

SEASONAL MENU

SERVED SUNDAY – THURSDAY 5PM – 7PM

2 COURSES - £10.95

3 COURSES - £15.00

STARTER

HOMEMADE SOUP OF THE DAY

with a wedge of warm sourdough

BEETROOT AND SMOKED FETA DIP

with chargrilled flat bread

GARLIC CIABATTA

topped with basil oil and balsamic glaze

CAULIFLOWER, CHEESE AND SMOKED HADDOCK TART

with pickled vegetables

SEAFOOD PAKORA

with mango chutney and raita salad

MAIN

BAKED FILLET OF SEA BREAM

with dill crushed potatoes and sweet wine cream

FIVE BEAN CHILLI

served with a choice of rice, wedges or both! Topped with sour cream, spring onions, cheddar cheese & tortilla ribbons

CRISPY BEEF SALAD

tenderloin coated in a salt & pepper crumb, deep fried & served on a bed of mixed leaf salad with a sweet chilli dip

AUTOMATIC FRIED CHICKEN

chicken strips coated in a lightly spiced batter, deep fried & served with skinny fries and our BBQ dip

SPINACH, WILD MUSHROOM AND GOAT'S CHEESE HASH

with red onion marmalade

8OZ SALT AGED RUMP OF GALLOWAY BEEF

served with skinny fries



DESSERT

Please ask a member of our team for the dessert menu

THIS IS A PRE-THEATRE SET MENU

To maintain consistency and keep waiting times down we are unable to offer any alternatives, upgrades or additional items to the above listed dishes. We reserve the right to withdraw this menu at any time.

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INTRODUCING...

With our new main menu launched, The Met re-opened after its multi million pound refurbishment and the festive period over for another year, I am now pleased to introduce our fresh and exciting Seasonal Menu.

We've been having fun experimenting; trying lots of techniques to smoke the feta used in the gloriously vibrant beetroot and feta starter. I also wanted to try something different with the cauliflower and smoked haddock tartlet. The sustainable Northwest haddock is again naturally smoked using oak woodchips and works perfectly with the cauliflower floret and cheese. Adding some international flavour, is the seafood pakora.

The delicate flavour of the Morecambe Bay sea bream, Lancashire new potatoes and sweet wine cream work in perfect harmony with this delicate fish. The five bean chilli (with its 22 different ingredients) was very popular in the 80s and now rising back up the charts with an Automatic twist!

I have been asked for some old favourite dishes to return. So for our loyal customers... the oriental crispy beef salad makes a comeback as does the salt-aged British Galloway beef rump - a must for any meat lover.

And for those who prefer the veg, the spinach, wild mushroom and goat's cheese hash keeps it tasty: Forest of Bowland wild mushrooms, baby spinach and goat's cheese with our irresistible home-made red onion marmalade.

Hope you enjoy your meal.

LEE PAGE, HEAD CHEF

DRINKS

How about one of our drinks deals to accompany your meal?

PINT OF OUR OWN

AUTOMATIC ALE£2.80

A 4% lightly hopped pale ale brewed exclusively for us by Silver Street Brewing Co.

PINT OF OUSTANDING'S

PILSNER 5%£3.50

ADD A 500ML CARAFE

OF HOUSE WINE£8.95

OR A BOTTLE OF PROSECCO £20

(wine/prosecco offer available for 2 people ordering a minimum of 2 courses)

The listed drinks at discounted prices are only available when ordering food from the Seasonal Menu.