



## LUNCH

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](http://www.TheMetropolitanGrill.com)



## DAILY SPECIALS

### MONDAY

#### Cup 5. Bowl 8.

Tomato Gazpacho.

#### London Broil\*

Marinated in soy, brown sugar, ginger and sesame oil.

Grilled and sliced thin. Served with Yukon Gold mashed potatoes and asparagus. Finished with house made teriyaki sauce. 16.

#### Pair It With

Hellbent IPA. 8.

### TUESDAY

#### Cup 5. Bowl 8.

Tomato Basil Bisque.

#### Grilled Seafood Salad

Grilled salmon and prawns served with mixed greens, crab salad, hard boiled egg, avocado and Louie dressing. 22.

#### Pair It With

Fremont Lush IPA. 8.

### WEDNESDAY

#### Cup 5. Bowl 8.

Baked Potato.

#### Chophouse Meatloaf

Made with American Wagyu tenderloin, strip loin, pork and Kurobuta bacon. Finished with caramelized onions, Gorgonzola cheese and pan gravy. 19.

#### Pair It With

Chimay. 10.

### THURSDAY

#### Cup 5. Bowl 8.

Chicken Noodle.

#### Beef Stroganoff

Tender braised Prime beef in a rich brown sauce served over egg noodles, sautéed wild mushrooms, sour cream and chives. 18.

#### Pair It With

Georgetown Manny's Pale Ale. 8.

### FRIDAY

#### Cup 5. Bowl 8.

Broccoli Cheddar.

#### Prime Rib\*

Slow oven roasted Prime rib of beef with house made au jus. Served with Yukon Gold mashed potatoes and asparagus. 27.

#### Pair It With

Guinness Stout. 8.

\*Our steaks and seafood are cooked to order.

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

## 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.

### ENTREES

#### **Smoked Salmon Penne Pasta**

House–smoked salmon, capers, red onion, Parmesan, Alfredo cream sauce. 18.

#### **Metropolitan Grill Chophouse Burger\***

Bourbon BBQ burger with bacon, fried onions and Swiss cheese, toasted sesame bun. Served with crisp french fries. 18.

#### **Metropolitan Pastrami Melt**

Toasted caraway rye, Havarti cheese, stone–ground mustard and sliced pickles. Served with crisp french fries. 18.

### AMERICAN WAGYU

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.

#### **Filet, 5 oz.\***

43.

#### **Skirt Steak, 10 oz.\***

43.

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APPETIZERS

**Almond Crusted Scallops**

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

**Calamari**

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

**Dungeness & Alaskan King Crab Cakes**

Granny Smith apple slaw, European–style citrus butter sauce. 15.

SOUPS AND STARTER SALADS

**Classic Caesar**

Hand cut romaine hearts, garlic croutons, Parmigiano–Reggiano, Spanish white anchovies, house made Caesar dressing. 10.

**Organic Baby Spinach**

Toasted almonds, bacon, Jack cheese, honey–mustard vinaigrette. 9.

**French Onion Soup with Swiss Emmentaler**

Caramelized onions, beef and veal stock, vermouth, toasted crostini. 12.

**Pea Salad**

English peas, bacon, red onion, water chestnuts, peppered sour cream dressing. 9.

**House Field Greens**

Anjou pears, Gorgonzola, candied walnuts, Dijon mustard vinaigrette. 9.

**Clam Chowder**

New England style. Cup 7. Bowl 9.

**Maine Lobster Bisque**

Rich lobster stock, heavy cream, Cognac. Cup 8. Bowl 11.

ENTREE SALADS

**Southwest Chop Chop Salad**

Chopped romaine lettuce and organic spring greens tossed with tri–colored corn tortilla chips, black beans, roasted corn, red onions, cilantro, Monterey Jack cheese and Louie–style dressing. With herb grilled chicken or crispy calamari. 17.

**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. 20.

**Classic Metropolitan Cobb\***

Mixed greens, avocado, bacon, diced tomatoes, chopped egg, Point Reyes blue cheese crumbles, black olives, Dijon vinaigrette. With herb grilled chicken. 17. With Chilean bay shrimp. 19.

LUNCH COMBINATIONS

**Soup and Salad** 13.

**Half Sandwich with Soup or Salad** 14.

**Soup Choices**

Soup of the Day  
Clam Chowder

**Salad Choices**

House Field Greens  
Caesar  
Baby Spinach

**Sandwich Choices**

Roast Beef au Jus  
Turkey Sandwich

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.

**Filet Mignon\***

8 oz. 62. 13 oz. 75.

**New York Strip Loin\***

12 oz. 60. 16 oz. 72.

**Top Sirloin\***

7 oz. 28. 14 oz. 44.

**New York Peppercorn Steak\***

12 oz. 63. 16 oz. 75.

**Boneless Ribeye Steak\***

10 oz. 42.

<b>RARE</b> Red center, very cool	<b>MEDIUM RARE</b> Red, warm center	<b>MEDIUM</b> Red center	<b>MEDIUM WELL</b> Pink throughout	<b>WELL</b> Pink center	<b>VERY WELL</b> No pink
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SANDWICHES

**Turkey Sandwich**

Roasted turkey, Havarti cheese, pesto aioli, tomato, Kurobuta bacon, ciabatta bread and served with crisp fries. 16.

**Smoked Vegetable Sandwich**

Smoked zucchini, squash and portobello mushroom tossed in house made BBQ sauce and coleslaw. Served on a kaiser bun with crisp fries. 14.

**Chicken Sandwich with Bacon and Brie**

Mesquite grilled herb chicken breast, crisp bacon, double–cream Brie cheese, herb mayonnaise, lettuce and tomato. Served on a kaiser bun with crisp fries. 15.

**Prime New York Steak Sandwich\***

Grilled and sliced. Served open–faced on French baguette with caramelized onions, sautéed mushrooms and sharp provolone cheese. Served with crisp fries. 18.

**Roast Beef au Jus\***

Roasted American Wagyu top round, cheddar cheese, caramelized onions, herbed rondelé cream cheese, fresh baguette. Served with crisp fries. 18.

**The Works Burger\***

American Wagyu sirloin, cheddar and Swiss cheeses, caramelized onions, drive–in sauce, lettuce, tomato, pickle. Served with crisp fries. 15.

Per Health Department recommendations, we prepare our burgers to 160 degrees Fahrenheit.

SEAFOOD SELECTIONS

**Alaskan Sockeye Salmon\***

Served simply grilled or alder plank, with lemon–chive beurre blanc. 24.

**Fish and Chips**

Fresh Alaskan true cod, panko beer battered. Served with coleslaw, crisp fries and tartar sauce. 16.

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

3% surcharge will be added to each guest check.

## WINES BY THE GLASS

### SPARKLING

- Prosecco, Vandori** 9.  
Friuli, Italy
- Domaine Chandon, Étoile** 14.  
Carneros, CA
- Taittinger, Brut la Française** 20.  
Champagne, Reims, France
- Billecart-Salmon, Brut Rosé** 39.  
Champagne, Mareuil-sur-Aÿ, France

### WHITE WINE

- Chardonnay, Boomtown by Dusted Valley** 10.  
Columbia Valley, WA
- Chardonnay, Stonestreet Estate** 16.  
Alexander Valley, CA
- Pinot Gris, La Crema** 11.  
Monterey, CA
- Sauvignon Blanc, Jules Taylor** 10.  
Marlborough, NZ
- Riesling, Chateau Ste. Michelle, Eroica** 10.  
Columbia Valley, WA

### ROSÉ

- Kerloo Cellars, Grenache Rosé,  
Painted Hills Vineyard** 13.  
Columbia Valley, WA

### RED WINE

- Cabernet Sauvignon, Chateau Ste. Michelle** 11.  
Columbia Valley, WA
- Syrah, Gorman Winery "The Devil You Don't Know"** 17.  
Columbia Valley, WA
- Red Blend, CMS, Hedges** 10.  
Columbia Valley, WA
- Red Blend, DeLille Cellars, D2** 20.  
Columbia Valley, WA
- Merlot, Columbia Crest, Grand Estates** 9.  
Columbia Valley, WA
- Malbec, Catena** 11.  
Vista Flores, Mendoza, AR
- Pinot Noir, Cambria, Clone 4** 16.  
Santa Maria Valley, CA
- Pinot Noir, Angela, Estate, Yamhill-Carlton** 23.  
Willamette Valley, OR
- Petite Sirah, Stags' Leap Winery** 22.  
Napa Valley, CA
- Sangiovese, Bocelli** 9.  
Tuscany, Italy
- Bordeaux, Michel Lynch** 10.  
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## 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.

## 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.

## BOTTLED SOFT DRINKS

### San Pellegrino Sparkling

7.

### Acqua Panna Still

7.

### Henry Weinhard's Root Beer

5.

### Henry Weinhard's Orange Cream Soda

5.

### Martinelli's Sparkling Apple Cider

5.

### Red Bull

5.

### Red Bull Yellow Edition (Tropical)

5.



## 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).

