed of linguini noodles and accompanied by our French garlic bread, lightly toasted.

PIZZA

10" PIZZA \$10

Includes our homemade sauce and our blend of 3 cheeses.

Additional Vegetarian Toppings \$1

(Mushroom, onion, green pepper, tomato, red onion, artichokes, spinach, black olives and green onion)

Additional Protein Toppings \$2

(Pepperoni, salami, ham, chorizo, chicken, prawns, spicy beef and bacon)

COMFORT FOOD

FAJITAS \$15

A favourite among all! Tasty tortillas stuffed with your choice of grilled Cajun chicken or steak. Served along side a selection of green peppers, onions, tomatoes, shredded lettuce and our blend of 3 cheeses, accompanied by sour cream.

CAJUN JAMBALAYA \$14.25

A 'Met' classic! A delicious arrangement of chicken, prawns, chorizo sausage with a nice compliment of green peppers and onions combined together in a spicy red wine tomato sauce and served skillet style over your choice of rice or linguini.

BACON WRAPPED MEATLOAF \$13.75

A delicious home made meatloaf encrusted in sizzling bacon and served along with our home made mashed potatoes and a medley of vegetables. Just like Mom used to do it!

HOMEMADE SHEPHERD'S PIE \$13.75

In house created dish with our spicy ground beef, corn, carrots and onions, seasoned with a touch of dill and then topped with home made mashed potatoes and baked to a golden brown. Served with our mixed greens and house dressing. *Add our blend of 3 cheeses \$2*



FISH AND CHIPS \$13

Lightly battered haddock in our house made 'Stanley Park' beer batter, served with our steak fries and tartar sauce.

The Met Hotel was built in 1892. This heritage building features a beautiful exterior façade of Victorian-style architecture that is a rare and unique find.