



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 Seven Flavor Beef

Tenderloin Bites*

Prime filet mignon strips, lemon grass, ginger, garlic, chilies, Chinese five spice, Thai basil and toasted peanuts. 16.

Dungeness & Alaskan

King Crab Cakes

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

Calamari

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

SOUPS AND STARTER SALADS

House Field Greens

Anjou pears, Gorgonzola, candied walnuts, rosemary-grain mustard vinaigrette. 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.

Classic Caesar Salad

Hand cut romaine hearts, garlic croutons, Reggiano Parmesan, Spanish white anchovies, house made Caesar dressing. 7.

Pea Salad

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

Metropolitan Clam Chowder

New England style.
Cup 5. Large Bowl 8.

Soup of the Day

Cup 5. Large Bowl 8.

Monday: Seafood Gumbo

Tuesday: Tomato-Basil Bisque

Wednesday: Baked Potato Soup

Thursday: Old Fashioned Chicken Noodle

Friday: Lobster Bisque

ENTREE SALADS

Classic Chop Chop Salad

Hand cut romaine hearts, smoked turkey breast, salami, garbanzo beans, tomatoes, 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, rosemary-grain mustard 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. 44.
16 oz. 54.

Prime Filet Mignon*

8 oz. 44.
13 oz. 56.

Prime Top Sirloin*

14 oz. 36.

Prime New York Peppercorn Steak*

Cracked black pepper crust,
green peppercorn demi-glace.
12 oz. 46.
16 oz. 56.

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

Served with fries.

Chicken Sandwich with Bacon and Brie

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

Prime New York Steak Sandwich*
Grilled and sliced. Served open-faced on French baguette with caramelized onions, sautéed mushrooms and sharp provolone cheese. 16.

**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.

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. 12.

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

Roast Beef au Jus*
Roasted Kobe beef, cheddar cheese, caramelized onions, herbed rondelé cream cheese, fresh baguette. 14.

The Works Burger
American Wagyu sirloin, cheddar and Swiss cheeses, caramelized onions, drive-in sauce, lettuce, tomato. 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.

Parmesan Chicken Dijon
Parmesan and Dijon crusted chicken breast, Dijon sauce, mashed potatoes, seasonal vegetables. 15.

American Wagyu Ground Sirloin*
12-ounce Kobe beef ground sirloin, bacon and mushroom pan gravy, mashed potatoes, seasonal vegetables, crispy onion ring. 17.

The Metropolitan Mushroom Steak*
Balsamic vinegar, garlic, rosemary marinade, sautéed petite mushroom caps, mashed potatoes, seasonal vegetables. 18.

Friday Special: Prime Rib*

Slow roasting resulting in the most tender, juicy and flavorful prime rib. Served with mashed potatoes, seasonal vegetables, au jus. 25.

**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.

Pomm–Ade

Pomegranate juice and lemonade. 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.

SELECT SOFT DRINKS

Fresh Lemonade.....	3.
Fresh Strawberry Lemonade	3.
Arnold Palmer (Iced Tea and Lemonade).....	3.
Red Bull Energy Drink	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.