

WINE CAPTAIN'S HOT SHEET

It is a group of extraordinary people that make "The Met" such a unique experience.

Our Lead Wine Captain, Thomas Price has made the study and enjoyment of wine a focus in his life. Thomas has assembled a staff of Sommeliers with over 100 years of experience in the wine trade.

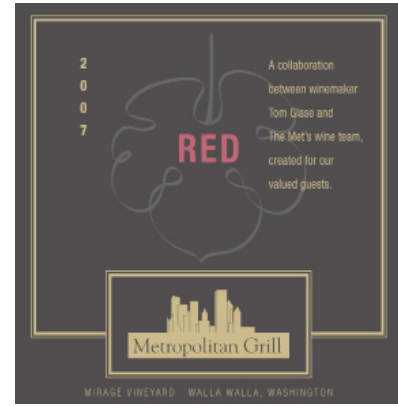
From casual meals to once-in-a-lifetime events, there is a wine to fit the occasion. Thomas has selected a few favorites for your consideration this evening.

We are pleased to recommend these selections as standouts on our list, both for value and quality. Ask for one of our Captains to come by your table to assist you with a wine selection to match your personal tastes.

CAPTAIN'S RECOMMENDATIONS

PINOT NOIR, SCOTT PAUL, LA PAULÉE <i>Willamette Valley, 2006</i>	95.
PINOT NOIR, WESTRY, <i>Willamette Valley, 2007</i>	50.
CABERNET SAUVIGNON, FREEMARK ABBEY, <i>Napa Valley, 2005</i>	79.
CABERNET SAUVIGNON, ANDREW WILL, CUVÉE LUCIA <i>Washington State, 2007</i>	65.
CABERNET SAUVIGNON, CUVAISON, <i>Mount Veeder, Napa Valley, 2006</i>	79.
CABERNET SAUVIGNON, CARAVAN, BY DARIOUSH <i>Napa Valley, 2006</i>	98.
MERLOT, LEONETTI, <i>Columbia Valley, 2005</i>	135.
MERLOT, HIGHTOWER, <i>Columbia Valley, 2006</i>	68.

FEATURED WINES



METROPOLITAN GRILL RED 2007 MIRAGE VINEYARD, COLUMBIA VALLEY GLASS, 13. BOTTLE, 52

This custom blend of Syrah and Merlot has flavors of black plum and chocolate with a silky smooth finish. Try it with one of our grilled steaks.



POET'S LEAP

2008 COLUMBIA VALLEY GLASS, 12. BOTTLE, 47.

This off-dry Riesling offers flavors of peach, green apple and ripe pear and aromas of apricot and lime. Bright acidity balances a hint of sweetness. Wonderful with any of our seafood offerings.

SAGGI

2006 COLUMBIA VALLEY GLASS, 20. BOTTLE, 99.

This blend of Sangiovese, Cabernet Sauvignon and Syrah exhibits dark cherry aromas and raspberry flavors that combine with a hint of nutmeg and smoky earthiness. Delicious with one of our Rib-eyes.

CHESTER-KIDDER

2005 COLUMBIA VALLEY GLASS, 22. BOTTLE, 112.

Intense violet and blueberry flavors integrate beautifully with aromas of dried figs and cocoa powder. This blend of Cabernet, Merlot and Syrah is long on the palate with a smooth and silky finish. Perfect with a Filet!

PEDESTAL

2006 COLUMBIA VALLEY GLASS, 27. BOTTLE, 120.

An intense, fruit forward Merlot, bursting with dark cherries, ripe plum, dark chocolate and spice. This wine has a creamy texture and a long focused finish. Try it with a New York Strip!

FEATURED COCKTAILS

ROBSON ROY 12.

Dewar's White Label Scotch, Lillet and Regan's bitters served up with and orange twist.

SNOW CAP 12.

Absolut Vanilla and Godiva White liqueur served up and dusted with cocoa.

WHISTLER MANHATTAN 13.

Crown Royal whiskey and maraschino liqueur served up with a brandied cherry.

THE PEAR LEMON DROP 11.

Grey Goose La Poire vodka, triple sec, fresh made sweet & sour and fresh lemons. Shaken and served up with a sugar rim.



SPECIALS

STARTERS

TOMATO ONION & BLUE CHEESE SALAD

Vine ripened tomatoes layered with grilled sweet onions and Oregon blue cheese with organic mixed greens and steak house French dressing. 12.

OHMI BEEF CARPACCIO

Thinly sliced Japanese A-5 tenderloin, arugula, shaved Parmesan cheese and sea salt. 20.

ESCARGOT

Oven roasted and served in the shell with herb garlic butter. Served with mixed greens and Kurobuta bacon. 14.

ALMOND CRUSTED SCALLOPS

Scallops breaded with almonds, panko bread crumbs and Parmesan cheese. Seared golden and served with lemon-chive beurre blanc. 16.

ENTREES

VEAL CHOP MARSALA

Mesquite grilled 10 ounce frenched veal chop Served with creamy polenta and mushroom Marsala sauce. 38.

MUSHROOM CRUSTED PRIME TENDERLOIN

A mesquite grilled 8 oz. filet mignon crusted with morel and porcini mushrooms and served with roasted mushroom cream sauce. Served with Yukon gold mashed potatoes. 48.

ANCHO GRILLED RIBEYE

Mesquite grilled 18 ounce eye of Ribeye dry rubbed with ancho seasoning and finished with Maker's Mark BBQ sauce and onion ring. Served with Yukon gold mashed potatoes. 52.

FRESH SEAFOOD

ALASKAN KING SALMON

Mesquite grilled with lemon, vermouth and garlic to impart a subtle smoky flavor. Finished with lemon-chive butter sauce.
7 oz. Fillet: 28 10 oz. Fillet: 39

CRAB STUFFED HALIBUT

Alaskan halibut stuffed with King and Dungeness crab meat then baked with herbed bread crumbs and jack cheese. Served with Yukon gold mashed potatoes. 37.

SEASONAL ACCOMPANIMENTS

CEDAR PLANK ROASTED WILD MUSHROOMS. 12.

ALASKAN KING CRAB MAC & CHEESE. 12.

BRUSSELS SPROUTS WITH PEARL ONIONS
KUROBUTA BACON. 9.

METROPOLITAN GRILL SPECIALTY STEAKS

OHMI TENDERLOIN

True Japanese 100% A5 Grade Wagyu beef from the city of Ohmi in the Shiga prefecture in Japan. This is one of the three leading prefectures in Japan and only 6 cattle per month from two different registered farms are exported to the United States. This was the original beef for the Emperors of Japan. 6 oz. Filet Mignon. 100

TRUE JAPANESE 100% A5 GRADE WAGYU BEEF

Kagoshima Prefecture, Kyushu, Japan

The genetic predisposition of these cattle, combined with a special feeding program, promotes an abundance of delicate, finely-dispersed, marbling. This is responsible for the exceptional tender qualities of the meat and its smooth, rich flavor.

FILET MIGNON, 8 OZ.* 95.

RIB-EYE STEAK, 8 OZ.* 90.

COMBINATIONS

4 OZ. PRIME FILET* &
4 OZ. AMERICAN WAGYU FILET* 48.

4 OZ. AMERICAN WAGYU FILET* &
4 OZ. JAPANESE WAGYU FILET* 70.

4 OZ. PRIME FILET* &
4 OZ. AMERICAN WAGYU FILET* &
4 OZ. JAPANESE WAGYU FILET* 90.

METROPOLITAN GRILL FEATURED AMERICAN WAGYU-NATURAL BEEF

Snake River Farms, Idaho

SKIRT STEAK, 10 OZ.* 36.

FILET MIGNON, 8 OZ.* 50.

NEW YORK STRIPLOIN, 12 OZ.* 48.

**THE MET "LONG BONE"
RIB-EYE STEAK,
36 OZ.* 85.
50 OZ.* 99.**

*OUR STEAKS AND SEAFOOD ARE
COOKED TO ORDER. CONSUMING RAW OR
UNDER COOKED MEATS AND SEAFOOD MAY
INCREASE YOUR RISK OF FOOD BORNE ILLNESS.