



DINNER

Juiciness, tenderness and flavor – those are the characteristics for which a cut of beef is esteemed.

Featuring Metropolitan Grill Prime by Double R Ranch, a combination of our exacting cutting standards, custom dry aging, and Prime Double R Ranch beef from Washington State. Perfectly grilled over live mesquite fire.

“Simply put, this is the best beef available.”

– Eric Hellner, Corporate Executive Chef

206.624.3287
Second & Marion
www.TheMetropolitanGrill.com



FEATURED SPECIALS

STARTERS

Watermelon and Radish Salad

With baby arugula, mixed greens, feta, and wildflower vinaigrette. 9.

Giant Coconut Shrimp

Coconut breaded freshwater shrimp with cilantro–chili lime sauce. 18.

Japanese Tenderloin Tartare*

Pickled cucumber, mustard seeds, sriracha cream, fried wontons. 20.

ENTREES

King Salmon*

Simply grilled over mesquite served with lemon–chive beurre blanc. 44.

Bacon Wrapped Tenderloins*

Point Reyes melted blue cheese. 62.
Lobster Oscar style. 72.

Pan Seared Wyoming Buffalo*

Grass fed Wyoming buffalo dusted with a rosemary crust topped with aged balsamic, bourbon and local cherry reduction. 49.

SEASONAL SIDES FOR THE TABLE

Lobster Macaroni and Cheese

17.

Roasted Poblano Scalloped Potatoes

10.

Charred Cauliflower

13.

Roasted Wild Mushrooms

15.

Local Wax Beans with Garlic Confit

10.

Brussels Sprouts with Kurobuta Bacon

17.

*Our steaks and seafood are cooked to order.
Consuming raw or under cooked meats and seafood may increase your risk of food borne illness.

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.*

62.

Filet Mignon, 10 oz.*

74.

Skirt Steak, 10 oz.*

48.

New York Strip Loin, 16 oz.*

76.

35 Day Aged Cap Top Steak, 18 oz.*

72.

Prime Filet, 4 oz. & American Wagyu Filet, 4 oz.*

64.

Prime Filet, 4 oz., American Wagyu Filet, 4 oz.

& Ohmi Filet, 4 oz.*

125.

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. The monounsaturated fats melt at room temperature which 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.

SNOW BEEF

Hokkaido Snow beef, from Japanese Black Wagyu cattle raised on a private reserve in the cold northernmost part of Japan is extremely rare and sought after. Such intense weather, combined with rigorous standards for raising and care, makes for meat with snowflake-like marbling and delicacy.

Limited availability.

Hokkaido Filet, 6 oz.*

120.

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APPETIZERS

Dungeness & Alaskan King Crab Cakes

Granny Smith apple slaw, European-style citrus butter sauce. 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, Parmesan 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, King crab and chilled Maine lobster. 105.

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

Flash fried and served with grain mustard aioli. 14.

Dungeness Crab Cocktail

Classic cocktail sauce. Market Price

SOUPS AND STARTER SALADS

Iceberg Wedge with Point Reyes Blue Cheese

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

House Field Greens

Anjou pears, Gorgonzola, candied walnuts, Dijon mustard vinaigrette. 11.

Clam Chowder

New England style. 10.

Maine Lobster Bisque

Rich lobster stock, heavy cream, Cognac. 12.

Organic Baby Spinach

Toasted almonds, bacon, Jack cheese, honey-mustard vinaigrette. 11.

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. 12.

DINNER SPECIALTIES

Dungeness Crab and Prawn Fettuccine

Fire-roasted tiger prawns scampi, Dungeness crab fry legs, red onions, wild mushrooms, Parmigiano-Reggiano, Alfredo finished with herbed bread crumbs. 40.

Alaskan King Crab

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

Australian Lobster Tail

Lemon, drawn butter. Market Price

Bacon Wrapped Pork Chops*

Morel-Cognac-cream sauce. 42.

Steakhouse Chicken

Roasted half chicken, chanterelle mushroom crust, glaze de poulet served with baby carrots and Yukon Gold mashed potatoes. 34.

Metropolitan Grill Steak Salad*

Mesquite grilled American Wagyu butcher cut, mixed greens, pear tomatoes, Parmesan-peppercorn dressing, Point Reyes blue cheese, cherry radishes and red onion. 30.

FOR THE TABLE

Creamed Spinach 10.

Yukon Gold Potato Cakes with Crème Fraîche and Chives 10.

Asparagus with Béarnaise Sauce 12.

Steamed Broccoli with Cheddar Cheese Sauce 11.

THE BEST STEAK IN TOWN

METROPOLITAN GRILL PRIME DOUBLE R RANCH BEEF

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, our proprietary Prime Double R Ranch beef, 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.

New York Strip Loin*

16 oz. 72. 12 oz. 60.

New York Peppercorn Steak*

16 oz. 75. 12 oz. 63.

Porterhouse*

34 oz. 92. 25 oz. 77.

Filet Mignon*

13 oz. 75. 8 oz. 62.

Top Sirloin*

14 oz. 44.

Prime Delmonico*

Bone-in New York strip loin. 20 oz. 77.

Boneless Ribeye Steak*

16 oz. 66.

RARE Red center, very cool	MEDIUM RARE Red, warm center	MEDIUM Red center	MEDIUM WELL Pink throughout	WELL Pink center	VERY WELL No pink
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CARVED TABLE SIDE FOR TWO

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

Châteaubriand*

Classic Cliff sauce, Parmesan tomato crowns, mushroom caps. 24 oz. 140.

The Met "Long Bone" Ribeye Steak*

40 oz. 140.

Rack of Lamb*

Anderson Ranch, Willamette Valley. Dijon and herb crust, rosemary-Merlot demi-glace. 22 oz. 82.

SEAFOOD ADDITIONS

Australian Lobster Tail

Lemon, drawn butter. Market Price

Alaskan King Crab

With drawn butter. Market Price

Mesquite Grilled Scampi

With lemon-garlic butter. 20.

Dungeness Crab Oscar Style

14.

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. 46. 18 oz. 52.

Blackened Prime Rib*

Cajun crust. 12 oz. 48. 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.

SAUCES

Add to complement any of our great steaks.

Metropolitan Steak Sauce**Classic Béarnaise****Horseradish Cream Sauce****Blue Cheese Fromage****Green Peppercorn Demi-Glace**

3% surcharge will be added to each guest check.

A gratuity of 18% will be added for parties of seven or more.

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

BREWS ON TAP

Coors Light 6.

Stella Artois 9.

Chimay 10.

Georgetown Manny's Pale 8.

Mac & Jack's African Amber 8.

Hellbent IPA 8.

Elysian Space Dust IPA 9.

SEASONAL HANDLES

Please Inquire

Pyramid Brewing 8.

Old Stove Brewing 8.

Fremont Brewing 8.

Cider 8.

NITRO HANDLE

Guinness 8.

BOTTLED BEERS

Miller Lite 5.

Miller High Life 5.

Amstel Light 6.

Corona 6.

Heineken 6.

Clausthaler Non-Alcoholic Lager 5.

SPECIALTY BOTTLED BEERS

(Limited availability)

Innis & Gunn Scottish Beer 10.

Trappistes Rochefort 8 12.

Trappistes Rochefort 10 12.

Dogfish Head 120 Minute IPA 18.

Firestone 22 oz. Limited Edition 20.

Green's Dry-Hopped Lager (GF) 10.

Lindemans Framboise 10.

Crispin Cider (GF) 7.

Wyder's Reposado Pear Cider (GF) 7.

Seasonal Cider 16.9 oz. (GF) 9.

FEATURED WINES



The Metropolitan Grill, Cabernet Sauvignon

Glass 16.

Walla Walla Valley

We are very proud to introduce our 10th vintage of our Metropolitan Grill Proprietary Cabernet Sauvignon. This collaboration between Winemaker Tom Glase and the The Met's Wine Team is a beautiful example of Cabernet Sauvignon from the Walla Walla Valley.

CÔTE BONNEVILLE

Estate Bottled
DUBRUL VINEYARD

Carriage House Red

Glass 27.

Yakima Valley

From the esteemed DuBrul Vineyard, this Cabernet Sauvignon dominant red blend shows elegance, detail and length. We are honored to be able to pour this amazing example of extraordinary winemaking by the glass.

PINE RIDGE

VINEYARDS

Napa Valley Cabernet Sauvignon

Glass 25.

100% Estate grown, this is California Cabernet at its best. Deep, dark, delicious and rich, Pine Ridge Vineyards gives us a wine that shows the mouth watering magic of ripe fruit and deep toasted oak balanced beautifully with smooth tannins and lively acid.



The Dissident Red Blend

Glass, 22.

Columbia Valley

Offers aromas of Bing cherry, black plum, cedar and subtle black pepper. Its blend of Cabernet Sauvignon, Merlot and Cabernet Franc from Red Mountain carries great fruit and oak notes while having elegant tannins matching perfectly with our Double R Ranch Prime Delmonico.

METROPOLITAN GRILL COCKTAILS

Met Manhattan

Metropolitan Grill Signature Woodford Reserve Bourbon, Carpano Antica, Peychaud's Bitters, Absinthe Spritz. Served up with an orange peel and brandied cherry. 16.

820 Manhattan

Metropolitan Grill Signature Buffalo Trace Bourbon, Sweet Vermouth, Apricot Liqueur, Orange Bitters. Served up with an orange peel. 15.

Vesper

Ketel One Vodka, Nolet's Gin, Cocchi Americano. Served up with a lemon twist. 15.

2nd Avenue Sidecar

Hennessy VS Cognac, Cointreau, Fresh Sour. Served up with an orange slice and sugared rim. 15.

Barrel Aged 75

Local Copperworks Gin aged in Metropolitan Grill Signature Woodford Reserve Barrels, Combier, Lemon Juice, Champagne Float. Served up with a lemon twist. 14.

Tennessee Revival

Gentleman Jack, Solerno, Lillet, Fresh Sour. Served up with an orange peel. 14.

Cool For The Summer

Belvedere Vodka, Pomegranate Juice, Mint, Lime, and Soda. Served on the rocks. 13.

Cancún Gardens

Blanco Tequila, St. Germain, Grapefruit, Fresh Sour. Served up with a hibiscus salted rim. 13.

Red Sangria

Red Wine, Brandy, Mixed Fruit. Served on the rocks with an orange slice. 14.

ALCOHOL-FREE BEVERAGES

Prepared with the finest ingredients available.

Wake Up Call

Pomegranate juice, mint, orange, tropical energy drink. 7.

Metropolitan Punch

Ginger ale, cranberry juice, orange juice. 5.

Pomm-Ade

Pomegranate juice, lemonade. 6.

Virgin Bloody Mary

5.

Strawberry Lemonade

4.

Arnold Palmer

4.



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 to check availability of our private rooms.

For reservations or more information, please call 206.624.3287 or go to www.TheMetropolitanGrill.com.



Valet parking available after 5:00pm