

## FOOD

### SNACKS

<b>CHICKEN WINGS</b>	14
choice of sauce: s&p, lemon pepper, dry cajun, dry greek, hot, hotiyaki, teriyaki, honey garlic, honey hot, honey mustard, pineapple curry or bbq, served with ranch dip	
<b>POTATO SKINS</b>	12
6 skins, tri blend cheese, bacon, green onion, served with sour cream	
<b>ONION RINGS</b>	6
golden fried onion rings	
<b>YAM FRIES</b>	6
fresh cut, double cooked fries	
<b>POUTINE</b>	11
double cooked fries, cheese curds, house made gravy <i>add chicken +4</i>	
<b>HOUSE-CUT FRIES</b>	6
<b>CRISPY CHICKEN STRIPS</b>	11
<i>served with choice of honey mustard or plum sauce add fries +4</i>	
<b>DRY RIBS</b>	14
<i>served with creamy garlic chili dipping sauce</i>	

### ENTRÉES

<b>STEAK &amp; FRIES</b>	21
7oz sirloin steak grilled to perfection, smothered with fried mushrooms and onions, served with fries	
<b>PASTA PRIMAVERA</b>	17
linguine with roasted veggies, olive oil and feta cheese. served with garlic toast. <i>add prawn, chicken or chorizo +4</i>	

### DESSERT

<b>MINI DONUTS</b>	10
served with warm caramel drizzle and powdered sugar	
<b>PEANUT BUTTER PIE</b>	10
decadent creamy chocolate and peanut butter, graham cracker crust, eats like a cheesecake	

<b>BASIC BREAKFAST</b>	10
2 eggs, hashbrowns, your choice of bacon or sausage, toast	

### SANDWICHES

<b>THE MET BURGER</b>	7
smash patty, big Met sauce, onion, pickles, lettuce	
<b>CHEESEBURGER</b>	9
smash patty, big Met sauce, american cheese, onion, pickles, lettuce	
<b>DOUBLE-DOUBLE</b>	12
2 smash patties, big Met sauce, american cheese, onion, pickles, lettuce	
<b>CHICKEN PARMESAN BURGER</b>	14
parmesan breaded chicken breast, chipotle mayo, marinara sauce, tri blend cheese baked on a soft potato bun	
<b>VEGGIE BURGER</b>	11
spicy black bean patty, big Met sauce, tomato, cucumber, lettuce	
<b>COD BURGER</b>	10
7oz of oceanwise cod battered and fried till golden, stacked with house made coleslaw and tartar sauce	
<b>REUBEN BURGER</b>	17
sesame bun, shaved pastrami, beef patty, with house made sauerkraut, dijon mustard, swiss cheese	
<b>PRAWN &amp; CHORIZO TACOS</b>	13
two tacos loaded with prawns and chorizo, served with sour cream and a sweet chili drizzle	

### SOUPS & SALADS

<b>CLASSIC CAESAR SALAD</b>	13
romaine, croutons, parmesan served with caesar dressing	
<b>DAILY SOUP</b>	10
served with side garlic toast	
<b>SOUP AND SANDWICH</b>	13
ask your server for the Sandwich of the Day, available Monday to Friday	
<b>THE MET SALAD</b>	11
fresh greens, tomato, cucumbers, feta cheese. try with our housemade strawberry vinaigrette. <i>add prawns or chicken +4</i>	

### WEEKEND BRUNCH | SAT + SUN TIL 3PM

<b>CHOCOLATE CARAMEL FRENCH TOAST</b>	14
served with bacon or sausage. <i>add 1 egg +2, has brown +2, 1 chicken strip +3</i>	