Rise and Revive Menu

Products from the MetroFresh range will be available from the self serve fridges. In addition there will be a selection of hot snacks available from the dining room including:

Fresh toast (per slice)	20p
Beans on toast (per slice)	60p
Scrambled egg on toast (per slice)	60p
Cheese on toast (per slice)	65p
Hot potato cakes (whole)	60p
Hot potato cakes (half)	30p
Crumpet	32p
Bagel (whole)	70p
Bagel (half)	40p
# Sausage barm #	£1.00
Hot bacon rolls	£1.00
Bacon on toast (2 slice)	£1.25
Toasted tea cake	50p
A selection of hot toasties (half)	55p
A selection of hot toasties (full)	£1.00
# Hash browns (each)#	30p
Cheesy garlic mini bun	50p
Mini bun pizza	50p
Hot filled panini	£1.80
Half panini	95p
Freshly baked pizza slice	£1.05
Classic range boxed sandwich	£1.35
Executive range boxed sandwich	£1.55
A selection of speciality filled ciabbata, sub rolls,	
baguettes and wraps	£2.00
Half sub roll	90p
# Only available twice weekly #	

Selection of hot and cold drinks

330ml bottled water Harrogate	40p
500ml bottled water Harrogate/Metro Fresh	55p
Aqua Juice 185ml	40p
Aqua Juice 330ml	65p
Flavoured Water 500ml	65p
Fair Trade pure juice carton 200ml	55p
Pure Juice carton 200ml	55p
Capri sun 200ml	65p
Rapidz juice 330ml	65p
Yazoo Flavoured milk 200ml	65p
Radnor Fruits 330ml	65p
Milk 250ml	45p
Milk pint	70p
Suso can 300ml	80p
Tea/coffee	50p
Hot chocolate	60p
Slush Puppie	65p
All other drinks available as priced.	



Metro Express

A selection of sandwiches, rolls, baguettes, wraps, salad pots and cold pasta pots.

Metro Delights

A selection of desserts, fresh fruit, fruit pots, yoghurt, assorted cakes, cookies and biscuits.

* subject to availability at selected MetroFresh dining rooms.











