



## 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**

**[www.themetropolitangrill.com](http://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, Parmigiano Reggiano, Spanish white anchovies, house made Caesar dressing. 7.

### **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. 7.

### **House Field Greens**

Anjou pears, Gorgonzola, candied walnuts, Dijon mustard vinaigrette. 6.

### **Pea Salad**

Petite peas, bacon, red onion, water chestnuts, peppered sour cream dressing. 5.

### **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 Top Sirloin\*

7 oz. 24.  
14 oz. 38.

## Prime New York Strip Loin\*

12 oz. 46.  
16 oz. 56.

## Prime Filet Mignon\*

8 oz. 46.  
13 oz. 57.

## Prime New York Peppercorn Steak\*

Cracked black pepper crust,  
green peppercorn demi-glace.  
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

### Turkey Sandwich

Roasted turkey, Havarti cheese,  
crispy bacon, lettuce and tomato.  
Served with 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. 14.

### Chicken Sandwich with Bacon and Brie

Mesquite grilled herb chicken  
breast, crispy bacon, double cream  
Brie cheese, herb mayonnaise, lettuce  
and tomato. Served on a corn kaiser  
roll with 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. 14.

*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  
house made tartar sauce. 15.

### American Wagyu Ground Sirloin\*

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

### Metropolitan Steakhouse Chicken

Herb roasted half chicken with pearl  
onions, baby carrots and chicken glacé.  
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, 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.

## BOTTLED SOFT DRINKS

Thomas Kemper Root Beer

5.

Thomas Kemper Orange Cream Soda

5.

Thomas Kemper Ginger Ale

5.

Martinelli's Sparkling Apple Cider

5.

Acqua Panna Still Water (ONE LITER)

7.

San Pellegrino Sparkling Natural Mineral Water (ONE LITER)

7.

## 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**

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](mailto: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](http://www.themetropolitangrill.com).