	Lunch Menu Main meal PLUS a small Main meal PLUS a small of Aqua Juice (185 ml) and a piece of truit or small biscuit
Metro Traditional £2.00 *Meal deal £2.25	Traditional British dishes served daily. All dishes include either potatoes and vegetables of the day or mixed salad and coleslaw.
World Flavours £2.00 *Meal deal £2.25	A daily prepared dish taking influences from all continents around the world, naan bread or garlic bread.
Meat free vegetarian option - all £1.85 *Meal deal £2.25	Prepared daily, using the finest ingredients. All dishes to include either potatoes or rice and vegetables or salad and coleslaw.
Fasta Pasta £1.85 *Meal deal £2.25 Small pots (120z) £1.40	A wide choice of sauces to complement our Durum Wheat pasta. Favourites like Mexican Meatballs, Kansas Chicken and Spicy Tomato will be regulars.
Metro Wrap £1.85 *Meal deal £2.25	A classic flour tortilla naan or pitta filled with a choice of sauces.
Metro Express *Meal Deal Baguette £2.25	A selection of subs, sandwiches,rolls, baguettes, wraps from 90p - £1.85. Salad pots and cold pasta pots - <i>Small</i> £1.35, <i>Large</i> £1.65.
Metro Sub All served with free chopped salad *Meal deal jacket potato with	Soup with crusty bread - 85p Baked pizza slice - £1.05 Chicken fillet on a bun - £1.25 Large chicken fillet (2) on a bun £1.95 Chips_wedges_herby potato dishes - £1.05
1 filling £2.25 *Meal deal pizza slice and chips £2.25	Chips, wedges, herby potato dishes - £1.05 Chips, wedges, herby potato with cheese £1.60 Hot filled panini - £1.80 Baked potato with butter - 80p Selection of filled jacket potatoes with large filling - £1.55 Additional small filling - 50p # A selection of pies and pasties - £1.00 #
Metro Delights	A selection of desserts Fresh fruit - 30p each Fruit pots - 70p

Yoghurt - **55p** A selection of homemade assorted cakes, cookies and biscuits - **from 40p** Pre-packed cakes and biscuits - **from 60p**

Only available twice weekly



MetroFresh

a *fresh* approach...



