

## from the bar

### coffee and hot drinks

Americano			£2.10	Cappuccino			£2.35
Caffe Latte			£2.35	Caffe Mocha			£2.55
Espresso			£1.85	Caffe Ristretto			£1.85
Espresso con Panna	reg £1.95	large	£2.25	Macchiato	reg £2.00	large	£2.30
Flat White			£2.45				
Add extra shot to any of above 35p							
Breakfast Tea			£1.85	Fruit Infusion Teas			£1.85
Liqueur Coffee			£4.65	Hot Chocolate with cream			£2.90

## wines

ABV may vary according to the vintage, please ask your server if you require more details

### white wine

	125ml	175ml	250ml	Bottle
<b>Monte Verde Sauvignon Blanc</b> Chile Crisp, zesty freshness	£3.10	£3.85	£5.25	£14.95
<b>Armidale Grove Unoaked Chardonnay</b> Australia With hints of tropical fruits and honey	£3.50	£4.60	£6.30	£17.95
<b>Pinot Grigio delle Venezie</b> Italy Refreshingly dry with an apple and pear twist	£3.70	£4.75	£6.40	£18.75
<b>Veramonte Reserva Chardonnay</b> Chile Crisp citrus aromas with a hint of vanilla oak	£4.00	£4.85	£7.10	£20.95
<b>Nobilo Southern Rivers Sauvignon Blanc</b> New Zealand Fresh and crisp with a dry, lingering finish	£4.30	£5.60	£7.60	£22.25
<b>Villa Maria Clifford Bay Reserve Sauvignon Blanc</b> New Zealand Intense passion fruit and gooseberry flavours and hints of lime				£32.95

### champagne and sparkling

	125ml		Bottle
<b>Prosecco, Sant' Orsola</b> Italy Light and lively with a hint of sweetness	£4.40		£19.75
<b>Cordoniu Classico Cava</b> Spain Classy, dry, sparkling wine	£4.45		£19.95
<b>Veuve Cliquot Yellow Label</b> France Dry with a rich, creamy style with biscuity flavours	£6.95		£39.95
<b>Dom Perignon 2002 Vintage</b> France Luxury Grand Cru Champagne made only in the best years			£175.00

### red wine

	125ml	175ml	250ml	Bottle
<b>Monte Verde Merlot</b> Chile With hints of juicy blackberries	£3.10	£3.80	£5.30	£14.95
<b>Montepulciano D'Abruzzo Collezione</b> Italy Wafts of violets, hints of orange	£3.55	£4.60	£6.40	£17.95
<b>Barossa Valley Shiraz</b> Australia Vibrant cherry and dark berry flavours with subtle spices of oak	£3.90	£5.00	£7.05	£19.95
<b>Veramonte Reserva Merlot</b> Chile Blackberry and cherry aromas with a creamy velvet texture	£4.30	£5.60	£7.60	£22.45
<b>Chateau Lamothe Cissac</b> France Round and ripe with a good, firm finish	£4.80	£6.20	£8.65	£25.45
<b>Chateaufeuf du Pape Cuvee Tradition</b> France Aromas of spices and a long velvet character				£34.50

### rosé

	125ml	175ml	250ml	Bottle
<b>Pinot Grigio Rosata del Veneto, Collezione Marchesini</b> Italy Fruity with hints of raspberries and apples	£3.70	£4.60	£6.50	£18.75
<b>Vendage White Zinfandel</b> California Full of strawberry sweetness	£3.50	£4.40	£6.15	£17.75
<b>Sancerre Rose Le Rabult</b> Crisp, dry with a delicious aroma of fresh strawberries				£27.75

## we have an excellent range of cocktails available

We accept Visa, MasterCard, Maestro and American Express. All major currencies are accepted.

All prices are inclusive of VAT at the current rate.

We welcome your feedback, please speak to a member of our management team or write to us at BAR MCR, TRG Concessions, 4th Floor 5 -7 Marshalsea Road, London SE1 1EP  
email: concessions@trgplc.com www.trgconcessions.co.uk

# breakfast menu

available all day

All our eggs are laid by happy hens at the Happy Egg Co. farm

<b>English Breakfast</b> Free range egg, fried or scrambled, back bacon, sausage, grilled vine tomato, grilled flat mushroom and diced herbed potatoes	<b>£6.95</b>
<b>Bar MCR Breakfast</b> Two free range eggs, fried or scrambled, two rashers of back bacon, sausage, world famous Bury black pudding, grilled vine tomato, grilled flat mushroom and diced herbed potatoes	<b>£7.95</b>
<b>Bar MCR Vegetarian Breakfast</b> Free range eggs, fried or scrambled, chopped feta and tomato, roasted peppers, grilled flat mushroom, grilled vine tomato and diced herbed potatoes	<b>£7.25</b>
<b>Kedgeriee</b> Lightly curried rice, peas, free range eggs, smoked haddock and smoked salmon <small>(may contain bones)</small>	<b>£6.95</b>
<b>Scrambled Eggs &amp; Smoked Salmon</b> Free range eggs and smoked salmon on toasted ciabatta	<b>£7.95</b>
<b>Scrambled Eggs</b> Free range scrambled eggs on toast	<b>£5.25</b>

<b>Bacon and Eggs</b> Back bacon and fried or scrambled free range eggs with toasted bloomer	<b>£5.95</b>
<b>Breakfast Bap</b> Choose from bacon, sausage or fried egg. Served in a large soft bap. Add an extra item for <b>£1</b>	<b>£3.95</b>
<b>The MCR Feel Good Breakfast</b> Fruit and nut granola topped with low fat yogurt and fruit	<b>£5.10</b>
<b>Porridge</b> with honey and banana	<b>£3.25</b>
<b>Porridge</b> with fruit compote	<b>£3.95</b>
<b>Toast with butter</b> <b>£1.75</b> with preserves	<b>£2.35</b>
<b>Freshy Baked Danish Pastries</b>	<b>£2.10</b>
<b>Freshy Baked Croissant</b> with butter <b>£1.95</b> with preserves	<b>£2.55</b>
<b>fresh orange juice</b>	<b>£2.35</b>

# main menu

Served from 11am till close

## nibbles

<b>Bowl of Marinated Mixed Olives</b>	<b>£2.75</b>
<b>Spicy Chilli Puffs</b>	<b>£2.25</b>
<b>Mixed Nuts</b> Roasted and salted	<b>£2.25</b>
<b>Habas Fritas</b> Fried broad beans with spices	<b>£2.25</b>

## mcr lights

<b>Soup of the Day</b> with ciabatta bread	<b>£4.65</b>
<b>Humous &amp; Olives</b>	<b>£5.10</b>
<b>Chicken Skewers</b> Succulent chargrilled chicken pieces marinated in our tangy sauce, served with lemon mayo	<b>£5.45</b>
<b>Sticky Sausages</b> Chunks of Cumberland sausage tossed in wholegrain mustard and honey	<b>£4.75</b>
<b>Smoked Salmon Plate</b> Slices of smoked salmon on toasted ciabatta with lemon mayo	<b>£6.45</b>
<b>Nachos</b> Tortilla chips, melted cheese, salsa and sliced jalapeños, with sour cream. Add chilli or spicy chicken for <b>£1.25</b>	<b>£5.95</b>
<b>Garlic Ciabatta Bread</b> <b>£3.95</b> With cheese	<b>£4.45</b>
<b>MCR Wedges</b> Seasoned potato wedges served with lashings of sour cream and sweet chilli	<b>£5.45</b>

## bar mcr platter

Succulent chicken skewers, sticky sausages, beef chilli, cheese topped garlic ciabatta bread and herbed diced potatoes with sour cream and salsa dips

## wraps, bruschettas & flatbreads

Wraps and paninis served with tortilla chips and salad garnish  
Add skin-on fries for just **£1.95**

<b>Chicken Caesar Wrap</b> Fresh baby gem lettuce, tomato, grana padano, chicken, drizzled with classic Caesar dressing	<b>£6.55</b>
<b>Barbecue Chicken Wrap</b> Marinated roast chicken breast with barbecue sauce, bacon, melting cheese and gem lettuce	<b>£6.75</b>
<b>Avocado, Goat's Cheese, Rocket &amp; Beetroot Wrap</b> Fresh avocado, beetroot, grated carrot, mixed leaves and crumbled feta cheese	<b>£6.25</b>
<b>MCR Bruschetta</b> Basil and nut pesto, rocket, cherry tomatoes, red onion and fresh basil served on toasted ciabatta	<b>£5.95</b>
<b>Tuna Melt Bruschetta</b> Tuna mayo, mixed peppers and melting cheese served on toasted ciabatta	<b>£6.95</b>
<b>Chicken Souvlaki Flatbread</b> Greek-style chicken breast, red onion and red pepper skewers with humous, cucumber mint dressing and a flatbread	<b>£6.95</b>
<b>Moroccan Vegetable Flatbread</b> Roasted aubergine, courgette, squash, red onion and red pepper skewers with humous, cucumber mint dressing and a flatbread	<b>£6.75</b>
<b>Ham &amp; Cheddar Cheese Panini</b> Slices of ham layered with Cheddar cheese inside the classic pressed, toasted ciabatta	<b>£6.65</b>
<b>Cheddar Cheese &amp; Tomato Panini</b> Thick slices of fresh tomato layered with Cheddar cheese	<b>£6.35</b>
<b>Roasted Veg with Pesto Panini</b> Mixed Mediterranean vegetables drizzled with basil and nut pesto	<b>£6.65</b>
<b>soup &amp; panini</b> Enjoy a bowl of tomato and basil soup with your choice of panini. A perfect meal to refuel!	<b>£7.50</b>

## classics

<b>Sausage &amp; Mash</b> Juicy Cumberland sausages served over a bed of mash, smothered in rich onion gravy	<b>£9.45</b>
<b>Boston Beer Battered Cod</b> Prime North Atlantic cod fillets served with skin-on fries, garden peas and tartare sauce	<b>£9.75</b>
<b>Chilli Con Carne</b> A generous dish of beef chilli and rice. Served with sour cream and crisp tortilla chips	<b>£8.95</b>
<b>Chicken Tikka Masala</b> Served with basmati rice, naan bread and mango chutney	<b>£9.25</b>
<b>Steak &amp; Ale Pie</b> Chunks of steak and mushroom in short crust pastry served with garden peas and skin-on fries	<b>£9.95</b>
<b>Lasagne al Forno</b> A rich beef ragu layered with pasta and white sauce, topped with cheese. Served with garlic bread	<b>£9.45</b>

<b>Macaroni Cheese</b> Pasta in a rich cheese sauce topped with Italian cheese	<b>£7.95</b>
<b>Mediterranean Vegetable Risotto</b> Arborio rice cooked in a rich tomato and white wine sauce with a selection of roasted Mediterranean vegetables, topped with rocket and grana padano	<b>£7.75</b>
<b>Grilled Salmon with Basil Pesto</b> Freshly grilled salmon fillet drizzled with basil and nut pesto, roasted cherry tomatoes and fresh vegetables on a bed of mash	<b>£12.95</b>

## salad bowls

<b>Classic Caesar Salad</b> Chopped cos lettuce, crispy croutons, bacon, parmesan cheese and classic Caesar dressing	<b>£5.95</b>
<b>Feta Cheese &amp; Roasted Vegetable Salad</b> With seasonal leaves, cherry tomatoes and a basil and pine nut pesto dressing	<b>£5.95</b>
<b>Chicken Caesar Salad</b> Chopped cos lettuce, bacon, crispy croutons and classic Caesar dressing topped with strips of grilled chicken breast	<b>£9.25</b>
<b>Egg &amp; Bacon</b> Dressed mixed leaves, sautéed new potatoes, crispy bacon and soft boiled egg	<b>£9.25</b>

Allergies: There is a small possibility that nut traces may be found in any menu item. We advise you to speak to a member of staff if you have any food allergies or intolerances.

## burgers

All our burgers are served with skin-on fries

<b>The Traditional Burger</b> 6oz beef burger with tomato, crisp lettuce, mayo, and a pot of tomato relish	<b>£8.85</b>
<b>The MCR Burger</b> 6oz beef burger topped with back bacon, a fried egg and mature Cheddar cheese	<b>£10.25</b>
<b>Chilli Bandido Burger</b> 6oz beef burger topped with spicy beef chilli, melting cheese and jalapeños	<b>£9.95</b>
<b>Cheese &amp; Bacon Burger</b> 6oz beef burger topped with back bacon, mature Cheddar cheese, crisp lettuce and BBQ sauce	<b>£9.95</b>
<b>BBQ Chicken Burger</b> Grilled chicken breast, topped with fresh tomato, crisp lettuce and BBQ sauce	<b>£9.45</b>

## sides

<b>Skin-on Fries with Mayo</b>	<b>£2.95</b>
<b>Spicy Onion Rings</b>	<b>£2.95</b>
<b>Seasoned Mash</b>	<b>£2.95</b>
<b>Seasoned Potato Wedges</b>	<b>£2.95</b>
<b>Little House Salad</b> Dressed mixed leaves, tomato and cucumber	<b>£2.95</b>
<b>Rocket &amp; Grano Padano Salad</b> Drizzled with balsamic vinegar and olive oil	<b>£2.95</b>
<b>Flatbread or Ciabatta</b>	<b>£1.50</b>



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