from the bar

coffee and hot drinks

Americano			£2.15	Cappuccino			£2.40
Caffe Latte			£2.40	Caffe Mocha			£2.60
Espresso			£1.85	Caffe Ristretto			£1.85
Espresso con Panna	reg	£1.95	large £2.35	Macchiato	reg	£1.95	large £2.35
Flat White			£2.50				
Add extra shot to any of above 50p							
Breakfast Tea			£1.85	Fruit Infusion Teas			£1.85
Liqueur Coffee			£4.95	Hot Chocolate with cream			£2.95

wines

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

white wine

	125ml	175ml	250ml	Bottle
Monte Verde Sauvignon Blanc Chile Crisp, zesty freshness	£3.35	£4.15	£5.80	£15.45
Armidale Grove Unoaked Chardonnay Australia With hints of tropical fruits and honey	£3.70	£4.85	£6.70	£18.45
Pinot Grigio delle Venezie Italy Refreshingly dry with an apple and pear twist	£3.85	£5.00	£6.70	£19.45
Veramonte Reserva Chardonnay Chile Crisp citrus aromas with a hint of vanilla oak	£4.20	£5.05	£7.35	£21.75
Nobilo Southern Rivers Sauvignon Blanc New Zealand Fresh and crisp with a dry, lingering finish	£4.45	£6.80	£7.85	£22.95
Banrock Station Light Chardonnay Sauvignon Blanc Australia Juicy, citrus and tropical flavours with a zesty finish	£3.60	£4.85	£6.85	£20.45
Villa Maria Clifford Bay Reserve Sauvignon Blanc New Zealand Intense passion fruit and gooseberry flavours and hints of lime				£34.95

champagne and sparkling

	125ml	Bottle
Prosecco, Sant' Orsola Italy Light and lively with a hint of sweetness	£4.55	£20.45
Cordoniu Classico Cava Spain Classy, dry, sparkling wine	£4.50	£20.45
Veuve Cliquot Yellow Label France Dry with a rich, creamy style with biscuity flavours	£6.95	£39.95
Dom Perignon 2002 Vintage France Luxury Grand Cru Champagne made only in the best years		£145.00

red wine

	125ml	175ml	250ml	Bottle
Monte Verde Merlot Chile With hints of juicy blackberries	£3.35	£4.15	£5.80	£15.45
Montepulciano D'Abruzzo Collezione Italy Wafts of violets, hints of orange	£3.75	£4.80	£6.65	£18.95
Mill Cellars Shiraz Australia Blackberries, redcurrants and raspberries	£4.00	£5.10	£6.95	£19.45
Veramonte Reserva Merlot Chile Blackberry and cherry aromas with a creamy velvet texture	£4.45	£5.70	£7.85	£23.25
Chateau Lamothe Cissac France Round and ripe with a good, firm finish	£4.95	£6.40	£8.85	£25.95
Chateauneuf du Pape Cuvee Tradition France Aromas of spices and a long velvet character				£35.45

rose

	125ml	175ml	250ml	Bottle
Pinot Grigio Rosata del Veneto, Collezione Marchesini Italy Fruity with hints of raspberries and apples	£3.85	£4.80	£6.75	£19.45
Vendage White Zinfandel California Full of strawberry sweetness	£3.65	£4.70	£6.45	£18.45
Banrock Station Light Shiraz Rosé California Juicy strawberry, cherry and citrus	£3.60	£4.85	£6.55	£19.00
Sancerre Rose Le Rabult Crisp, dry with a delicious aroma of fresh strawberries				£28.45

we have an excellent range of cocktails available

Lighter wines at 5.5% ABV, only 63 calories per 125ml glass

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

04.12

menu cheesecake

bar mcr
food · drinks · views

breakfast menu

available all day

We are proud that all of our eggs are free range

English Breakfast £7.15
Free range egg, fried or scrambled, back bacon, sausage, grilled vine tomato, grilled flat mushroom and diced herbed potatoes

Bar MCR Breakfast £8.15
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

Bar MCR Vegetarian Breakfast £7.45
Free range eggs, fried or scrambled, chopped feta and tomato, roasted peppers, grilled flat mushroom, grilled vine tomato and diced herbed potatoes

Scrambled Eggs & Smoked Salmon £8.25
Free range eggs and smoked salmon on toasted ciabatta

Scrambled Eggs £5.45
Free range scrambled eggs on toast

Bacon and Eggs £5.95
Back bacon and fried or scrambled free range eggs with toasted bloomer

Breakfast Bap £4.25
Choose from bacon, sausage or fried egg. Served in a large soft bap. Add an extra item for £1

The MCR Feel Good Breakfast £5.25
Fruit and nut granola topped with low fat yogurt and fruit

Porridge with honey and banana £3.45

Porridge with fruit compote £3.95

Toast with butter £1.95 with preserves £2.35

Freshy Baked Danish Pastries £2.20

Freshy Baked Croissant with butter £1.95 with preserves £2.55

fresh orange juice £2.35

main menu

Served from 11am till close

nibbles

Bowl of Marinated Mixed Olives £2.85

Spicy Chilli Puffs £2.35

Mixed Nuts Roasted and salted £2.35

Habas Fritas Fried broad beans with spices £2.35

mcr lights

Soup of the Day with ciabatta bread £4.75

Humous & Olives £5.25

Chicken Skewers £5.60
Succulent chargrilled chicken pieces marinated in our tangy sauce, served with lemon mayo

Sticky Sausages £4.95
Chunks of Cumberland sausage tossed in wholegrain mustard and honey

Smoked Salmon Plate £6.75
Slices of smoked salmon on toasted ciabatta with lemon mayo

Nachos £6.15
Tortilla chips, melted cheese, salsa and sliced jalapeños, with sour cream. Add chilli or spicy chicken for £1.25

Garlic Ciabatta Bread £4.25 With cheese £4.50

MCR Wedges £5.45
Seasoned potato wedges served with lashings of sour cream and sweet chilli

bar mcr platter £12.95
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 £2.00

Chicken Caesar Wrap £6.95
Fresh baby gem lettuce, tomato, grana padano, chicken, drizzled with classic Caesar dressing

Barbecue Chicken Wrap £7.25
Marinated roast chicken breast with barbecue sauce, bacon, melting cheese and gem lettuce

Avocado, Feta Cheese, Rocket & Beetroot Wrap £6.75
Fresh avocado, beetroot, grated carrot, mixed leaves and crumbled feta cheese

MCR Bruschetta £6.25
Basil and nut pesto, rocket, cherry tomatoes, red onion and fresh basil served on toasted ciabatta

Tuna Melt Bruschetta £6.95
Tuna mayo, mixed peppers and melting cheese served on toasted ciabatta

Chicken Souvlaki Flatbread £7.25
Greek-style chicken breast, red onion and red pepper skewers with humous, cucumber mint dressing and a flatbread

Moroccan Vegetable Flatbread £6.85
Roasted aubergine, courgette, squash, red onion and red pepper skewers with humous, cucumber mint dressing and a flatbread

Ham & Cheddar Cheese Panini £6.85
Slices of ham layered with Cheddar cheese inside the classic pressed, toasted ciabatta

Cheddar Cheese & Tomato Panini £6.45
Thick slices of fresh tomato layered with Cheddar cheese

Roasted Veg with Pesto Panini £6.95
Mixed Mediterranean vegetables drizzled with basil and nut pesto

soup & panini £7.75
Enjoy a bowl of tomato and basil soup with your choice of panini. A perfect meal to refuel!

classics

Sausage & Mash £9.50
Juicy Cumberland sausages served over a bed of mash, smothered in rich onion gravy

Boston Beer Battered Cod £9.95
Prime North Atlantic cod fillets served with skin-on fries, garden peas and tartare sauce

Chilli Con Carne £9.15
A generous dish of beef chilli and rice. Served with sour cream and crisp tortilla chips

Chicken Tikka Masala £9.45
Served with basmati rice, naan bread and mango chutney

Steak & Ale Pie £10.50
Chunks of steak and mushroom in short crust pastry served with garden peas and skin-on fries

Lasagne al Forno £9.75
A rich beef ragu layered with pasta and white sauce, topped with cheese. Served with garlic bread

Macaroni Cheese £8.10
Pasta in a rich cheese sauce topped with Italian cheese

Mediterranean Vegetable Risotto £8.35
Arborio rice cooked in a rich tomato and white wine sauce with a selection of roasted Mediterranean vegetables, topped with rocket and grana padano

salad bowls

Classic Caesar Salad £5.95
Chopped cos lettuce, crispy croutons, bacon, parmesan cheese and classic Caesar dressing

Feta Cheese & Roasted Vegetable Salad £5.95
With seasonal leaves, cherry tomatoes and a basil and pine nut pesto dressing

Chicken Caesar Salad £9.45
Chopped cos lettuce, bacon, crispy croutons and classic Caesar dressing topped with strips of grilled chicken breast

Egg & Bacon £9.45
Dressed mixed leaves, sautéed new potatoes, crispy bacon and soft boiled egg

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.
Sustainability: We source all of our fish from responsible sources, where possible.

burgers

All our burgers are served with skin-on fries

The Traditional Burger £8.95
Beef burger with tomato, crisp lettuce, mayo, and a pot of tomato relish

The MCR Burger £10.75
Beef burger topped with back bacon, a fried egg and mature Cheddar cheese

Chilli Bandido Burger £9.95
Beef burger topped with spicy beef chilli, melting cheese and jalapeños

Cheese & Bacon Burger £9.95
Beef burger topped with back bacon, mature Cheddar cheese, crisp lettuce and BBQ sauce

BBQ Chicken Burger £9.65
Grilled chicken breast, topped with fresh tomato, crisp lettuce and BBQ sauce

sides

Skin-on Fries with Mayo £2.95

Spicy Onion Rings £2.95

Seasoned Mash £2.95

Seasoned Potato Wedges £3.00

Little House Salad £3.00
Dressed mixed leaves, tomato and cucumber

Rocket & Grano Padano Salad £3.50
Drizzled with balsamic vinegar and olive oil

Flatbread or Ciabatta £1.50

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