



## MENU AVAILABLE EVERY DAY, 9AM TO 5PM

### BREAKFAST & ALL-DAY BRUNCH

**Monty's Breakfast** **£11.25**

*One rasher of smoked back bacon, a Cumberland sausage, two hash browns, baked beans, grilled tomato, flat mushroom, fried egg and a slice of white, brown or sourdough toast.*

**Big Monty's Breakfast** **£16.25**

*Two rashers of smoked back bacon, two Cumberland sausages, hash browns, baked beans, grilled tomato, flat mushroom, two fried eggs and two slices of white, brown or sourdough toast.*

**Monty's Veggie Breakfast (V)** **£11.25**

*One vegan sausage, a hash brown, veggie bacon, baked beans, grilled tomato, flat mushroom, fried egg and a slice of white, brown or sourdough toast.*

**Big Monty's Veggie Breakfast (V)** **£16.25**

*Two vegan sausages, two hash browns, two rashers of veggie bacon, baked beans, grilled tomato, flat mushroom, two fried eggs and two slices of white, brown or sourdough toast.*

**Eggs Royale** **£11.75**

*Two poached eggs served with hollandaise sauce on a toasted English muffin with smoked salmon*

**Eggs Benedict** **£10.25**

*Two poached eggs served with hollandaise sauce on a toasted English muffin with smoked back bacon.*

**Eggs Florentine (V)** **£9.75**

*Two poached eggs served with hollandaise sauce on a toasted English muffin with spinach and mushrooms.*

**Eggs Your Way on Toast** **£8.00**

*Choose from two poached, two fried or two scrambled eggs. Served on either sourdough toast, ciabatta, white toast or brown toast.*

#### SPECIAL REQUIREMENTS & ALLERGY SAFETY

**GF - Gluten Free - V - Vegetarian, VE - Vegan**

Please speak to the team about any special dietary requirements when ordering. Our meals are prepared in a kitchen where nuts, gluten, as well as other allergens, are present.



**Sausage Sandwich** **£5.95**  
*Cumberland Sausages in your choice of sourdough baguette, white or brown bread.*

**Back Bacon Butty** **£5.95**  
*Smoked back bacon in your choice of sourdough baguette, white or brown bread.*

**Toast with Jam or Marmalade** **£2.95 / Extra Slice £2**  
*A slice of white or brown toast with butter and a choice of jam or marmalade.*

**GLUTEN FREE BUNS & GLUTEN FREE SLICED BREAD AVAILABLE**

## **EXTRAS**

<b>Sausage</b>	<b>£3.50</b>
<b>Egg (Poached, Fried or Scrambled)</b>	<b>£3.00</b>
<b>Rasher of Bacon</b>	<b>£3.00</b>
<b>Slice of Toast</b>	<b>£2.00</b>
<b>Hash Brown</b>	<b>£2.00</b>
<b>Flat Mushroom</b>	<b>£2.00</b>
<b>Grilled Tomato</b>	<b>£2.00</b>

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## BAGUETTES & SANDWICHES

**Classic Metropolitan Club Sandwich** **£17.95**

*Layers of toasted white or brown bread stacked with grilled chicken breast, crispy bacon, fresh tomato, crunchy lettuce and egg mayonnaise, served with fries and slaw.*

*Choose from a warm toasted sourdough baguette, toasted ciabatta, white or brown bread sandwich, toasted bread or a gluten free bun. Served with lightly salted crisps*

*Add skinny fries for £3, chunky chips for £3.50 or sweet potato fries for £4*

<b>Smoked Salmon &amp; Cream Cheese</b>	<b>£11.95</b>
<b>Breaded Fish Goujons with Tartar Sauce</b>	<b>£11.95</b>
<b>BLT – Bacon, Lettuce, Tomato &amp; Mayo</b>	<b>£10.95</b>
<b>Crispy Chicken Goujons – Crispy Chicken with Lettuce, Tomato &amp; Mayo</b>	<b>£10.95</b>
<b>Tuna Mayo &amp; Cucumber</b>	<b>£8.95</b>
<b>Ham Salad</b>	<b>£8.95</b>
<b>Ham &amp; Coleslaw</b>	<b>£8.95</b>
<b>Egg Mayo (V)</b>	<b>£8.95</b>
<b>Cheddar &amp; Tomato (V)</b>	<b>£8.95</b>

## JACKET POTATOES

*Served with salad garnish and a light dressing.*

<b>Cheese or Baked Beans (V/GF)</b>	<b>£8.55</b>
<b>Coleslaw (V/GF)</b>	<b>£8.55</b>
<b>Tuna Mayo (GF)</b>	<b>£8.95</b>
<b>Baked Beans &amp; Cheese (V/GF)</b>	<b>£9.25</b>
<b>Chilli Con Carne (GF)</b>	<b>£10.95</b>

*Add cheese for 75p to any of the above jacket potatoes*

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## SALADS

*Our salads are available either as a regular or smaller portion.*

**Traditional Greek Salad** **£13.95 / £9.00**

*A traditional Mediterranean salad of tomatoes, cucumber, red onion and olives, topped with feta cheese and finished with extra virgin olive oil, oregano and a light seasoning.*

**Add Grilled Chicken Skewers or Grilled Salmon for £4 or Halloumi or Flaked Tuna for £3**

**Mediterranean Salad (VE/GF)** **£13.95 / £9.00**

*Hummus, grilled red peppers, green beans, chopped tomatoes, bulgar wheat, falafel and mixed leaves with a house dressing.*

**Add Grilled Chicken Skewers or Grilled Salmon for £4 or Halloumi or Flaked Tuna for £3**

**Nicoise Salad (VE/GF)** **£13.95 / £9.00**

*Tomatoes, green beans, olives, and lettuce, combined with hard-boiled eggs, dressed with olive oil.*

**Add Grilled Chicken Skewers or Grilled Salmon for £4 or Halloumi or Flaked Tuna for £3**

**Caesar Salad** **£13.95 / £9.00**

*Baby gem lettuce, smoked bacon pieces, hardboiled egg, croutons, Caesar dressing, shavings of parmesan cheese and anchovies. **Available gluten free with no Croutons.***

**Add Grilled Chicken Skewers or Grilled Salmon for £4 or Halloumi or Flaked Tuna for £3**

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## MAINS & SHARERS

**Chicken Skewers** **£14.95**  
*Succulent chicken pieces marinated in a blend of aromatic herbs and warming spices, served with bulgar wheat or fries and side salad.*

**Sausage & Mash** **£13.95**  
*Grilled Cumberland sausages served with buttery mash, fresh garden peas and green beans topped with gravy. **Vegan Sausages are also available.***

**Chicken Sausage & Mash** **£13.95**  
*Halal Chicken Sausages served with buttery mash, fresh garden peas and green beans topped with gravy.*

**Steak & Ale Pie** **£15.95**  
*A heartwarming steak and ale pie. Served with your choice of chips or mashed potato, garden peas, green beans and gravy.*

**Ham, Egg & Fries (GF)** **£12.95**  
*Butchers' quality sliced ham and two fried eggs served with skinny fries.*

**Smoked Haddock & Applewood Cheese Fishcakes** **£17.95**  
*Served with fries and a side salad with house dressing.*

**Fish Goujons & Fries** **£14.95**  
*Crispy golden fish goujons made from tender white fish fillets, coated in a light, crunchy breadcrumb coating and served with fries and tartare sauce.*

**Beef Lasagna** **£15.95**  
*Homemade Beef lasagna served with a side salad and garlic bread.*

## SHARERS

*Add chilli con carne to your fries or nachos for £3.95*

**Loaded Fries Sharer (V/GF)** **£10.95**  
*Skinny fries topped with grated melted cheese, guacamole, sour cream and salsa.*

**Nachos Sharer (V)** **£10.95**  
*Tortilla chips topped with grated melted cheese, guacamole, sour cream and salsa.*

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## BURGERS

*Our legendary burgers are served in a brioche bun (gluten free available) with baby gem lettuce, sliced tomato, pickled gherkins, red onion. Served with a side of rainbow slaw.*

*Served with skinny fries, or swap for chunky chips for an extra 75p or sweet potato fries for an extra £1*

*Add chilli con carne to your burger for £3.95*

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|---|---------------|
| <b>Metropolitan Beef Burger &amp; Fries</b>   | <b>£17.95</b> |
| <i>8 oz juicy butchers steak burger, grilled and topped with crispy bacon, Melted cheese and burger sauce.</i>                                  |               |
| <b>Metropolitan Chicken Burger &amp; Fries</b>  | <b>£16.95</b> |
| <i>Grilled Chicken Breast topped with melted cheese, crispy bacon, and spicy mayo.</i>  |               |
| <b>Metropolitan Crispy Chicken Burger &amp; Fries</b>   | <b>£16.95</b> |
| <i>Crispy Chicken Breast topped with melted cheese, crispy bacon, and spicy mayo.</i>   |               |
| <b>Crispy Chilli Jam Chicken Burger</b>   | <b>£16.95</b> |
| <i>Crispy chicken breast, topped with melted cheese, sweet chilli jam, crunchy slaw, and crisp lettuce.</i>                                     |               |
| <b>Fish Goujon Burger</b>   | <b>£16.95</b> |
| <i>Crispy golden fish goujons made from tender white fish fillets, coated in a light, crunchy breadcrumb coating served with tartare sauce.</i> |               |
| <b>Metropolitan Halloumi Burger &amp; Fries (V)</b>   | <b>£15.95</b> |
| <i>Crispy halloumi, hummus, roasted peppers, tomato, red onion and sweet chilli in a brioche bun.</i>   |               |
| <b>Moving Mountains Plant-based Burger &amp; Fries (V/VE)</b>   | <b>£14.95</b> |
| <i>A blend of plant-proteins with sweet chilli sauce in a vegan brioche bun.</i>  |               |

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## LIGHT BITES

**Soup of the Day (V)** £5.95  
*Homemade soup served with warm ciabatta and butter. Gluten free option available.*

**Halloumi Fries (V)** £6.95  
*Crispy golden halloumi fries served with sweet chilli jam and fresh mixed leaves.*

**Loaded Fries for One (V/GF)** £7.95  
*Skinny fries topped with grated melted cheese, guacamole, sour cream and salsa.*

**Nachos for One (V)** £7.95  
*Tortilla chips topped with grated melted cheese, guacamole, sour cream and salsa.*

***Add chilli con carne to your loaded fries or nachos for £2.95***

**Calamari Rings** £6.95  
*Lightly battered calamari rings, fried until golden and crisp, served with fresh mixed leaves and a side of lemon and tartare sauce.*

**Panko Prawns** £6.95  
*Prawns coated in crispy panko breadcrumbs and served with mixed leaves, lemon, and a classic Marie Rose sauce.*

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## SIDES

Selection of Olives	£2.95
Garlic Bread (V)	£4.50
Cheesy Garlic Bread (V)	£5.75
Chunky Chips (VE/GF)	£4.00
Skinny Fries (VE/GF)	£3.55
Sweet Potato Fries (VE/GF)	£4.50
Crispy Battered Onion Rings (V)	£3.75
Rainbow Slaw (V/GF)	£1.95

Garlic Bread is available as a Gluten Free Option

## KIDS

Grilled Cumberland Sausages	£7.95
Vegan Sausages	£7.95
Grilled Chicken Breast	£7.95
Chicken Nuggets	£7.95
Fish Goujons	£8.95

*Served with fries and baked beans.*

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## DESSERTS

<b>Raspberry Frangipane (GF/VE)</b>	<b>£5.95</b>
<i>Raspberry frangipane tart served with raspberry sorbet</i>	
<b>Chocolate Fondant</b>	<b>£5.95</b>
<i>Warm chocolate fondant with vanilla ice cream.</i>	
<b>Apple Crumble Tart</b>	<b>£6.95</b>
<i>Apple Crumble in a sweet pastry case topped with a oat crumble. Served with vanilla ice cream or Custard</i>	
<b>Triple Chocolate Fudge Cake</b>	<b>£6.95</b>
<i>Rich dark chocolate fudge cake with pieces of white chocolate throughout, topped with chocolate ganache and white and dark chocolate shavings. Served with vanilla ice cream.</i>	
<b>Sticky Toffee Pudding</b>	<b>£7.50</b>
<i>Fluffy treacle and date sponge topped with a lusciously rich toffee sauce. Served with vanilla ice cream.</i>	

## ICE CREAM & SORBET

**One Scoop for £2.25**  
**Two Scoops for £3.75**  
**Three Scoops for £4.95**

*Available flavours include Vanilla Clotted Cream, Belgian Chocolate, Strawberry, Salted Caramel and Honeycomb*

**SEE OUR SELECTION OF ICE CREAMS IN OUR  
FREEZER CHEST BY THE BAR!**

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