

>>> Healthy

Freshly Squeezed Orange Juice	3.8
Semmi-Skimmed Milk	1.5
Buttermilk	1.5
Buttermilk / Orange Juice	3.2

Freshly squeezed juices

Made from 100% Dutch fruit Apple, Elderberry of Rhubarb	3
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For the Sweet Toothed



Homemade Cake *Ask our staff	3.2
THE touristic Bossche Bol Yeah, the one and only from Jan de Groot	3.8
Hot Brownie Chocolate cake with nuts	3.2
Scoop of ice-cream *Ask our staff for the flavours	2.5

Homemade Summery Soup



Cold Cucumber Gazpacho Cucumber horseradish cream smoked salmon	6.7
Tomato Broth Roasted tomato basil olives	6.7

> Specials <

M'EAT the Hotdog Homemade hotdog 2.0 bread lettuce coleslaw crispy onion pickles sweet & sour mayonnaise smoky BBQ sauce	9.5
Classic M'EAT Burger 100% Galloway beef homemade BBQ sauce grilled tomato pickles braised onion cheese bacon French fries (+1.5)	14.5
Pulled Pork Burger Pulled pork coleslaw smokey BBQ sauce pickles crispy onion French fries (+1.5)	14.5



Lunch menu



Here at M'EAT we never stop growing and exploring, so we can do things our own way. We're all about good food, drinks & friends. You'll experience the charcoal smoked flavour of the Big Green Eggs in almost all of our food. Let's Meet & Eat!



// Salads //

Thai Beef Salad Steak noodles bean sprouts carrot sesame dressing cucumber kimchi sesame seed broccoli snow peas hazelnut	13.5
A Beet of Goat Goats' cheese Beetroot sunflower seed leek fried bacon spinach breadcrumb olive syrup *vegetarian is optional	13.5

Chapati Wrap

Fresh from the Big Green Egg

BBQ Pulled Chicken Wrap coleslaw corn crispy onion homemade BBQ sauce	9
BBQ M'EAT Wrap spiced mince corn tomato salsa chipotle sauce guacamole feta	9

Here at M'EAT we do our best to work around any food allergies. Ask us about the possibilities.

neither fish nor meat



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Lunch Deal!

13 hour	12.5
Soup and Combi sandwich with: Grilled carpaccio cucumber kimchi spring onion sesame dressing Smoked salmon pickled cucumber little gem radishes horseradish cream	

Sourdough with...

*Bakery: Bij Robert from Dutch television!

Squashed Avocado Poached egg tomato feta fennel pistachios strawberries	9.8
Grilled Carpaccio Cucumber kimchi spring onion sesame dressing rocket	9.8
Home-Smoked Salmon Pickled cucumber little gem radishes horseradish cream	10.5
Burrata Roasted peppers cured ham rocket aceto syrup	9.7
Mexican Spiced Mince Tomato salsa avocado corn feta herbs chipotle sauce	9.8
Goats' Cheese Beetroot hummus rocket fried bacon chili balsamico	9.7

Classics

Oma Bobs Beef Croquettes 2 croquettes on bread mustard mayonnaise	9
Tosti Caprese Burrata homemade pesto tomatoes	8.5
Club Sandwich Chicken BBQ pulled chicken bacon fried egg crisps lettuce pickles toasted bread	11.5
Our Farmer's Omelette Eggs fresh vegetables herbs farmhouse cheese	9.8



Happy M'EAT Lunch

Looking for something for the kids?	6.5
Order our Happy M'EAT with a surprise. *Ask our staff about the options	



Weekendtip

Good Weekend!
Good Wines, Good Beers, Good Cocktails
and pretend every day is a weekend day.
Living the good life! That is M'EAT. Food,
drinks & friends.



Hot Drinks

Espresso – single / double	2.5 / 3.6
Coffee – small / large	2.6 / 3.5
Espresso Macchiato	2.7
espresso foamed milk	
Cappuccino – small / large	2.8 / 3.9
espresso foamed milk	
Flat White	3.8
double espresso foamed milk	
Cafe Latte – coffee plenty of hot milk	3.8
Latte Macchiato	4
warm milk espresso foamed milk	
Extra Shot – espresso	1
Fresh Tea	3.1
mint / ginger and/or lemon / orange	
Variety of Teas	2.8
Green tea jasmine rooibos white flower red fruit earl grey	

Non-Alcoholic

Caleb's Kola	2.8
Pepsi Max	2.6
Sisi	2.6
Seven Up	2.6
Royal Club	2.6
Bitter Lemon Tonic Cassis Ginger ale	
Sourcy Mineral Water sparkling / still	2.6
Rivella	2.7
Chocolate milk / Fristi	2.6
Lipton Ice Tea green / sparkling	3.3
Juices made from 100% Dutch Fruit	3
Apple elderberry rhubarb	
Lemonade	1.5
Ginger Beer SUMMER TIP!	4

Bottled Beer

Grolsch Radler 0,0%	3.5
Kornuit 0,0% from a can	3
Grolsch Radler 2,0%	3.5
Grimbergen Blond 6,7%	4
Grimbergen Double 6,5%	4.2
Grimbergen Triple 9%	5
Liefmans Fruitesse 3,8%	4
Palm IPA 3,9%	4
Vedett Wit 4,7%	4.2
Brewdog Punk IPA 5,6%	5.5
Corona 4,5%	4.5
Tappunt Valse Tripel 6,5%	5

*Made by our nextdoor neighbours

* Draft Beer *

Kornuit 25cl / 40 cl	2.8/4.5
Grolsch Weizen 30cl / 50 cl	4 / 5.5
Seasonal Beer 25cl	price of the day

// Wines (White) //

Paul Mas Sauvignon Blanc	4.8	24
Flavour: Fresh, round, slightly sour Grape: Sauvignon Blanc, France		
Vinho Verde SUMMER TIP!	4.6	23
Flavour: Fresh, citrus, lightly sparkling Grape: Vinho Verde, Portugal		
Zenato Pinot Grigio	5.8	29
Flavour: Powerful, juicy, fruity Grape: Pinot Grigio, Italy		
Pipoli Bianco Greco	5.3	26
Flavour: Fresh, round, citrus Grape: Greco / Giano, Italy		

Wines (Red)

Altos Rioja	5.3	26
Flavour: Fruity, spices, soft tannins Grape: Rioja, Spain		
Zolla Primitivo Di Manduria	6.4	32
Flavour: Red fruit, soft, rich Grape: Primitivo, Italy		
Mabis Ripasso Della Valpolicella	6.2	31
Flavour: Ripe, complex, round Grape: Corvina / Molinara, Italy		

Bubbles

Bepin de Eto Prosecco	6.8	34
Flavour: Fresh, slightly sweet, apple, pear, peach. Region: Veneto Valdobbiadene, Italië		

House Wines

Les 5 Vallees Chardonnay (white)	4.5	22.5
Flavour: Fresh, round, flowers, aromatic fruit Grape: Chardonnay, France		
Les 5 Vallees (rosé)	4.5	22.5
Flavour: Subtle, fruity, round Grape: Grenache / Cinsault / Syrah, France		
Les 5 Vallees (red)	4.5	22.5
Flavour: Complex bouquet, supple, herbs Grape: Merlot / Grenache, France		

Pott

Feuerheerd's Tawny	5
Grape: Tawny, Portugal	

> Summer Specials <

Iced Coffee	4
Fresh double espresso sugar water ice caramel - chocolate syrup milk	
Homemade Lemonade	4
Flavour: Mango kiwi chili or cucumber mint lemon	
The Henny & Ginger ale	9.5
Hennesy lime juice ginger ale ginger mint	
Vinho Verde	4.6
*lightly sparkling	
Palm IPA 3,9%	4
Ginger Beer	4

Good Cocktails



Jopen Gospel Dutch Gin TIP!	9.5
Mediterranean Fever Tree grapefruit	
Dutch Mule	8.5
Vodka Angostura Bitters mint Ginger Beer lemon juice	
The Henny & Ginger ale* TIP!	9.5
Hennesy ginger lime ginger ale mint	
Hayman's Old Tom	9.5
Passionfruit star anise Fever Tree Tonic	
Mojito 2.0	8.5
Rum brown sugar lime mint Options: Regular / Raspberry / Liquor 43	

* M'EAT knows the absolute classic Henny & Ginger ale all too well. It's a favourite of the Roels brothers and they love sharing it. Brotherhood is good!

It never fails, Henny and Ginger ale

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