

# Coffee Menu

We use the finest Lavazza Coffee beans for our coffee. Our milk based drinks use Semi-skimmed milk as standard.

**Espresso** - Short, sharp, to the point. Strong in taste with a rich bronze froth (the crema) on top. Regular 1.45 Double 1.80

**Americano** - An espresso with additional hot water to create a longer drink, with cream or milk. Regular 1.75 Double 2.25

**Cappuccino** - Espresso with milk containing equal parts espresso, steamed and foamed milk. Regular 2.15 Double 2.60

**Latte** - Espresso made with more milk than a cappuccino and only a small amount of foam. Regular 2.15 Double 2.60

**Flat White** - Espresso made with only hot milk and no foam. Regular 2.15 Double 2.60

**Macchiato** - An espresso marked with a spoonful of foamed milk. Regular 1.65 Double 2.00

**Hot Chocolate** - Rich and Creamy chocolate mixed with hot milk and topped with frothed milk. 2.15

**Luxury Hot Chocolate** - as above but with the addition of whipped cream and marshmallows 2.60

**Mocha** - Hot chocolate with the addition of an espresso shot. 2.60

**Met Iced Coffee** - Espresso coffee with cold milk over ice. 2.50

**Babyccino** - A small cup of warm frothed milk with chocolate powder sprinkled on top. 0.55

**Filter** - Regular filter coffee with cream or milk. 1.70

**Decaffeinated** - We are able to offer decaffeinated espresso for all the above apart from the filter coffee.

**Herbal Tea** - We have an excellent selection of standard and herbal teas please ask at the bar

**Flavoured Coffees** - flavoured syrups can be added to any of your coffees for the addition of 60 pence. Please ask at the bar.

We can also offer a range of liqueur coffees by adding whiskey, rum, brandy, etc

Good coffee takes time  
please be patient with us.

# Wines at The Met

We boast probably the most extensive wine list on the Isle of Wight. You can choose from over 50 fantastic wines described in the lists on the tables.

Our house wines are available by 175ml or 250ml glass (125ml for the sparkling wine) or the bottle and we have guests pouring wines available each month chosen from our main list. All other wines are only available by the bottle.

If you would like to book a table for your next visit please phone (01983) 855441 or enquire at the bar.

Our website offers you the chance to "stay in touch" with The Met and be the first to find out about future events and occasions in the bar and our sister pubs  
[www.metwinebar.co.uk](http://www.metwinebar.co.uk)

# Welcome to

T H E  
**MET**  
WINE - TAPAS - COFFEE

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Please check our full selection of wines, beers and spirits at the bar.

If you wish to eat with us please help yourself to an unreserved table.

This menu is our main Tapas Selection but please see the blackboards on the wall by the left bar for our Daily Specials and additional Lunchtime Menu.

Why not share a selection of our tapas, order as much or as little as you like, top up with some more later, choose a delicious sweet from the blackboard and finish off with a fresh ground coffee, cappuccino, latte or a hot chocolate. (More on the back page)

Please ask a member of staff for any assistance at any time.

Enjoy, relax and let The Met look after you.

Please Also See Our Blackboards by the left bar for Our Extensive Range of Daily Specials and Lunchtime Menu

### Olives

Mixed Plain Green & Black Olives	2.10
The Met Mix - Large Green and Black Olives, Capers, Garlic cloves and Sun-dried Tomatoes	4.20

### Antipasto (for two people to share, an ideal starter)

A chefs selection of classic antipasto to include cured meats, salami, olives, prawns, anchovies, feta cheese and pickled herrings.

	13.95
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Add bread separately from the list below

### Bread

Garlic Flat Bread	2.20
Plain White Baguette	1.20
Pitta Bread	1.30
Mixed Bread Selection	3.25

(Rosemary Focaccia, Olive Bloomer, White Baguette)

### Dips

Taramasalata, Houmous, Tzatsiki or Allioli (or a mix of two).	2.50
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Add bread separately from the list above

### Salads

Plain salad (lettuce, onion, cucumber, tomato)	3.10
Beefsteak Tomato with Mozzarella Cheese, Onion and Balsamic Vinegar	4.95
Mixed Salad Leaves with Onion, Tomato, Tuna, Egg and allioli	5.50

Please be aware that you may need to order from the bar and at busy times there may be a wait for both food and coffee but be assured it is worth the wait.

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### Vegetables

Cous Cous (hot or cold - your choice)	3.05
Sun Dried tomatoes	3.10
Mixed Mediterranean vegetables (Served Hot)	3.10
Roasted Mediterranean vegetable Pasta Salad	4.10
Baby Peppers Stuffed With Cheese	4.10
Mild Green Chillis stuffed with Cheese (Crunchy)	4.10
Creamy Garlic Mushrooms with Bruschetta (served hot)	4.40

### Meat

Prosciutto di Parma (Italian Ham)	4.75
Salamis - Milano, Mortadello & Danish	4.75
Lamb Meatballs in a Tomato and Basil Sauce Topped with grated cheese	5.25
Piri - Piri Chicken - Lightly spiced chicken fillets with peanut satay dip	5.10
Baby Back Ribs in a Hoï - Sin and BBQ Sauce	5.25
Homemade Chilli with grated cheese, Doritos and sour cream	5.95
Chunky Chicken Kebabs with allioli	5.60

### Potatoes (served hot)

New Potatoes in Garlic and Paprika with allioli	3.95
Caramelised Potato and Onion Tortilla	4.20

(See our blackboard for today's potato special)

### Fish

Pickled Herrings with onions	3.80
Fresh Anchovy Fillets in Garlic	3.95
Salmon Rolls with Cucumber in honey and mustard	4.55
Crayfish Tails with allioli Dip	4.75
Succulent tasty north Atlantic shell-on Prawns served cold with allioli, half baguette and salad garnish	5.95
Skewered Lemongrass Prawns with Sweet Chilli Dip	5.95
Large Greenlip Mussels in Hot Garlic Butter with allioli	6.25

### Mixed Cheese Platter (enough for two)

Mexicana (Spicy), Dolcelatte and Brie Served With Onion Chutney and a Selection of Biscuits	7.50
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Please ask a member of staff for any assistance at any time.

Sweets, Cakes and Ice Creams available from the blackboard as well as delicious coffees (see the menu on the reverse) and Freshly Squeezed Orange Juice