



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**

IN THE HEART OF SEATTLE'S FINANCIAL DISTRICT.

www.themetropolitangrill.com

WELCOME TO THE METROPOLITAN GRILL

General Manager — Joshua Anderson

Dining Room Manager — Lance Wade Dinner Chef — Seisuke Kamimura

Our pleasure is to serve you.

APPETIZERS

Dungeness & Alaskan King Crab Cakes

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

Giant Prawn Martini

Spicy cocktail sauce, brunoise vegetables, lemon. 18.

Raw Oysters on the Half Shell*

Cucumber–basil mignonette. 14.

Metropolitan Thick Cut Onion Rings

Red curry ketchup. 11.

Prime Seven Flavor Beef Tenderloin Bites*

Lemon grass, ginger, garlic, chilies, Chinese five spice, Thai basil and toasted peanuts. 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*

Giant tiger 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, pancetta bacon. 10.

Organic Baby Spinach Salad

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

Clam Chowder

New England style, cream sherry. 7.

Maine Lobster Bisque

Rich lobster stock, heavy cream, Cognac. 9.

House Field Greens

Anjou pears, Gorgonzola, candied walnuts, rosemary–grain mustard vinaigrette. 8.

Classic Caesar

Hand cut romaine hearts, garlic croutons, Reggiano Parmesan, Spanish white anchovies, housemade Caesar dressing. 9.

French Onion Soup with Swiss Emmentaler

Caramelized onions, beef broth, veal stock, vermouth, toasted crostini. 8.

DINNER SPECIALTIES

Gorgonzola and Spinach Stuffed Chicken

Oven roasted, fresh mozzarella, fettuccine Alfredo, tomato basil relish, lemon butter sauce. 25.

Grilled Portobello Mignon

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

Metropolitan Grill Steak Salad*

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

Australian Lobster Tail

Lemon, drawn butter. Market Price

Jumbo Tiger Prawn Scampi

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

Dungeness Crab Claw Fettuccine

Petite 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.

Bacon Wrapped Pork Chops with Pancetta and Apple Cream

Dijon garlic marinade, porcini mushrooms and Granny Smith apple cream. 36.

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. 36. 18 oz. 42.

Blackened Prime Rib*

Cajun crust.
12 oz. 38. 18 oz. 44.

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. 54.
12 oz. 44.

Prime Top Sirloin*

14 oz. 34.

Prime Porterhouse*

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

38 oz. 69.
25 oz. 59.

Prime Filet Mignon*

13 oz. 56.
8 oz. 44.

Prime New York Peppercorn Steak*

Cracked black pepper crust, green peppercorn demi-glace.

16 oz. 56.
12 oz. 46.

Prime Delmonico*

Bone-in New York strip.
21 oz. 58.

RARE
*Red center,
very cool*

**MEDIUM
RARE**
*Red, warm
center*

MEDIUM
Red center

**MEDIUM
WELL**
*Pink
throughout*

WELL
Pink center

VERY WELL
No pink

STEAK & SEAFOOD

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

Top Sirloin & Scampi*

Lemon garlic butter, drawn butter. 49.

8 ounce Filet Mignon & Scampi*

Lemon garlic butter, drawn butter. 59.

8 ounce Filet Mignon & Lobster*

Drawn butter. Market Price

8 ounce Filet Mignon & Alaskan King Crab*

Drawn butter. 82.

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. 115.

Double New York Strip for Two*

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

Rack of Lamb*

Dijon and herb crust, rosemary-Merlot demi-glace.
16 oz. 47.

ACCOMPANIMENTS

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

**Stuffed Twice
Baked Potatoes**
6.

Creamed Spinach
8.

**Asparagus with
Béarnaise Sauce**
10.

Sautéed Mushrooms
9.

Sautéed Spinach
9.

**Yukon Gold Potato
Cakes with Crème
Fraîche and Chives**
7.

Scalloped Potatoes
7.

**Steamed Broccoli with
Cheddar Cheese Sauce**
8.

Add American caviar 7.

SAUCES

Add to complement any of our great steaks.

**Metropolitan
Steak Sauce** 3.

**Horseradish
Cream Sauce** 3.

**Green Peppercorn
Demi-Glace** 4.

Béarnaise 4.

**Classic Blue Cheese
Fromage** 4.

Some of our products may contain alcohol that is not completely cooked out. Please ask your server if you have any concerns. They are happy to provide you with product details.

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*

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.

Mariner Martini

Absolut Peach vodka, Hypnotiq liqueur, fresh made sweet & sour and a splash of Sierra Mist. Shaken and served up with a lime wedge. 13.

Dirty Goose Martini

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

Spring Rain

Dry Fly vodka, fresh lime juice and a splash of dry vermouth with a sugar rime and lime twist. Shaken and served up. 12.

Spring Rose

Dry Fly gin, apple brandy, fresh lemon juice and touch of dry vermouth shaken and served up. Finished with a splash of grenadine and maraschino cherry. 13.

VODKA & GIN MARTINIS

The Metropolitan Grill is proud to offer this extensive list of quality spirits for the perfect martini.

HOUSE VODKA MARTINI

Pinnacle (France) 11.

PREMIUM VODKA MARTINIS

Absolut (Sweden).....	12.	Pearl Pomegranate (Canada).....	12.
Absolut Citron (Sweden).....	12.	Skyy (USA).....	12.
Absolut Kurant (Sweden).....	12.	Skyy Citrus (USA).....	12.
Absolut Mandrin (Sweden).....	12.	Smirnoff (USA).....	12.
Absolut New Orleans (Sweden).....	12.	Stoli Blakberi (Russia).....	12.
Absolut Peach (Sweden).....	12.	Stoli Blueberi (Russia).....	12.
Absolut Pears (Sweden).....	12.	Stoli Citros (Russia).....	12.
Absolut Peppar (Sweden).....	12.	Stoli Cranberi (Russia).....	12.
Absolut Raspberri (Sweden).....	12.	Stoli Ohranj (Russia).....	12.
Absolut Ruby Red (Sweden).....	12.	Stoli Peachik (Russia).....	12.
Absolut Vanilia (Sweden).....	12.	Stoli Razberi (Russia).....	12.
Finlandia (Finland).....	12.	Stoli Strasberi (Russia).....	12.
Finlandia Cranberry (Finland).....	12.	Stoli Vanil (Russia).....	12.
Finlandia Grapefruit (Finland).....	12.	Stolichnaya (Russia).....	12.
Pearl (Canada).....	12.	Tito's (USA).....	12.
Pearl Plum (Canada).....	12.		

ULTRA PREMIUM VODKA MARTINIS

Belvedere (Poland).....	13.	Hangar 1 Mandarin (USA).....	13.
Belvedere Cytrus (Poland).....	13.	Ketel One (Holland).....	13.
Belvedere Pomarańcza (Poland).....	13.	Ketel One Citroen (Holland).....	13.
Chopin (Poland).....	13.	Level (Sweden).....	13.
Cîroc (France).....	13.	Pink (USA).....	13.
Crater Lake (USA).....	13.	Square One (USA).....	13.
Dry Fly (Spokane, USA).....	13.	Stoli Elit (Russia).....	25.
Grey Goose (France).....	13.	Three Olives (England).....	13.
Grey Goose La Poire (France).....	13.	Three Olives Cherry (England).....	13.
Hangar 1 (USA).....	13.	Three Olives Chocolate (England).....	13.
Hangar 1 Kaffir Lime (USA).....	13.		

HOUSE GIN MARTINI

Beefeater (England)..... 11.

PREMIUM GIN MARTINIS

Bombay (England).....	12.	Plymouth (England).....	12.
Boodles (England).....	12.	Tanqueray (England).....	12.
Miller's (England).....	12.	Tanqueray Rangpur (England).....	12.

ULTRA PREMIUM GIN MARTINIS

Baffert's (England).....	13.	Junípero (USA).....	13.
Bombay Sapphire (England).....	13.	Magellan (France).....	13.
Cascade Mountain (USA).....	13.	Quintessential (England).....	13.
Citadelle (France).....	13.	Tanqueray No. TEN (England).....	13.
Dry Fly (Spokane, USA).....	13.	Wet by Beefeater (England).....	13.
Hendrick's (Scotland).....	13.		

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

Choose from one of three of our exclusive private dining rooms available for seated parties of up to 50 guests and receptions of up to 75.



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