

Speciality BETTER COFFEE

House Coffee (Bobolink, Union Hand-Roasted)

Tasting notes: Nuts, Chocolate, Caramel

Origin: Brazil, Bobolink Cooperative

Process: Natural



Guest (Featuring guest roasters)

Seasonally rotating single estate (from one farm) coffees showcasing the diverse & unique flavours of speciality coffee.

Decaf

Seasonal single origin CO₂ process decaf.

(Speak to one of our baristas for more information)



BLACK COFFEE

	House	Guest
Espresso 2oz	2.15	2.45
Batch Brew 10oz	2.5	2.8
Americano 10oz	2.5	2.8
AeroPress 10oz	3.2	3.5
V60 10oz	3.2	3.5
V60 For Two 20oz	6	6.5

ICED COFFEE

	House	Guest
Iced Latte	3.3	3.6
Iced Mocha	3.5	
Freddo Espresso	3	3.3

MILKY COFFEE

	House	Guest
Cortado 4oz	2.6	2.9
Flat White 6oz	2.75	3.05
Latte 11oz	2.9	3.2
Cappuccino 10oz	2.9	3.2
Americano 10oz	2.5	2.8
Mocha 10oz	3.3	

Soya +50p // Oatly +50p

	House	Guest
Cold Brew Subj. availability	3	
Espresso	4	
Frappe Vanilla or caramel		
Affogato	4	4.3
Iced Americano	3	3.3

Bit More Info

Our coffee is sourced through Direct Trade. This goes beyond Fairtrade & similar programs, establishing relationships directly with farmers, giving full transparency & truly fair prices. It also facilitates investment & commitment to improving both the livelihoods of the producers who grow our coffee, & the quality of the coffee they grow & we receive. We highly recommend trying our coffees first without sugar, & filters without milk, to best experience the natural complex flavours. We steam milk to 60°C for a sweeter, smoother taste.

Please ask if you'd like it a bit hotter.

LOOSE LEAF tea

BLACK

Breakfast golden // full bodied	2.7
Earl Grey floral // citrus	2.7
Decaf smooth // refreshing	2.7
Lapsang	2.95
Souchong intense // smokey	2.95
Chai aromatic // fragrant	2.95
Chai Latte	3.4

GREEN

Sencha Green clean // refreshing	2.95
Genmaicha toasty // nutty	2.95
Jasmine delicate // floral	3.25
Milk Oolong fragrant // sweet	3.25

Matcha Green vegetal // healthy	3.25
Matcha Latte	3.75

HERBAL / FRUIT

Rooibos caramel // earthy	2.95
Orange & Euc Rooibos sweet // intense	2.95
Chamomile calming // floral	2.95
Peppermint fresh // invigorating	2.95
Berry Blend natural // sweet	2.95

MARIMBA Milk, Dark or White
HOT CHOCOLATE 3.1
 With real chocolate flakes
 Why not add: Marshmallows +50p // Cream +50p

COLD DRINKS

Bottles are found in the chiller

SMOOTHIES

Big 5 Pineapple, mango, kiwi & strawberry	3.95
Strawberry Split Strawberry & banana	3.95
Grape Escape Grape, blueberry, banana & strawberry	3.95
Berry -Go- Round Strawberry, raspberry & blackberry	3.95
Pash 'N' Shoot Passionfruit, pineapple & mango	3.95
Melon Refresher Melon, strawberry & mango	3.95

SOFT DRINKS

	1/2 Pint	Pint
Coca-Cola	1.75	3.25
Diet Coke	1.75	3.25
Lemonade (diet available)	1.75	3.25
Orange/Apple Juice	2.75	

MILKSHAKES

Chocolate Chip	3.95
Salted Caramel	3.95
Mint Choc Chip	3.95
Vanilla Pod	3.95
Strawberry	3.95

Fresh, Tasty, Local

FOOD & DRINK



A BIT about US

Proud to be Southampton's Independent Coffee Company, serving directly traded, speciality grade coffee since 2013. With our Grandparents name above the door (George & Margaret Mettrick, you might spot them & the rest of our family on our walls), we've been our city's living room for five years. With full kitchens & proper chefs at each site, our food is always Fresh, Tasty, Local, first thing in the morning 'til late at night.

BRUNCH

Served until 3pm

Toast with Spreads  (sourdough +50p) Marmite, marmalade, jam or peanut butter	3.5
Egg On Toast  (sourdough +50p) (scrambled +50p)	4.5
Bacon or Sausage Butty (add egg +50p)	5
House Made Granola   Natural yoghurt, honey & banana	4.9
Eggs Benedict (Upgrade to Eggs Royal +1) Ham, bubble & squeak cakes, poached eggs & homemade hollandaise	7.5
Eggs Florentine  Wilted spinach, bubble & squeak cakes, poached eggs & homemade hollandaise	7.5
Smoked Salmon Stack  Sweetcorn, potato & courgette fritter, wilted spinach, avocado, smoked salmon, dukkah spice & a poached egg	7.5
Golden Courgette, Potato & Sweetcorn Fritters  Tomato & avocado salsa, smoked bacon & coriander yoghurt	7
Super Breakfast Salad   NEW Shredded kale, broccoli, beans, goji berries, toasted almonds, pickled fennel, pomegranate seeds, red quinoa, grilled halloumi, avocado, chia seeds & a poached egg	7
Full English Poached eggs, sausages, bacon, beans, hash brown, black pudding, vine tomatoes, mushrooms & toast	8.5
Vegan Full English  Falafel balls, mushrooms, spinach, avocado, vine tomatoes, beans, hash brown & toast	8.5
Avocado Smash   Beetroot hummus, rocket, tomato & quinoa salsa, feta, dukkah spice & a poached egg	7.9
Breakfast Wrap (Scrambled +50p) Bacon, sausages, hash brown, cheese & a fried egg	6.5
Smoked Salmon, Avocado & Eggs Scottish smoked salmon, fresh avocado, creamy scrambled eggs & toasted sourdough	7.5
Porridge   Fruits of the forest compote & nut crumble	4.5
Buttermilk Pancakes  (Add two pancakes +2) Clotted cream & berry compote, streaky bacon & maple syrup	7
Banana Bread Toastie  Sliced banana, Nutella & toasted almonds	6.5



SIDES

Hash brown 0.75, Bacon 1.5, Salmon 2.5, Feta 2, Halloumi 2, Tomatoes 1.5, Egg 0.5, Avocado 2, Sausages 1.5 Chicken 2, Beans 1, Corn fritter 1.5, Mushrooms 2, Spinach 2

LUNCH

Served from 12pm - 5pm

Soup Of The Day	5.5
Chicken Salad Grilled chicken, sundried tomatoes, avocado, walnuts, halloumi, crispy bacon, mixed leaves & house dressing	7.5
Super Food Salad  Shredded kale, dried cranberries, toasted coconut, toasted almonds, red cabbage, quinoa, pomegranate seeds, cauliflower, pickled fennel & coconut & lime dressing	6.9
Roast Beetroot Salad   Slow roasted beetroot, pistachios, goat's cheese, caramelised onion, mixed leaves & house dressing	6.9

SANDWICHES

Smoked Salmon Cream cheese, capers on sourdough	6.9
Vietnamese Banh Mi Roll NEW Chicken, pate, pickled carrot, spring onion, fresh coriander & a fried egg	6.9
Mettricks Club Poached chicken, crispy bacon, baby gem lettuce, tomato & garlic mayo on toasted sourdough	6.5
Fish Finger Sarnie Battered cod goujons, baby gem lettuce & tartare sauce on brown or white bread	6.5

WRAPS

Southern Fried Chicken Pickled slaw & Sriracha aioli	6
Beef Chilli & Cheese Chilli con carne, mozzarella & cheddar mix	6.5
Sweet Potato Falafel  Beetroot hummus, roast red pepper, pickled cabbage & spinach	6
Lentil Bean Chilli  Spinach & guacamole	6



Applies to any dish on the lunch menu

LOADED SPUDS

Beef Chilli & Cheese	6.5
Lentil Bean Chilli & Guacamole 	6
Bean & Cheese 	5.5
Tuna Mayo	5.5

TOASTIES

Ham & Cheese	5.5
Cheese & Tomato Chutney 	5
Bacon, Avocado & Cheese	6
Just Cheese 	5

DINNER

Served from 5pm - Late

SMALL PLATES

4 FOR £22

Baked camembert, toast	6.5	Meatballs, chorizo & tomato sauce, toasted ciabatta	6.9
Marinated chicken satay,  peanut sauce	5.9	Halloumi fries, tomato relish 	5.5
Tempura prawns, oriental stir-fry	6.9	Breaded whitebait, tartare sauce	5.5
Crispy calamari, garlic aioli	5.9	Wild garlic mushrooms on sourdough  	5.9
Thai fishcakes, oriental salad	6.5	Falafel bites, mango chutney 	5.5
Brussels paté, toasted ciabatta	5.9		

NIBBLES

Marinated Olives	3	Sweet Potato Fries	3.8
Garlic Breadsticks	3.5	House Breads & Oils	3.5

FLATBREADS

Goats Cheese  NEW Spinach, red onion chutney & pine nuts	6.9
Garlic & Mozzarella 	4.9
Chicken, Pesto & Mozzarella	6.9

LOADED NACHOS

Served with sour cream, guacamole & salsa

Beef Chilli & Cheese	6.9 9.9
Lentil & Bean Chilli 	5.9 8.9
Cheese Mix	4.9 6.9

WHY NOT add...

BURGERS

Served with chips


Buttermilk Spiced Chicken Pickled slaw, rocket & Sriracha aioli	9.9
Classic Beef Gem lettuce, pickles, onion, tomato & burger sauce	9.9
Halloumi 	8.9
Vietnamese Banh Mi Chicken pate, pickled carrot, spring onion, fresh coriander, a fried egg & Sriracha sauce	8.9

CHEESE 1, BACON 1, AVOCADO 1

Please ask if you have any allergen or dietary requirements.

We cannot list every ingredient in our dishes & although every care is taken, we cannot guarantee the complete absence of nuts or other allergens.

Key:

Vegetarian  Vegan  Vegetarian Available  Vegan Available 

 Mettricks  www.mettricks.com
 Mettricks  MettricksCoffee