

# TRG Concessions

TRG Concessions is a small, family-run business serving a wide range of food and drink. We are open 7 days a week, from 11am to 11pm. We are located in the heart of the City of London, near the Bank and the Barbican. We are a member of the British Food Drives Association and the British Food Drives Association.

Our menu is designed to be simple and straightforward, with a focus on quality ingredients and traditional British recipes. We have a wide range of options to suit all tastes and budgets. We are a member of the British Food Drives Association and the British Food Drives Association.

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## Breakfast Menu Served till 11am

**Breakfast Box £3.50** Freshly baked croissant and pastry served with butter and preserves.

**English Breakfast £5.95** Free range eggs, fried or scrambled, back bacon, sausage, grilled vine tomato, grilled flat mushroom and diced herbed potatoes.

**Bar MCR Breakfast £6.95** Two free range eggs, fried or scrambled, two rashers of back bacon, two sausages, grilled vine tomato, grilled flat mushroom and diced herbed potatoes.

**Bar MCR Vegetarian Breakfast £5.95** Free range eggs, fried or scrambled, chopped mozzarella and tomato, roasted peppers, grilled flat mushroom, grilled vine tomato and diced herbed potatoes.

**Scrambled Eggs and Smoked Salmon £5.95** Free range scrambled eggs and smoked salmon on toasted focaccia.

**Scrambled Eggs £4.95** Free range eggs on toasted ciabatta served with grilled flat mushroom and grilled vine tomato.

**Bacon and Eggs £4.95** Free range eggs, fried or scrambled, and back bacon with toasted ciabatta.

**Breakfast Bap £3.50** A large floured bap with bacon, sausage or fried free range eggs. **Add extra item £1.00**

**MCR Continental Platter £6.95** Parma ham, salami, mozzarella and emmenthal cheese served with toasted ciabatta bread and butter.

**Mixed Fruit Salad £3.95** With organic Greek yoghurt **£4.95**

**Toasted Bloomer Bread** With butter **£1.55** With a selection of preserves **£2.25**

**Freshly Baked Danish Pastries** from **£1.75**

**Freshly Baked Croissant** With butter **£1.40** With a selection of preserves **£2.10**

**Filled Croissant £2.95** Ask at the bar for the choice of fillings available.

**Fresh Orange juice £2.25**

Bar MCR Main Menu Served from 11am

## Light Bites

**Soup with Ciabatta Bread £4.25** Hot tomato and basil soup served with ciabatta bread.

**Feta Cheese and Roasted Vegetable Salad £5.50** With seasonal leaves, cherry tomatoes and a basil and pine nut pesto dressing.

**Mediterranean Dips £4.95** Humous, olives and baba ganoush (roasted aubergine puree) with toasted ciabatta bread.

**Chicken Skewers £4.75** Succulent chargrilled chicken pieces marinated in our tangy sauce, served with lemon mayo.

**Marinated Prawn Skewers £5.95** Juicy prawns marinated in our tangy sauce and chargrilled, served with lemon mayo.

**Classic Caesar Salad £4.95** Chopped cos lettuce, crispy croutons, parmesan cheese and classic Caesar dressing.

**Smoked Salmon Plate £5.95** Slices of smoked salmon and toasted ciabatta bread with lemon mayo.

**Meatballs £6.25** Pork and beef meatballs in tomato sauce served with grilled ciabatta bread.

**Bar MCR Bruschetta £4.75** Grilled ciabatta bread topped with vine tomatoes, mozzarella cheese, red onion, garlic, and basil.

**Sticky Sausages £3.95** Chunks of sausage tossed in honey and wholegrain mustard.

**Garlic Ciabatta bread £3.25** With cheese **£3.95**

## Mains and Big Plates

**The Traditional Burger £5.95** 6oz beef burger with tomato, crisp lettuce and mayo.

**The Bar MCR Burger £7.95** 6oz beef burger topped with back bacon, a fried egg and mature cheddar cheese.

**Chicken Burger £6.50** Grilled chicken breast topped with fresh tomato, crisp lettuce and mayo.

*Add cheese or bacon 75p each.*

*Add skin on fries, diced herbed potatoes or spicy onion rings £1.75 each.*

**Bar MCR Breakfast £6.95** Two free range eggs, fried or scrambled, two rashers of back bacon, two sausages, grilled vine tomato, grilled flat mushroom and diced herbed potatoes.

**Chicken Caesar Salad £8.50** Chopped cos lettuce, crispy croutons and classic Caesar dressing topped with strips of grilled chicken breast, crispy bacon and parmesan cheese.

**Boston Beer Battered Cod £8.95** Prime North Atlantic cod fillets served with skin on fries, minted mushy peas and tartare sauce.

**Grilled Sirloin Steak £12.95** 8oz sirloin steak served with skin on fries or side salad, roast vine tomato and grilled flat mushroom.  
**Add peppercorn sauce £1.50**

## Grilled Tortilla Clubs

Served with spicy tortilla chips

**Spiced Chicken £5.95** Chunks of marinated chicken breast, crispy bacon, sliced tomato, cheese, mayo and iceberg lettuce.

**Feta Cheese and Roasted Vegetable £5.25** Diced feta, roasted sweet peppers, aubergines and courgettes in a spicy tomato sauce.

## Topped Herby Potatoes

Our delicious potatoes topped with your choice of:

**Spicy Tomato (bravas) Sauce** £3.95 **Melted Cheese** £3.95

**Peppercorn Sauce** £3.95 **Spicy Beef Chilli** £4.95

**Crispy Bacon and Melted Cheese** £4.95

## Sharing Platters

**Nachos Supreme** £9.95 Spiced chicken on a mountain of tortilla chips smothered with melted cheese and sliced jalapenos. Served with salsa and sour cream dips.

**MCR Platter** £9.95 Succulent chicken skewers, sticky sausages, beef chilli, cheese topped garlic ciabatta bread and herbed diced potatoes with sour cream and salsa dips.

## Side Orders

served from 11am

**Skin on Fries** £2.50

**Spicy Onion Rings** £2.50

**Bowl of Mixed Marinated Olives** £2.25

**Garlic Ciabatta bread** £3.25 With cheese £3.95

## From the Bar

### Sandwiches

We have a selection of freshly made sandwiches available from the bar

### Nibbles

**Salted Mixed Nuts or Pistachios** £2.25

**Havas Fritas** roasted broad beans £2.25

**Chilli Puffs** £2.25

**Bowl of Olives** £2.25

## Coffee and Hot Drinks

**Americano** £1.95 mug

**Cappuccino** £2.25

**Caffe Latte** £2.25

**Caffe Mocha** £2.45

**Espresso** single £1.75

*Add extra shot to any of above 25p.*

**Liqueur coffee** £3.95

**Hot chocolate** with cream £2.45

**Breakfast tea** £1.50

**Fruit Infusion Teas** £1.50

# Cocktails

## Contemporary Cocktails £5.95

Expertly designed cocktails created especially for Bar MCR

**Serendipity** Absolut Rasberi, Vanilla Syrup, Chambord, Blackberry Puree, Lemon Juice and Cranberry Juice.

**Batida Abaci** Cachaca 51, Lemon Juice, Pineapple Puree, Black Pepper and Sugar Cane Syrup.

**Silk Tablecloth** Bailey's, Kahlua, Cherry Brandy, Raspberry Puree and Cream.

**Showgirl** Strawberry Liqueur, Malibu, Cacao, Pineapple Juice and Cream.

**Siberian Express** Vodka, Amaretto, Chambord, Sugar Cane Syrup and Espresso.

**South Sea Smash** Sailor Jerry, Mango Puree, Passion Fruit Syrup, Lime Juice, Amaretto and Fresh Mint.

**North Shore** Gin, Triple Sec, Lime Juice, Elderflower Cordial and Apple Juice.

**Islay Storm** Laphroaig 10yo, Lime Juice, Orgeat, Orange Bitters and Ginger Beer.

## MCR Bellini's £4.95

Sparkling Italian Aperitif laced with real fruit puree

Classic White Peach

Pineapple and Cardamon

Blackberry and Vanilla

Raspberry and Black Pepper

Mango and Passion Fruit

## Classic Cocktails £5.95

Please ask our talented team for a full description

Bloody Mary

Mojito

Daiquiri

Cosmopolitan

Margarita

Caïpirinha

Martini

## Wines

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

### White Wine

**Sauvignon del Veneto, Collezione Marchesini** Italy

175ml glass

£3.25

250ml glass

£4.55

bottle

£12.95

A light crisp gooseberry style to this wine, made in the foothills of the area to the west of Soave.

**D'Istinto Catarratto-Chardonnay, Calastrasi** Sicily

£3.50

£4.70

£13.65

Soft, green yellow hues with lifted nectarine and apricot flavours.

**Valle Andino Sauvignon Blanc** Chile

£3.65

£4.85

£14.15

Crisp and dry with a distinctive gooseberry flavour and a deliciously refreshing finish.

**Pinot Grigio, Friulvini** Italy

£4.40

£5.70

£16.70

A crisp, fruity white wine with a delightful, spicy aroma.

**Penfolds Private Bin, Chardonnay** Australia

£4.45

£5.80

£16.95

Full flavoured and rich with excellent melon, nectarine and tropical overtones. Perfectly balanced oak integration.

### Champagne and Sparkling

**Prosecco Extra Dry** Italy

125ml glass

£3.95

bottle

£19.95

Lighter bodied and slightly creamy on the palate with a hint of lemon at the finish.

**Veuve Clicquot, Yellow Label, Brut** France

£39.95

Well known for its full body, biscuity style and consistency.

### Red Wine

**Cabernet del Veneto, Collezione Marchesini** Italy

175ml glass

£3.25

250ml glass

£4.55

bottle

£12.95

Lovely berry fruit style with a spicy finish.

**D'Istinto Sangiovese Merlot** Italy

£3.50

£4.70

£13.65

Easy-drinking summer fruit flavours.

**Valle Andino Merlot** Chile

£3.65

£4.85

£14.15

Deep coloured, intensely juicy and easy drinking, with supple, rounded tannins.

**Montepulciano d'Abruzzo Collezione Marchesini** Italy

£3.80

£5.00

£14.45

Intense ruby-red colour, with a bouquet reminiscent of violets and oranges and a ripe, flavoursome, tannic finish.

**Penfolds Private Bin, Shiraz** Australia

£4.45

£5.80

£16.95

Deep purple-red colour, spicy sweet blackberry lift, with a background of cherry and dusty oak. Medium bodied with balanced tannins.

**Santa Caterina Pinot Nero** Italy

£4.95

£6.45

£18.45

Good colour, light tannins, real maraschino cherry fruit, slight farmyard notes and a mixture of oak, liquorice and vanilla – wonderful!

### Rosé

**Vendange White Zinfandel** California, USA

£4.15

£5.40

£15.45

A deliciously fruity, slightly sweet rosé.

## Bottled Beer and Cider

|                                  |       |       |       |
|----------------------------------|-------|-------|-------|
| Corona                           | 330ml | 4.6%  | £3.25 |
| San Miguel                       | 330ml | 5%    | £3.25 |
| Budvar Budweiser                 | 330ml | 5%    | £3.25 |
| Peroni Nastro Azzurro            | 330ml | 5.2%  | £3.25 |
| Michelob                         | 330ml | 5%    | £3.25 |
| Magners Irish Cider              | 568ml | 4.5%  | £3.95 |
| Becks <small>Low Alcohol</small> | 275ml | 0.05% | £2.25 |

## Draught Beer

|               |      | half pint | pint  |
|---------------|------|-----------|-------|
| Stella Artois | 5.1% | £1.60     | £3.10 |
| Becks Vier    | 4%   | £1.50     | £2.95 |
| Hoegaarden    | 5%   | £1.95     | £3.75 |
| Boddingtons   | 3.8% | £1.50     | £2.95 |
| Guinness      | 4.1% | £1.75     | £3.40 |

## Juices and Cold Drinks

|  |                       |
|--|-----------------------|
| Fresh Orange Juice                                     | £2.25                 |
| J20 Apple & Raspberry                                  | £2.25                 |
| J20 Orange & Cranberry                                 | £2.25                 |
| Cranberry Presse                                       | £2.25                 |
| Elderflower Presse                                     | £2.25                 |
| Appletiser   | £2.15                 |
| Ginger Beer  | £2.25                 |
| Coca-Cola, Diet Coke 330ml in the classic glass bottle | £2.15                 |
| Coca-Cola, Diet Coke, Sprite, Fanta                    | reg £1.85 large £2.45 |