

STARTERS

Mini Burgers	9.50
Three beef burgers served with lettuce, tomato, caramelized onions, relish, mayo, bacon and cheddar	
Chicken Tenders	7.50
Panko breaded, seasoned homemade chicken tenders served with a spicy plum sauce. Add fries or salad for 2.00	
Veggie Plate	7.00
Selection of season vegetables served with our ranch sauce	
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	
Little Italy	7.00
Pan seared Italian sausage with peppers, onions and a light tomato sauce served with garlic potato bread Substitute scallops and shrimp for 9.00	
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 3.00	
Calamari	8.00
Crispy Calamari served with Tzatziki sauce	
Nachos	Full \$14.00 Half \$9.00
House made nacho chips covered with jalapeno peppers, tomatoes, green onions, hot banana peppers, black olives, house made nacho cheese. Served with salsa and sour cream. Add chicken or spicy ground beef for \$3.00 Add guacamole \$3.00	
Chicken Wings	9.00
One dozen fresh wings tossed in your choice of flavours, 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	

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 or Seafood 3.00	
Caesar Salad	Full 8.00 Half 5.00
Crisp romaine tossed in our homemade Caesar dressing served with bacon, croutons, and parmesan Add Chicken or Seafood 3.00	
Spinach Salad	Full 8.00 Half 5.00
Baby spinach leaves, fresh fruit, candied pecans, double cream brie tossed with our fresh lemon thyme vinaigrette Add Chicken or Seafood 3.00	

SANDWICHES & PANINI'S

All served with your choice of fries, soup, or salad
Sub onion rings or yam fries 1.00

Beef Dip	10.00
Shaved roast beef on a pretzel roll with cheddar cheese and caramelized onions, served with red wine garlic au jus	
Club Sandwich	10.00
A classic club served with grilled turkey and crispy bacon, mayo, lettuce and tomato	
Chicken Focaccia	10.00
Grilled chicken breast with bacon, lettuce, tomato, double cream brie and house made pesto mayo (contains nuts)	
Vegetarian Panini	9.00
Baby spinach, artichoke hearts, roasted peppers, tomato, double cream brie and house made pesto mayo on focaccia (contains nuts)	

PASTA

All pastas are served with garlic potato bread

Seafood Linguini	12.00
Prawns and scallops, fresh tomato and basil in a white wine garlic sauce with chili flakes	
Chicken Alfredo	11.50
Roasted red pepper and chicken Alfredo mixed with fuesilli	
Italian Sausage	11.50
Green peppers, onions, Italian sausage, rich house made tomato sauce with rigatoni	

PIZZA

Margarita	9.00
Fresh tomato and basil, homemade napolitana pizza sauce and bocconcini	
'The Met'	12.50
Italian Sausage, pancetta, onions, green peppers, homemade napolitana pizza sauce and bocconcini	
BBQ Chicken	12.00
Grilled chicken, onion, corn, green peppers, homemade cherry chipotle BBQ sauce and bocconcini	

MET BURGERS

Murder Burger	10.50
House made beef patty, jalapeno havarti, spicy banana peppers, jalapenos, red onion, lettuce, tomato, pickle and chipotle mayo	
Southern Fried Chicken Burger:	10.50
Breaded chicken breast, spicy banana peppers, red onion, lettuce, tomato, pickles, BBQ sauce and chipotle mayo	
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	

MAIN COURSE

Fish and Chips	Full 12.00 Half 9.00
Beer battered cod and fries, coleslaw and tartar sauce	
Jambalaya	12.00
Chicken, chorizo, prawns and veggies in a spicy tomato sauce mixed with rice	
BBQ Baby Back Ribs	12.00
Full rack served with garlic mashed potato and coleslaw	
Marinated BBQ Chicken	11.00
Chicken thighs served with garlic mashed potato and coleslaw	
BBQ Baby Back Ribs and Chicken Combo	12.00
Half rack, chicken thigh served with garlic mashed potato and coleslaw	

DESSERT

Maple Crème Brulee 4.00
Served with candied oranges

White Chocolate Cheesecake 4.50
With Orea cookie crust and Raspberry Coulis