

# Food menu

## TAPAS MENU

- (V)ACEITUNAS MIXTAS  
MIXED MARINATED OLIVES
- 5.75
- (V)QUESO MANCHEGO  
MANCHEGO CHEES
- 7.75
- ALMEJAS MARINERA  
CLAMS IN A WINE, GARLIC AND PARSLEY SAUCE
- 7.50
- BERENJENAS REBOZADAS  
BATTERED & DEEP FRIED AUBERGINE
- 6.75
- CALAMARES A LA PLANCHA  
SAUTEED BABY SQUID, GARLIC WHITE WINE
- 8.75
- CALAMARES FRITOS  
FRIED SQUID RINGS
- 7.75
- CALLOS CON GARBANZOS  
SPANISH TRIPE WITH CHICK PEAS
- 6.75
- CHARCUTERIE  
CHEESES,CHORIZO IBERICO,JAMON SERRANO & SALCHICHON
- 9.75
- CHISTORRA  
PAN FRIED SPECIAL BABY SAUSAGE IN WHITE WINE
- 6.95
- CHULETA DE CORDERO  
GRILLED LAMB CUTLE, ONIONS & MINT

- **7.75**
- **ENSALADA DE MARISCO**  
SEAFOOD SALAD
- **7.75**
- **GAMBAS AL AJILLO**  
KING PRAWNS FLASH FRIED IN WINE & GARLIC
- **8.95**
- **JAMON**  
SPANISH CURED HAM
- **8.50**
- **LENTEJAS**  
LENTILS WITH CHORIZO SPANISH STYLE
- **5.75**
- **LOMO, CHORIZO IBERICO Y JAMON SERRANO**
- **8.95**
- **MEJILLONES**  
MUSSELS IN A TOMATO SAUCE
- **7.50**
- **PADRON PERRERS**  
(IF AVAILABLE)
- **7.50**
- **PIMIENTOS ASADOS**  
DELICIOUS GRILLED SWEET PEPPERS
- **6.50**
- **POLLO A LA PLANCHA**  
CHICKEN BREAST SAUTEED WITH GARLIC AND LEMON
- **6.75**
- **PULPO A LA GALLEGA**  
OCTOPUS COOKED IN SEA WATER & PAPRIKA
- **11.50**
- **SARDINAS ASADAS**  
GRILLED SARDINE

- **6.95**
- **TORTILLA**  
GRILLED SARDINE
- **6.50**
- **(V)ENSALADA DE MOZZARELLA**  
MTS
- **6.75**
- **ALBONDIGAS**  
MEATBALLS IN TOMATO SAUCE
- **6.75**
- **BERENJENAS EL METRO**  
GRILLED AUBERGINES TOPPED WITH GRILLED CHEESE
- **7.75**
- **BOQUERONES EN VINAGRE**  
PICKLED ANCHOVIE
- **6.50**
- **CALAMARES EN SU TINTA**  
SQUID COOKED IN ITS OWN INK
- **7.25**
- **CALLOS A LA MADRILENA**  
SPANISH TRIPE
- **6.75**
- **CHANQUETES FRITOS**  
FRIED WHITE BAIT
- **7.25**
- **CHICHARRON ASADO**  
PORK BELLY
- **7.75**
- **CHORIZO PLCANTE**  
SPANISH SPICY CURED SAUSAGE
- **7.75**
- **CROQUETAS**  
CURED HAM CROQUETTE

- **6.75**
- **FABADA ASTURIANA**  
SPANISH BEANS
- **5.95**
- **GAMBAS PIL PIL**  
PEELED PRAWNS WITH CHILI, GARLIC & OLIVE OIL
- **9.50**
- **JAMON DE BELLOTA**  
ACORN CURED HAM
- **14.00**
- **LOMO IBERICO**  
CURED IBERICO PORK LION
- **8.95**
- **MANITAS DE CERDO**  
PIG TROTTERS
- **5.95**
- **MORCILLA**  
BLACK PUDDING ON TOASTED FRENCH BREAD
- **6.50**
- **PAELLA**
- **7.25**
- **PATATAS BRAVAS**  
SPICY POTATOES
- **5.50**
- **PIQUILLO PEPPERS**  
(IF AVAILABLE)
- **7.75**
- **POLLO AL AJILLO**  
CHICKEN WITH GARLIC SAUCE
- **6.95**
- **RINONES AL JEREZ**  
KIDNEYS SAUTEED WITH SHERYY

- **6.95**
- **SETAS AL AJILLO**  
MUSHROOMS IN GARLIC

- **7.25**

## **CARNES / MEATS**

- **BROCHETA DE CORDERO**  
GRILLED, MARINATED PIECES OF LAMB ON A SKEWER

- **15.75**

- **CHULETAS DE CORDERO**  
SPECIAL SLOW ROASTED LAMB ON THE BONE, SERVED WITH VEGETABLES

- **18.75**

- **COSTILLA DE CERDO "EL METRO"**  
OUR VERY OWN BBQ FULL BABY BACK RIBS, EXOTIC ISLAND SPICE RECIPE, SERVED WITH BUFFALO CHIPS

- **17.50**

- **LOMO ALTO**  
RIB EYE STEAK

- **19.50**

- **SOLOMILLO A LA BRASA**  
GRILLED FILLET STEAK WITH THE SPECIAL SAUCE OF THE DAY (8-10OZ)

- **25.00**

- **SOLOMILLO DE CERDO CON SALSA ROQUEFORT**  
FILLET OF PORK WITH ROQUEFORT SAUCE

- **14.25**

## **ENSALADAS / SALADS**

- **ENSALADA CAESAR**  
CAESAR SALAD

- **7.50**

- **ENSALADA CAESAR CON POLLO**  
CHICKEN CAESER SALAD

- **11.00**
- **ENSALADA GRIEGA**  
GREEK FETA CHEESE & BLACK OLIVES, SET ON A BED OF CRISPY LETTUCE, TOMATO CUCUMBER & ONION
- **11.45**
- **ENSALADA MIXTA**  
MIXED SIDE SALAD
- **4.75**
- **M.T.S**  
MOZZARELLA, AVOCADO & TOMATO SALAD

• **11.00**

## **PASTA**

- **LASAGNA BOLONESA**  
LASAGNA BOLOGNESE
- **9.95**
- **LASAGNA DE BEREJENAS**  
AUBERGINE LASAGNA
- **9.50**
- **SPAGHETTI**  
TAGLIATELLE - RAVIOLI - PENNE - "EL METRO" OFFERS YOU A DELICIOUS CHOICE OF SAUCE: BOLOGNESE, CARBONARA, PESTO, NAPOLITANA, MARINARA & ARRABIATA
- **9.95**

## **BOCADILLOS / SANDWICHES**

- **ALBONDIAGS CON QUESO FUNDIDO**  
MEAT BALLS WITH MELTED CHEESE
- **7.25**
- **BACON, LECHUGA Y TOMATE**  
BACON, LETTUCE & TOMATO (B.L.T)
- **6.95**
- **CHORIZO PICANTE**  
SPICY CHORIZO

- **7.75**
- JAMON  
CURED SPANISH HAM
- **8.25**
- PEPITO  
STEAK SANDWICH
- **9.95**
- POLLO A LA PLANCHA CON MAYONESA Y ENSALADA  
SAUTEED CHICKEN FILLET WITH MAYONNAISE & SALAD
- **7.95**
- POLLO A LA PLANCHA CON QUESO Y AGUACATE  
GRILLED CHICKEN WITH CHEESE & AVOCADO
- **7.95**
- POLLO Y BACON  
CHICKEN & BACON
- **6.95**
- POLLO Y BACON CON MOZARELLA  
CHICKEN & BACON WITH MOZZARELLA
- **7.95**
- POLLO, BACON Y AGUACATE  
CHICKEN, BACON & AVOCADO
- **7.95**
- TORILLA DE PATATA  
SPANISH OMELETTE
- **7.75**

## **GLUTEN - FREE**

- CHEESE CAKE
- **6.50**
- CHOCOLATE MI-CUIT
- **6.50**

## **HOT BEVERAGES**

- CAPPUCINO
- 2.75
- EARLY GREY TEA
- 2.75
- ESPRESSO
- 1.95
- JASMINE TEA
- 2.75
- DOUBLE ESPRESSO
- 2.95
- PEPPERMINT TEA
- 2.75
- DECAFFEIMATED
- 2.50
- CAMOMILE TEA
- 2.75
- FILTERED COFFEE
- 2.00
- CARAJILLO
- 6.50
- CAFE CON LECHE
- 2.75
- IRISH COFFEE
- 6.50
- TEA CUP
- 1.95
- ICED COFFEE
- 3.75
- TEA POT
- 2.75
- COFFEE LIQUEUR



- **6.50**
- HOT CHOCOLATE
- **2.75**

## **DESAYUNOS / BREAKFAST**

- **EGGS BENEDICT**  
TWO POACHED EGGS, HAM, HOLLANDAISE SAUSE
- **7.50**
- **EGGS FIORENTINA**  
TWO POACHED EGGS, SPINACH, HOLLANDAISE SAUCE
- **7.25**
- **EGGS ROYAL**  
TWO POACHED EGGS, SMOKED SALMON, HOLLANDAISE SAUCE
- **7.50**
- **EL METRO HAM & EGGS**  
TWO BAKED EGGS WITH SLICES OF HAM, TOMATO SAUCE & OREGANO
- **6.95**
- **PLAIN OMELETTE**  
MADE WITH THREE EGGS PLUSH GARNISH
- **5.95**
- **SCRAMBLED EGGS**  
WITH TOAST
- **5.95**
- **SELECT YOUR OWN BREAKFAST**  
BACON, MUSHROOMS, BLACK PUDDING, HAM, SAUSAGE, EGG, BEANS,  
TOMATO.....EACH ITEM
- **0.95**

## **ENTRANTES / STARTERS**

- **ALMEJAS A LA MARINERA**  
CLAMS COOKED IN A TASTY SAUCE OF GARLIC, LEMON & PARSLEY
- **7.50**

- **BERENJENAS "EL METRO"**  
GRILLED AUBERGINES, TOPPED WITH A CREAMY BECHAMEL SAUCE & MELTED CHEESE
- **7.50**
- **BERENJENAS PERSAS**  
PERSIAN AUBERGINES, COOKED WITH GARLIC, ONION & TOMATO, SERVED WITH GREEK YOGHURT
- **7.75**
- **HUEVOS ROTOS CON JAMON**  
RUNNY EGG ON A BED OF FRIES & JAMON
- **11.95**
- **MEJILLONES**  
MUSSELS, SERVED WITH A CHOICE OF SAUCE (PROVENCAL, MARINERA & TOMATO)
- **7.25**
- **OSTRAS**  
FRESH OYSTERS (IF AVAILABLE) EACH (MINIMUM 4)
- **1.95**
- **SETAS EMPANADAS CON ALI OIL**  
CRUMBED OYSTER MUSHROOMS WITH GARLIC MAYONNAISE
- **6.50**

## **SOPAS / SOUPS**

- **CREMA DE CALABACINES**  
CREAMY COURGETTE SOUP
- **5.95**
- **GAZPACHO ANDALUZ**  
CHILLED SUMMER SOUP
- **6.50**
- **SOPA DE AJO**  
SPICED GARLIC SOUP WITH POACHED EGG
- **6.50**
- **SOPA DE MARISCO "EL METRO"**  
TYPICAL MEDITERRANEAN SEAFOOD SOUP

- **7.95**

## **POLLO Y PATO / CHICKEN AND DUCK**

- **BROCHETA DE POLLO**  
CHICKEN BREAST ON A SKEWER

- **11.50**

- **ESCALOPE DE POLLO CON ALI OIL**  
CHICKEN BREAST ON A SKEWER

- **11.50**

- **MARGET DE PATO**  
SPICED DUCK BREAST SERVED WITH VEGETABLES & CHAMPAGNE SAUCE

- **16.75**

- **POLLO A LA BARBACOA**  
BBQ CHICKEN

- **9.95**

- **POLLO A LA MOSTAZA**  
MUSTARD CHICKEN

- **9.95**

- **POLLO AL CHILINDRON**  
CHICKEN PIECES SAUTEED IN A COLOURFUL ARRAY OF SWEET PEPPERS, TOMATOES, OLIVES, ONIONS & GARLIC

- **13.95**

- **POLLO CON CHORIZO**  
CHICKEN IN RICH CHORIZO SAUCE

- **9.50**

- **POLLO CON LIMON Y AJO**  
LEMON & GARLIC CHICKEN

- **9.50**

- **POLLO CON PIMIENTOS**  
CHICKEN WITH PEPPERS

• 9.50

## **PESCADO / FISH**

• **BACALAO A LA GALLEGA**

COD FILLET GALICIAN STYLE

• 12.50

• **BOGAVANTE TERMIDOR**

LOBSTER, HALVED & GRILLED WITH A DELICIOUS MELTED CHEESE TOPPING

• 26.00

• **FRITURA DEL MAR (SERVES TWO)**

WHITEBAIT, SARDINES, PRAWNS, SQUID, LOBSTER & FISH OF THE DAY

• 36.50

• **LUBINA AL HORNO**

GRILLED FILLET OF SEABASS WITH MOJO PICON SAUCE

• 16.95

• **BACALAO CON PATATAS**

BATTERED COD & FRIES

• 11.25

• **CALAMARES ALI OIL CON PATATAS FRITAS**

SQUID WITH GARLIC MAYONNAISE SAUCE & FRIES

• 13.25

• **CAZUELA DE MARISCO**

DELICIOUS CATALAN SHELLFISH CASSEROLE

• 18.95

• **GAMBAS A AL PLANCHA**

KING PRAWNS SAUTEED WITH SALT & LEMON

• 16.50

• **GAMMBAS AL AJILLO**

LARGE KING PRAWNS FLASH FRIED IN WINE & GARLIC

• 16.50

• **SALMON CON SALSA DE LIMON**

SALMON WITH LEMON SAUCE

- **14.75**
- **VIEIRAS GRATINADAS**  
GRILLED SCALLOPS & PRAWNS TOPPED WITH HOLLANDAISE SAUCE

- **16.25**

## **HAMBURGUESAS CASERAS**

- **A CABALLO**  
BURGER TOPPED WITH MELTED CHEESE & BACON
- **12.95**
- **BABACOA**  
BURGER TOPPED WITH BBQ SAUCE
- **10.95**
- **HALUMI VEGETERIAN**  
HALUMI VEGETARIAN BURGER EXTRAS: BACON, CHEESE, EGG, CHILLI SAUCE, BBQ SAUCE, SALAD, CHIPS £ 1.50 EACH
- **8.95**
- **PICANTE**  
BURGER TOPPED WITH CHILLI SAUCE
- **10.95**

## **PAELLAS**

**( NOTE : ALL PAELLAS TAKE 30 TO 40 MINS)**

- **ARROZ CON LANGOSTA**  
RICE WITH LOBSTER  
15.50 (FOR ONE) / 23.50 (FOR TWO)
- **PAELLA MARINERA**  
SEAFOOD PAELLA  
12.95 (FOR ONE) / 23.50 (FOR TWO)
- **PAELLA NEGRA**  
BLACK RICE WITH SQUID  
12.95 (FOR ONE) / 23.50 (FOR TWO)
- **PAELLA VAGETARIANA**  
VEGETARIAN PAELLA  
9.95 (FOR ONE) / 18.90 (FOR TWO)
- **PAELLA VALENCIANA**  
CHICKEN & SEAFOOD PAELLA

- 12.95 (FOR ONE) / 27.00 (FOR TWO)

## **PARA ACOMPAÑAR / SIDE ORDERS**

- **ARROZ**  
STEAMED RICE
- **3.50**
- **PAN DE AJO**  
GARLIC BREAD
- **2.75**
- **PAN TUMACA**  
TOASTED TOMATO & GARLIC BAGUETTE
- **2.95**
- **PATATAS FRITAS**  
FRENCH FRIES
- **2.95**
- **PATATAS NUEVAS**  
NEW POTATOES
- **3.25**
- **VERDURAS DEL DIA**  
FRESH VEGETABLES OF THE DAY
- **4.75**

## **Desserts**

- **APPLE & BLACKCURRENT CRUMBLE**
- **5.75**
- **CHOCOLATE FUDGE CAKE WITH VANILLA ICE - CREAM**
- **5.75**
- **CREMA CATALANA OR CARAMEL**
- **5.75**
- **NEW YORK CHEESE CAKE**
- **5.75**

- SOUFFLE DE CHOCOLATE
- 5.75
- STICKY TOFFEE PUDDING WITH VANILLA ICE-CREAM
- 5.75
- TIRIMASU
- 5.75

## ICE CREAMS

- CASSATA
- 4.25
- CHOCOLATE / STRAWBERRY PER SCOOP
- 1.75
- LEMON / ORANGE SORBET
- 4.25
- VANILLA / PISTACHIO
- 1.75

## SOFT DRINKS

- COKE
- 3.25
- SPRITE
- 3.25
- DIET COKE
- 3.25
- FANTA
- 3.25
- COKE ZERO
- 3.25
- APPLLETISER
- 3.25
- APPLLETISER APPLE & POMMEGRANATE

- **3.25**
- FRESHLY SQUEEZED ORANGE JUICE
- **3.50**
- JUICES – TOMATO, PINEAPPLE, TROPICAL & APPLE
- **2.45**
- MINERAL WATER
- **2.50**
- COKE FLOAT (VANILLA ICE-CREAM)
- **3.25**

## BRANDIES AND LIQUEURS

- MAGNO/VETERANO
- **4.95**
- CARLOS1/TORRES AND MANY MORE OF THE BEST SPANISH BRANDIES
- **6.75**
- LICOR 43 A BLEND OF 43 HERBS MAKE THIS SMOOTH
- **6.00**
- PEDRO XIMENEZ
- **5.50**

\* A Service Charge of 12.5% will added to your bill