



DINNER

**Juiciness, tenderness and flavor —
those are the characteristics for which
a cut of beef is esteemed.**

**Our custom dry aging process ensures that
our PRIME beef is the most tender
and flavorful available.**

**Our cutting standards and commitment
to 100% corn-fed Nebraska beef ensure
that every steak we serve sets an industry
standard for flavor, tenderness and center
of the plate presentation, every time.**

We grill our steaks over live mesquite fire.

*“I personally hand select each steak.
Simply put, this is the best beef available.”*

Eric Hellner, Executive Chef

**820 SECOND AVENUE
206-624-3287**

www.themetropolitangrill.com

WELCOME TO THE METROPOLITAN GRILL

General Manager — Joshua Anderson

Dining Room Manager — Michael Vella Dinner Chef — Stan Ross

Our pleasure is to serve you.

APPETIZERS

Dungeness & Alaskan King Crab Cakes

Pear–jicama slaw, sweet chili beurre blanc. 16.

Metropolitan Prawn Martini

Spicy cocktail sauce, brunoise vegetables, lemon. 19.

Raw Oysters on the Half Shell*

Champagne mignonette. 15.

Metropolitan Thick Cut Onion Rings

Red curry ketchup. 11.

Prime Teriyaki Tenderloin Bites*

Seared with orange, soy, ginger and brown sugar. 16.

Calamari

Tomato–basil relish, saffron–roasted red pepper aioli. 12.

Artichoke Hearts

Grain mustard aioli. 10.

Dungeness Crab Claw Cocktail

Classic cocktail sauce. 19.

Seafood Sampler*

Chilled prawns, Dungeness crab claws, raw oysters on the half shell, Alaskan scallops and chilled Maine lobster. 79.

SOUPS AND STARTER SALADS

Iceberg Wedge Salad

with Rogue River Blue Cheese

Gala apples, diced tomatoes, toasted hazelnuts, Kurobuta bacon. 10.

Organic Baby Spinach Salad

Petite mushrooms, toasted almonds, bacon, Jack cheese, honey mustard vinaigrette. 7.

Metropolitan Clam Chowder

New England style. 7.

Maine Lobster Bisque

Rich lobster stock, heavy cream, Cognac. 9.

House Field Greens

Anjou pears, Gorgonzola, candied walnuts, Dijon mustard vinaigrette. 8.

Classic Caesar

Hand cut romaine hearts, garlic croutons, Parmigiano Reggiano, Spanish white anchovies, house made Caesar dressing. 9.

French Onion Soup with Swiss Emmentaler

Caramelized onions, beef broth, veal stock, vermouth, toasted crostini. 9.

DINNER SPECIALTIES

Metropolitan Steakhouse Chicken

Herb roasted half chicken with pearl onions, baby carrots and chicken glacé. Served with Yukon Gold mashed potatoes. 27.

Bacon Wrapped Pork Chops with Pancetta and Apple Cream

Dijon garlic marinade, porcini mushrooms and Granny Smith apple–veal reduction. 36.

Metropolitan Grill Steak Salad*

Mesquite grilled prime top sirloin, caramelized onions, blue cheese crumbles, tomatoes, Roquefort sauce, red wine–shallot vinaigrette. 28.

Grilled Portobello Mignon

Herb and garlic marinated portobello, asparagus spears, creamed spinach, Parmesan tomato crowns. 20.

Roasted Prawn Scampi

Lemon garlic butter, herbed bread crumbs, fettuccine Alfredo. 39.

Dungeness Crab Claw Fettuccine

Wild mushrooms, snap peas, red onion, Marsala, roasted garlic, Alfredo sauce. 37.

Alaskan King Crab

One pound of Alaskan King crab merus legs served with lemon and drawn butter. 49.

Australian Lobster Tail

Lemon, drawn butter. Market Price

PRIME PRIME RIB

Slow roasted resulting in the most tender, juicy and flavorful prime rib. Choice of baked potato, Metropolitan mashed potatoes or steak house fries.

Prime Rib*

Fresh horseradish, au jus. 12 oz. 38. 18 oz. 45.

Blackened Prime Rib*

Cajun crust. 12 oz. 40. 18 oz. 47.

The prime rib is a flavorful cut of beef because it is well marbled. Please, for your enjoyment, order one of our great steaks if you want a leaner cut of beef.

**Our steaks are cooked to order. Consuming raw or undercooked meats may increase your risk of foodborne illness.*

A gratuity of 18% will be added for parties of seven or more.

THE BEST STEAK IN TOWN

The full flavor of the beef at The Met is sealed in by the high heat of the “Iron Wood of the World,” imported mesquite charcoal. This grilling method, USDA Prime beef, our custom dry aging process and unsurpassed cutting standards ensure juiciness, tenderness and flavor; the characteristics for which a cut of beef is esteemed.

Choice of baked potato, Metropolitan mashed potatoes or steak house fries.

Prime New York Strip Loin*

16 oz. 56.
12 oz. 46.

Prime Top Sirloin*

14 oz. 38.

Prime Porterhouse*

Acclaimed combination of the most tender and flavorful cuts of beef.

38 oz. 70.
25 oz. 63.

42 Day Aged Boneless Ribeye*

USDA custom aged boneless ribeye.
18 oz. 56.

Prime Filet Mignon*

13 oz. 57.
8 oz. 46.

Prime New York Peppercorn Steak*

Cracked black pepper crust, green peppercorn demi-glace.
16 oz. 59.
12 oz. 49.

Prime Delmonico*

Bone-in New York strip.
21 oz. 60.

The “Met” Prime Bone-In Filet*

17 oz. 65.

RARE
*Red center,
very cool*

MEDIUM RARE
*Red, warm
center*

MEDIUM
Red center

MEDIUM WELL
*Pink
throughout*

WELL
Pink center

VERY WELL
No pink

CARVED TABLE SIDE

Choice of baked potato, Metropolitan mashed potatoes or steak house fries.

Châteaubriand for Two*

Classic Cliff sauce, Parmesan tomato crowns, mushroom caps.
26 oz. 120.

Double New York Strip for Two*

Courvoisier cream sauce, Parmesan tomato crowns.
28 oz. 95.

Rack of Lamb for Two*

Dijon and herb crust, rosemary-Merlot demi-glace.
22 oz. 70.

SEAFOOD ADDITIONS

Roasted Scampi

With lemon garlic butter. 16.

Dungeness Crab Legs

16.

Australian Lobster Tail

Market Price

Alaskan King Crab

With drawn butter. 22.

ACCOMPANIMENTS

All accompaniments are available to substitute for 4. Ask your server.

Sautéed Mushrooms

9.

Sautéed Spinach

7.

Asparagus with Béarnaise Sauce

10.

Scalloped Potatoes

7.

Steamed Broccoli with Cheddar Cheese Sauce

8.

Yukon Gold Potato Cakes with Crème Fraîche and Chives

7.

Creamed Spinach

9.

SAUCES

Add to complement any of our great steaks.

Metropolitan Steak Sauce

Horseradish Cream Sauce

Green Peppercorn Demi-Glace

Béarnaise

Classic Blue Cheese Fromage



CLASSIC COCKTAILS

Smoky Met Martini

Absolut vodka, a splash of Glenlivet 18 year old Scotch and an orange twist. 13.

WINNER OF THE 6TH ANNUAL MARTINI CLASSIC

Vesper

Tanqueray gin, Chopin vodka and a splash of Lillet. Shaken and served up with a lemon twist. 13.

Dirty Goose Martini

Grey Goose vodka, a splash of olive juice, with two blue cheese olives. 13.

The Met Rob Roy

Your choice of Chivas 12 or Dewar's 12. King Elder vermouth and a dash of Regan's bitters. Served up with a lemon twist. 12.

Classic Sazerac

Jim Beam Black Label whiskey with a hint of Absinthe, one sugar cube and muddled cherry. Served on the rocks with a lemon twist. 11.

Negroni

Quintessential gin, Campari and sweet vermouth. Stirred and served up with an orange twist. 13.

Metropolitan Sidecar

Metaxa 5-Star brandy, Cointreau and lemon juice served up with a sugar rim. 12.

METROPOLITAN CRUSHES

White Cosmopolitan

Stolichnaya vodka, Cointreau, white cranberry, fresh lime and lemon juices. 11.

Lemon Drop

Stoli Citros vodka, triple sec and fresh lemonade in a sugar rimmed glass. 11.

Orange Blossom

Hangar One Mandarin Blossom vodka, Courvoisier Cognac, triple sec and muddled orange. 11.

Caribbean Crush

Cruzan rum, triple sec, fresh orange and grapefruit juice. 10.

CLASSIC BEVERAGES

All of these classic beverages are prepared with the finest ingredients and all are alcohol free.

Ginger-Berry Fizz

Muddled raspberries, ginger ale. 5.

Citrus Mojito

Muddled orange, mint, house made sweet & sour, soda. 5.

Metropolitan Punch

Ginger ale, cranberry juice, orange juice, lemon juice. 5.

Virgin Bloody Mary

Our house blend of tomato juice and spices. Garnished with green olives and celery. 5.

Valet parking available after 5:00pm

Give the gift of perfect taste. Consolidated Restaurants donates a portion of all gift certificate proceeds to support uncompensated care at Children's Hospital and Regional Medical Center.

METROPOLITAN GRILL PRIVATE DINING

For an intimate dinner for six to a lavish reception for 75, our private dining rooms are perfect for your next celebration. Contact our Private Dining Coordinator, Allison Carter at acarter@conrests.com to check availability of our private rooms.



For reservations or more information, please call (206) 624-3287 or go to www.themetropolitangrill.com.