

METROPOLIS Bar & Grill

SHARERS

£6 EACH
OR BUY
ANY 6
FOR JUST
£30

HOT CHICKEN WINGS GF

Garlic mayo 730 Kcal

MOZZARELLA STICKS V

Sweet chilli sauce 554 Kcal

BBQ CHICKEN WINGS GF

BBQ sauce 805 Kcal



SALT & PEPPER CHICKEN STRIPS

Sweet chilli sauce 1030 Kcal

NEW! CHARGRILLED CHICKEN SKEWERS

Sweet chilli sauce 397 Kcal

NEW! HOMESTYLE PERI PERI CHICKEN STRIPS

Garlic mayo 1131 Kcal

ANYONE FOR NACHOS?



THE CLASSIC NACHOS V GF £9.00 1206 Kcal

Corn tortilla chips topped with nacho cheese sauce, salsa, guacamole, sour cream, spring onions & jalapeños

Add Chilli Con Carne (120 Kcal) GF

OR Smokey Three Bean Chilli (173 Kcal) V for just £3.00

PLENTY FOR 2 TO SHARE

MBG DIRTY FRIES

ALL DIRTY!

CHEESY FRIES V GF £7.00 433 Kcal

Skinny fries & nacho cheese sauce

'CHEESE FORGIVE ME FRIES!' GF

£8.00 528 Kcal

Cheesy fries with bacon bits & spring onions

MEXI FRIES GF £9.00 588 Kcal

Skinny fries, nacho cheese sauce, chilli con carne, salsa, spring onions & jalapeños

NEW! 'DIRTY AS CLUCK FRIES'

£9.00 924 Kcal

Southern fried chicken, skinny fries, garlic mayo, sriracha & spring onions

NEW! THE BEST BEEF BIRRIA TACOS! £13.50 (525 Kcal) GF

Crunchy corn tortilla shells filled with homemade beef birria (525 Kcal)

Shredded lettuce, sour cream, tomatoes, nacho cheese sauce served with skinny fries (362 Kcal) OR salad & house dressing (51 Kcal)

Served with beef birria gravy (42 Kcal)

THE MBG CRUNCHY TACO £12.00

Three crunchy corn tortilla shells filled with Chilli Con Carne (525 Kcal) GF

OR Smokey Three Bean Chilli (835 Kcal) V

Shredded lettuce, sour cream, tomatoes, nacho cheese sauce served with skinny fries (362 Kcal) OR salad & house dressing (51 Kcal)



ADULTS REQUIRE AROUND 2000 Kcal PER DAY

V Vegetarian Option VG Vegan Option DF Dairy Free GF Gluten Free

If you have food allergies please inform the staff and use our 'Food Allergy Alert' cards. Allergen information is also available upon request. Although every care is taken, some of our fish and chicken products may contain small bones. All food and beverage items are served as described on the menu and subject to availability. Any changes may result in price alterations and prices may vary without prior notice. Images are for illustration purposes only.

ALL FOOD SERVED FROM 12PM - 3:15PM & 4:30PM - 9PM TO UNLESS STATED

GO GREEN

VEGETARIAN & VEGAN

SMOKEY THREE BEAN CHILLI

V VG £12.00 654 Kcal

Served with basmati & wild rice

PLANT BASED BURGER

£12.00 1075 Kcal

Plant based beef patty, bun, skinny fries, side salad & house dressing

Add Vegan Cheese £2.00 81 Kcal

Add Vegan Bacon £2.00 80 Kcal

MAKE IT A SLOPPY JOE VG

Smokey three bean chilli

Add £3.00 87 Kcal

VEGAN PENANG CURRY

V GF VG £12.00 489 Kcal

Served with wild rice

MUSHROOM PASTA V

£12.00 2100 Kcal

Mushrooms, mushroom sauce, parmesan, penne pasta & garlic baguette

'NO CHICKEN BURGER'

£12.00 985 Kcal

Plant based chicken patty, bun, skinny fries, side salad & house dressing

SALADS

CHICKEN CAESAR SALAD

Grilled chicken fillet, served on a bed of little gem lettuce, parmesan shavings, croutons, Caesar dressing & bacon bits £11.00 757 Kcal

TUNA SALAD GF

Tuna & mayo served on a bed of salad leaves, sweet corn, tomatoes, peppers, red onion & boiled egg £11.00 400 Kcal

NEW! PERI PERI CHICKEN SALAD

Spicy peri peri chicken strips on a bed of fresh mixed salad & garlic mayo £11.00 444 Kcal



'JUICY' BURGERS & 'DELICIOUS' SANDWICHES

All our burgers are served with a Brioche bun, lettuce, tomatoes & red onions, skinny fries & Mexican Style Slaw

GOURMET BEEF BURGERS



THE CLASSIC CHEESE BURGER

6oz British beef burger made by our local butcher. Simple, plain, easy and delicious! £13.50 1456 Kcal

NEW! CHILLI CHEESE BURGER

6oz British beef burger topped with chilli con carne, grilled bacon & cheese £15.50 1981 Kcal

NEW! MEXICAN BIRRIA NACHOS BURGER

6oz British beef burger topped with birria beef, cheese, nachos, Mexican Slaw & birria gravy on the side £17.50 1219 Kcal

CHICKEN BURGERS



THE CLASSIC CHICKEN

Grilled chicken fillet & BBQ sauce £12.00 1062 Kcal

available as GF upon request

SOUTHERN FRIED CHICKEN

A crispy coated chicken fillet & a garlic mayo £13.00 1136 Kcal

NEW! PERI PERI BURGER

Chargrilled peri peri chicken fillet & peri peri sauce £14.00 1051 Kcal

DOUBLE UP FOR £3.00

ADD EXTRA CHEDDAR CHEESE £1.50 (167 Kcal) ADD EXTRA BACON £2.00 (109 Kcal)

SANDWICHES

SERVED 12PM TILL 3:15PM ONLY

NEW! BEEF BIRRIA SANDWICH

Beef birria, nacho cheese sauce, jalapenos & spring onions served in a sub roll with skinny fries

£12.50 1219 Kcal

NEW! SPICY HONEY CHICKEN

Chicken fillet, honey, sriracha, garlic mayo, lettuce, tomato & jalapenos, served in a sub roll with skinny fries

£12.50 1077 Kcal

Sides

PARMESAN TRUFFLE FRIES

£6.00 GF 380 Kcal

MEXICAN STYLE SLAW

£5.00 GF VG 120 Kcal

GARLIC BAGUETTE

£5.00 636 Kcal

SKINNY FRIES

£4.50 V GF 362 Kcal

ONION RINGS

£4.50 V 626 Kcal

SIDE SALAD & HOUSE DRESSING

£3.50 GF VG 51 Kcal

GOOD TO KNOW!

Our house dressing is olive oil & balsamic glaze VG GF

MBG FAVOURITES

AVAILABLE ALL DAY



BBQ RACK OF RIBS

GF £13.00 1427 Kcal
Full rack of Tennessee ribs, served with skinny fries, side salad & house dressing

CHICKEN NEW YORKER

GF £13.00 1082 Kcal
Grilled chicken fillet topped with bacon, Tennessee BBQ sauce and mixed cheeses. Served with skinny fries, side salad & house dressing



NEW! CRISPY BELLY PORK MAC 'N' CHEESE

£14.00 1603 Kcal
Skinny fries & BBQ sauce

NEW! THE FAMILY FIESTA PLATTER

£25.00 3223 Kcal

Hot chicken wings, BBQ chicken wings, salt & pepper chicken strips, peri peri chicken strips, chargrilled chicken skewers, mozzarella sticks, garlic baguette, onion rings, classic nachos, side salad & house dressing, garlic mayo & sweet chilli sauce

PLENTY FOR 2 TO SHARE



Kid's MENU

ALL £7.00

THE 'I DON'T KNOW'

4oz British beef burger in a seedless bun with lettuce & tomato, served with skinny fries 728 Kcal

THE 'EEWWW'!

Chicken fillet burger in a seedless bun with lettuce & tomato, served with skinny fries 643 Kcal

THE 'I DON'T CARE'

Chicken nuggets served with skinny fries & baked beans 415 Kcal

THE 'I'M NOT HUNGRY'

Macaroni cheese served with garlic bread 550 Kcal

THE 'I DON'T WANT THAT'

Quorn nuggets served with skinny fries & baked beans 573 Kcal

THE 'CAN WE GO?'

7" Margherita pizza served with skinny fries 727 Kcal

THE 'WHATEVER'

Spaghetti bolognese served with garlic bread 394 Kcal

DESSERTS

THE CHOCOLATE OREO COOKIE FREAKSHAKE

Chocolate ice cream, chocolate sauce, whipped cream, Oreos, brownies & marshmallows 605 Kcal

THE FLAMINGO FREAKSHAKE

Strawberry ice cream, strawberry sauce, donut, whipped cream, sprinkles & candy floss 686 Kcal

NEW! 'HOT & CRISPY' CHURROS

Choice of sticky toffee sauce or chocolate sauce 686 Kcal



ALL £7.00

FOR THE KIDS!

BEN & JERRY'S ICE CREAM TUBS

VANILLA 167 Kcal ★ CHOCOLATE FUDGE BROWNIE 182 Kcal ★ COOKIE DOUGH 198 Kcal

ALL £3.50

ALL £8.00 CLASSIC COCKTAILS

PORNSTAR MARTINI

Porn Star Martini Mix, Vodka, Passoã & Prosecco Shot

MOJITO

Bacardi, Soda, Mint & Lime

SEX ON THE BEACH

Vodka, Archers, Orange Juice, Cranberry Juice, Grenadine



APEROL SPRITZ

Aperol, Prosecco & Soda

LONG ISLAND ICED TEA

Vodka, Gordon's Gin, Bacardi, Tequila, Cointreau & Coke

WOO WOO

Vodka, Archers, Cranberry Juice, Grenadine

Evening Menu

SERVED 4.30PM TILL 9PM ONLY

MAINS

NEW! SWEET & STICKY CRISPY KOREAN CHICKEN

£13.00 1670 Kcal

Sesame seeds, spring onions, coriander & rice

SIZZLING FAJITAS

Your choice of **Chicken OR Vegetarian** pan-fried with peppers and onions, seasoned with our Fajitas spices and served on a hot cast iron skillet with tortilla wraps, salsa, guacamole, soured cream and mixed cheeses

Chicken - £15.50 926 Kcal
OR Vegetarian - £14.00 717 Kcal



MEXICAN PARMO

£15.00 1833 Kcal

Breaded chicken breast, 3 cheese mix & Bechamel sauce, hot sauce, fresh chillies, salad, garlic mayo & skinny fries

CLASSIC CHICKEN PARMO

£14.50 1767 Kcal

Breaded chicken breast, 3 cheese mix & Bechamel sauce, salad, garlic mayo & skinny fries

NEW! 100z RIBEYE STEAK

£29.00 1280 Kcal

Served with skinny fries, onion rings, grilled tomato, mushrooms & peppercorn sauce