

THE MET MENU

SALADS

LEVANTINE FALAFEL (V) (GF) \$16

Served with mixed greens, cucumber, cherry tomatoes, carrot, red onion, house-made hummus and lemon tahini dressing.

ROASTED CHICKPEA (GF) (V) \$18

Oven roasted chickpea with Moroccan spices. Served with mixed greens, cucumber, cherry tomatoes, carrot, red onion and house-made hummus.

MANGO-AVO CHICKEN BLISS (GF) \$22

Served with mixed greens, shaved almond, cranberry, cherry tomatoes, red onion, cucumber and feta with a house balsamic dressing.

PASTAS

CLASSIC BOLOGNESE \$20

Traditionally slow-cooked beef, tomato sauce, spaghetti, fresh herbs and parmesan.

PRAWN LINGUINE \$28

Prawn, garlic and chili sautéed with white wine and lemon finished with fresh parsley and parmesan.

ROASTED VEG AND PESTO (V)(GFO) \$28

Penne served with house-made pesto and seasonal roasted vegetables.

Add chicken for \$5

MAIN COURSE

MET LAGER BATTERED FISH \$24.00

Locally sourced Flathead served with house-made tartare sauce, lemon, chips and salad.

SALMON POKE BOWL (GF) \$26.00

Oven baked salmon filet served with coconut rice, mixed greens, cucumber, cherry tomatoes, carrot, red onion and toasted sesame. Finished with The Met poke sauce.

CHICKEN POKE BOWL (GF) \$24.00

Pan fried chicken breast served with coconut rice, mixed greens, cucumber, cherry tomatoes, carrot, red onion, finished with The Met poke sauce.

CLASSIC SCHNITZEL \$24.00

Traditional house-made schnitzel, served with chips and salad.

PARMI FOR AN EXTRA \$2.

STEAKS

200G BLACK ANGUS RUMP (GF) \$26.00

Locally sourced and cooked to your liking.

300G PREMIUM SCOTCH FILLET (GF) \$38.00

Locally sourced and cooked to your liking.

Chips & salad or roasted potatoes & steamed seasonal vegetables.

HOUSE MADE GRAVY

DIANNE (GF)

MUSHROOM (GF)

PEPPER (GF)

PLAIN

BURGERS

FALAFEL BURGER (GF) (V) \$22

Falafel patty with vegan aioli, house-made slaw, avocado, tomatoe and pickles

CLASSIC AUSSIE (GFO) \$22

House-made patty, lettuce, tomatoes, caramelised onion, beetroot, smokey aioli and cheddar.

SOUTHERN FRIED CHICKEN \$22

Southern fried chicken tight, house-made slaw, pickle, cheddar and smokey aioli.

Add extra bacon or patty & cheese for \$5

(V) Vegan
(GF) Gluten free
(GFO) Gluten free option

KIDS MENU

CLASSIC SCHNITZEL

Served with chips, salad and tomato sauce. Make it a parmi for an extra \$3. Ice cream cup

\$15

CLASSIC BOLOGNESE

Served with parmesan cheese or grated mozzarella. Ice cream cup

\$15

FISH & CHIPS

Served with salad and chips with tomato sauce or house-made tartare. Ice cream cup

\$15

CHICKEN NUGGETS

Served with chips and your choice of sauce. Ice cream cup

\$15

BEEF BURGER

House-made patty, cheese and tomato sauce. Served with chips. Ice cream cup

\$15



DESSERTS

DESSERT ARE
HOUSE-MADE

*HOUSE-MADE CINNAMON
APPLE CRUMBLE*

Served warm with vanilla bean ice cream
\$15

THE MET TIRAMISU

Traditional tiramisu
\$17

FRENCH CHEESCAKE

Vanilla bean cream cheese, lime and spiced biscuit
base
\$17

*CHOCOLATE BROWNIE
(V) (GF)*

House made chocolate brownie served with vegan
vanilla ice cream
\$15

