



LUNCH

**Metropolitan Grill is proud to offer
Seattle's finest business lunch.**

**Whether you stop by for a quick bite in
our bar, conduct a business lunch in the
dining room or host a sales meeting in
one of our elegant private dining rooms
we offer something for everyone.**

Sit back, relax and let us take care of you.

**The Metropolitan Grill now offers our lunch
guests two hour validated parking for \$5.00 at
the United Parking garage, two blocks south on
Cherry Street between 2nd and 3rd Avenues.
Present your parking stub for validation.**

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

IN THE HEART OF SEATTLE'S FINANCIAL DISTRICT.

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

www.themetropolitangrill.com

WELCOME TO THE METROPOLITAN GRILL

Executive Chef — Eric Hellner

Our pleasure is to serve you.

APPETIZERS

Artichoke Hearts

Grain mustard aioli. 10.

Prime Teriyaki Tenderloin Bites*

Seared with orange, soy, ginger and brown sugar. 13.

Dungeness & Alaskan King Crab Cakes

Pear-jicama slaw, sweet chili beurre blanc. 12.

Calamari

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

SOUPS AND STARTER SALADS

Classic Caesar Salad

Hand cut romaine hearts, garlic croutons, Reggiano Parmesan, Spanish white anchovies, house made Caesar dressing. 6.

Romaine and Oregon Blue Cheese Salad

Chopped egg, toasted hazelnuts, pear tomatoes, house blue cheese dressing. 7.

Organic Baby Spinach Salad

Petite mushrooms, toasted almonds, bacon, Jack cheese, honey mustard dressing. 5.

House Field Greens

Anjou pears, Gorgonzola, candied walnuts, Dijon mustard vinaigrette. 5.

Pea Salad

Petite peas, bacon, red onion, water chestnuts, peppered sour cream dressing. 4.

Metropolitan Clam Chowder

New England style.
Cup 5. Large Bowl 7.

Maine Lobster Bisque

Rich lobster stock, heavy cream, Cognac. Cup 6. Large Bowl 9.

ENTREE SALADS

Classic Chop Chop Salad

Hand cut romaine hearts, smoked turkey breast, salami, garbanzo beans, tomatoes, Jack cheese, Parmesan cheese, white balsamic vinaigrette. 13.

Chicken Waldorf Salad

Chopped romaine, herb grilled chicken breast, Granny Smith apples, celery, jicama, candied walnuts, creamy citrus vinaigrette. 14.

Metropolitan Steak Salad*

Mesquite grilled prime top sirloin, caramelized onions, blue cheese crumbles, tomatoes, Roquefort sauce, shallot-red wine vinaigrette. 17.

Metropolitan Cobb Salad

Herb roasted chicken breast, avocado, bacon, diced tomatoes, chopped egg, Oregon blue cheese crumbles, black olives, Dijon vinaigrette. 15.

LUNCH COMBINATIONS

Soup and Salad 11. Half Sandwich with Soup or Salad 12.

Half Sandwich with Soup and Salad 15.

SALAD CHOICES

Seasonal Greens

Caesar Salad

Blue Cheese Salad

SOUP CHOICES

Soup of the Day

Clam Chowder

SANDWICH CHOICES

Roast Beef au Jus

Clubhouse

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

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.

Prime New York Strip Loin*

12 oz. 45.
16 oz. 55.

Prime Top Sirloin*

7 oz. 24.
14 oz. 37.

Prime Filet Mignon*

8 oz. 45.
13 oz. 56.

Prime New York Peppercorn Steak*

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

RARE
*Red center,
very cool*

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

MEDIUM
Red center

**MEDIUM
WELL**
*Pink
throughout*

WELL
Pink center

VERY WELL
No pink

SANDWICHES

The Metropolitan Turkey Sandwich

Roasted turkey, Havarti cheese,
crispy bacon, lettuce and tomato.
Served with housemade
potato chips. 11.

Portobello and Brie Sandwich

Grilled portobello topped with
melted Brie and roasted red peppers.
Stacked high on a garlic herb bolo
with organic greens and beefsteak
tomatoes, with crisp fries. 12.

Peppercorn Crusted Blue Cheese and Bacon Burger

American Wagyu sirloin burger crusted
with cracked black peppercorns and
grilled over mesquite. Topped with
Oregon blue cheese and crispy bacon.
Served on a corn kaiser roll
with crisp fries. 13.

Chicken Sandwich with Bacon and Brie

Mesquite grilled herbed chicken
breast, crisp bacon, double cream
Brie cheese, herb mayonnaise, lettuce,
tomato, corn kaiser roll, crisp fries. 12.

Prime New York Steak Sandwich*

Grilled and sliced. Served open-faced
on French baguette with caramelized
onions, sautéed mushrooms and sharp
provolone cheese, with crisp fries. 16.

Roast Beef au Jus*

Roasted Kobe beef, cheddar cheese,
caramelized onions, herbed rondelé
cream cheese, fresh baguette,
with crisp fries. 14.

The Works Burger

American Wagyu sirloin, cheddar and
Swiss cheeses, caramelized onions,
drive-in sauce, lettuce, tomato,
with crisp fries. 13.

*Per Health Dept. recommendations we prepare our burgers
to 160 degrees Fahrenheit.*

MET LUNCH SPECIALTIES

Fettuccine Bolognese

Classic Italian meat sauce with
spicy sausage, ground beef, roasted
peppers and pear tomatoes tossed with
fettuccine pasta and roasted garlic
cream. Finished with Parmesan
cheese and scallions. 14.

Fish and Chips

Panko beer battered Alaskan true cod.
Served with steak fries and
housemade tartar sauce. 15.

American Wagyu Ground Sirloin*

12-ounce Kobe beef ground sirloin,
bacon and mushroom pan gravy,
mashed potatoes, seasonal vegetables,
crispy onion ring. 16.

Metropolitan Steakhouse Chicken

Herb roasted half chicken with pearl
onions, baby carrots, chicken glacé
and served with Yukon Gold
mashed potatoes. 17.



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

*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.*

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, housemade 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.

BOTTLED SOFT DRINKS

Thomas Kemper Root Beer	5.
Thomas Kemper Orange Cream Soda	5.
IZZE Sparkling Apple Juice.....	5.
Acqua Panna Still Water (ONE LITER).....	7.
Fiji Water (ONE LITER)	7.
San Pellegrino Sparkling Natural Mineral Water (ONE LITER).....	7.
Perrier Sparkling Water (25 OUNCES).....	7.
Haake–Beck (Imported Non–Alcohol Beer)	5.
Thomas Kemper Ginger Ale	5.

METROPOLITAN LEMONADES

Fresh Lemonade.....	3.
Fresh Strawberry Lemonade	3.
Arnold Palmer (Iced Tea and Lemonade).....	3.
Pomm–Ade (Pomegranate Juice and Lemonade).....	5.



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

The Metropolitan Grill is pleased to announce a new venue for private dining, The Chairman’s Room. Our private dining rooms are 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.