

METROPOLITAN GRILL FEATURES

STARTERS

OHMI TARTARE* 23.

Japanese A-5 Ohmi strip loin, Dijon mustard, extra virgin olive oil, shallots, pear, caper berry, red sea salt and served with grilled potato loaf crostini.

CAPRESE SALAD 11.

Vine ripe tomatoes, fresh mozzarella, grilled sweet onions, micro greens, basil oil and balsamic syrup.

KING CRAB CREAMED CORN 14.

Alaskan King crab, pancetta, red onion, bell peppers, parmesan cheese, garlic butter and spring yellow corn.

ENTREES

COLUMBIA RIVER KING SALMON* 44.

Simply grilled over mesquite served with lemon chive beurre blanc and Yukon Gold mashed potatoes.

BUFFALO TENDERLOIN* 49.

Pan seared Wyoming grass feed buffalo served with roasted morel mushroom butter and root vegetable hash.

KUROBUTA BACON WRAPPED

TENDERLOIN MEDALLIONS* 62.

Mesquite grilled, Snake River Farms Kurobuta bacon finished with Oregon blue cheese.

BRITISH COLUMBIA HALIBUT 50.

10 oz. simply grilled over mesquite coals, lemon chive beurre blanc.

IBERICO PORK

With very limited availability in the U.S., Iberico de Bellota is a "best in class" pork that hails from the government-protected Holm oak and cork forests of western Spain.

Known as Pata Negra or Black Hoof, the Iberico is a descendant of the wild boar that once inhabited Mediterranean forests. Today, it is the last free-range, grazing pig in Europe, feasting on a diet of fallen acorns (known as bellota) and wild herbs. This all-natural diet and unique ability to store fat is the secret to its deep earthy flavor and highly marbled meat.

IBERICO LOIN 8 OZ* 49.

Grilled and served with root vegetable hash, herb jus and topped with roasted pine nut butter.

**Our steaks and seafood are cooked to order.*

Consuming raw or under cooked meats and seafood may increase your risk of food borne illness.



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METROPOLITAN GRILL SPECIALTY STEAKS

METROPOLITAN GRILL FEATURED AMERICAN WAGYU— NATURAL BEEF

Snake River Farms, Idaho

Snake River Farms is a family-owned business, which began over a decade ago with a small herd of Wagyu cattle from the Kobe region of Japan.

The Wagyu bulls were crossed with premium American Black Angus to form a proprietary herd that has developed into one of the finest groups of Wagyu/Angus cross cattle in the U.S. Often referred to as American Kobe Beef, this unique breed was bred specifically to deliver the finest eating quality.

Every step in the production process is strictly controlled to ensure that this level of distinction is achieved.

35 DAY DRY AGED CHICAGO CUT TOP SIRLOIN, 18 OZ.* 59.

SKIRT STEAK, 10 OZ.* 46.

FILET MIGNON, 8 OZ.* 65.

LARGE FILET MIGNON, 13 OZ.* 79.

NEW YORK STRIP LOIN, 16 OZ.* 74.

THE MET "LONG BONE" RIBEYE STEAK 40 OZ.* 120.

PRIME FILET, 4 OZ. & AMERICAN WAGYU FILET, 4 OZ.* 64.

PRIME FILET, 4 OZ., AMERICAN WAGYU FILET, 4 OZ. & OHMI FILET, 4 OZ.* 125.00

35 DAY DRY AGED TOP CAP SIRLOIN, 18 OZ.* 66.

OHMI BEEF

Ohmi beef is arguably the best beef in the world. It has a higher level of marbling than both the American Kobe and the Prime and is graded on the Japanese marbling score.

These steaks have more monounsaturated fats and melts at room temperature which make Wagyu beef part of a lower cholesterol diet and adds extraordinary depth in flavor. It is more of a delicacy in the realm of Foie Gras.

OHMI NEW YORK. 6 OZ.* 105.

OHMI FILET. 6 OZ.* 105.



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WELCOME TO THE METROPOLITAN GRILL

General Manager — Carmen Love

Dining Room Manager — Michael Vella Executive Chef — Stan Ross

Our pleasure is to serve you.

APPETIZERS

Dungeness & Alaskan King Crab Cakes

Pear-jicama slaw, sweet chili beurre blanc. 19.

Metropolitan Prawn Martini

Cocktail sauce, brunoise vegetables, lemon. 23.

Raw Oysters on the Half Shell*

Champagne mignonette. 18.

Almond Crusted Scallops

Breaded with almonds and panko, then seared golden brown and finished with chive beurre blanc. 18.

Seafood Sampler*

Chilled prawns, Dungeness crab legs, raw oysters on the half shell, Alaskan scallops and chilled Maine lobster. 95.

Calamari

Sweet cherry peppers, saffron-roasted red pepper aioli. 15.

Metropolitan Thick Cut Onion Rings

Red curry ketchup. 14.

Prime Teriyaki Tenderloin Bites*

Scallions and orange supremes. 16.

Artichoke Hearts

Grain mustard aioli. 14.

Dungeness Crab Cocktail

Classic cocktail sauce. Market Price

SOUPS AND STARTER SALADS

Iceberg Wedge with Rogue River Blue Cheese

Gala apples, diced tomatoes, toasted hazelnuts, Kurobuta bacon. 13.

Organic Baby Spinach

Petite mushrooms, toasted almonds, bacon, jack cheese, honey mustard vinaigrette. 11.

Clam Chowder

New England style. 9.

Maine Lobster Bisque

Rich lobster stock, heavy cream, Cognac. 11.

House Field Greens

Anjou pears, Gorgonzola, candied walnuts, Dijon mustard vinaigrette. 10.

Classic Caesar

Hand cut romaine hearts, garlic croutons, Parmigiano Reggiano, Spanish white anchovies, house made Caesar dressing. 11.

French Onion Soup with Swiss Emmentaler

Caramelized onions, beef and veal stock, vermouth, toasted crostini. 11.

DINNER SPECIALTIES

Bacon Wrapped Pork Chops with Pancetta and Apple Cream

Dijon garlic marinade, Porcini mushrooms and Granny Smith apple-veal reduction. 42.

Metropolitan Vegetable Stack

Grilled baby zucchini, squash, eggplant, red onion and portobello mushroom topped with Emmentaler cheese, baby carrots and roasted yellow pepper sauce. 20.

Dungeness Crab Fettuccine

Wild mushrooms, snap peas, red onion, Alfredo cream sauce, Parmigiano Reggiano and Dungeness crab legs. 42.

Roasted Prawn Scampi

Lemon garlic butter, fettuccine Alfredo. 42.

Metropolitan Grill Steak Salad*

Mesquite grilled American Wagyu Metropolitan Grill cut, mixed greens, pear tomatoes, parmesan-peppercorn dressing, Oregon blue cheese, cherry radishes and red onion. 29.

Steakhouse Chicken

Herb roasted half chicken with glace de poulet and served with baby carrots and Yukon Gold mashed potatoes. 32.

Alaskan King Crab

One pound of Alaskan King crab merus legs served with lemon and drawn butter. 72.

Cold Water Lobster Tail

Lemon, drawn butter. Market Price

PRIME RIB

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

Prime Rib*

Fresh horseradish, au jus. 12 oz. 45. 18 oz. 51.

Blackened Prime Rib*

Cajun crust. 12 oz. 47. 18 oz. 54.

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.

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, steak house fries or roasted root vegetables.

Prime New York Strip Loin*

16 oz. 69.
12 oz. 59.

Prime Top Sirloin*

14 oz. 44.

Prime Porterhouse*

Acclaimed combination of the most tender and flavorful cuts of beef.
34 oz. 89.
25 oz. 77.

Prime Filet Mignon*

13 oz. 72.
8 oz. 59.

Prime Boneless Ribeye Steak*

Met’s custom dry aged boneless ribeye. 16 oz. 65.

Prime New York Peppercorn Steak*

Cracked black pepper crust, green peppercorn demi-glace. 16 oz. 71.
12 oz. 61.

Prime Delmonico*

Bone-in New York strip loin. 20 oz. 76.

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, steak house fries or roasted root vegetables.

Châteaubriand for Two*

Classic Cliff sauce, parmesan tomato crowns, mushroom caps. 24 oz. 139.

Double New York Strip for Two*

Courvoisier cream sauce, parmesan tomato crowns. 24 oz. 122.

Rack of Lamb for Two*

Dijon and herb crust, rosemary-merlot demi-glace. 22 oz. 82.

SEAFOOD ADDITIONS

Roasted Scampi

With lemon garlic butter. 20.

Oscar Style

14.

Cold Water Lobster Tail

Market Price

Alaskan King Crab

With drawn butter. 38.

FOR THE TABLE

Cedar Plank Roasted Wild Mushrooms 15.

Creamed Spinach 9.

Asparagus with Béarnaise Sauce 11.

Lobster Macaroni and Cheese 16.

Brussels Sprouts with Kurobuta Bacon 17.

Caramel Bacon 18.

Roasted Poblano Scalloped Potatoes 10.

Yukon Gold Potato Cakes with Crème Fraîche and Chives 9.

SAUCES

Add to complement any of our great steaks.

Metropolitan Steak Sauce

Classic Béarnaise

Horseradish Cream Sauce

Blue Cheese Fromage

Green Peppercorn Demi-Glace

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