



## 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

206.624.3287  
Second & Marion  
[www.TheMetropolitanGrill.com](http://www.TheMetropolitanGrill.com)



## APPETIZERS

### Dungeness & King Crab Cakes

Granny Smith apple slaw, European-style citrus butter sauce. 19.

### Metropolitan Prawn Martini

Cocktail sauce, brunoise vegetables, lemon. 23.

### Almond Crusted Scallops

Almonds, Parmesan panko and chive beurre blanc. 18.

### 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.

### Raw Oysters on the Half Shell\*

Champagne mignonette. 18.

### Artichoke Hearts

Flash fried and served with grain mustard aioli. 14.

### Dungeness Crab Cocktail

Classic cocktail sauce.  
Market Price

### Seafood Sampler\*

Chilled prawns, Dungeness crab legs, raw oysters on the half shell, King crab and chilled Maine lobster. 125.

## SOUPS AND STARTER SALADS

### Iceberg Wedge

Gala apples, diced tomatoes, toasted hazelnuts, Point Reyes blue cheese, Kurobuta bacon. 13.

### House Field Greens

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

### Classic Caesar

Romaine hearts, garlic croutons, Parmigiano-Reggiano, Spanish white anchovies, house made Caesar dressing. 12.

### Organic Baby Spinach

Toasted almonds, bacon, Jack cheese, honey-mustard vinaigrette. 12.

### Clam Chowder

New England style. 10.

### Maine Lobster Bisque

Rich lobster stock, heavy cream, Cognac. 12.

### French Onion Soup

Swiss Emmentaler, caramelized onions, beef, veal stock, vermouth, and toasted crostini. 13.

## DINNER SPECIALTIES

### Dungeness Crab and Prawn Fettuccine

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

### King Crab

One pound of King Crab legs, lemon and drawn butter.  
Market Price

### Maine Lobster Tail

Lemon, drawn butter.  
Market Price

### Bacon Wrapped Pork Chops\*

Morel-Cognac-cream sauce. 42.

### Steakhouse Chicken

Roasted half chicken, chanterelle mushroom crust, glace de poulet, 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.

3% surcharge will be added to each guest check.

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

## 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. 74. 12 oz. 62.

#### Filet Mignon\*

13 oz. 78. 8 oz. 64.

#### New York Peppercorn Steak\*

16 oz. 77. 12 oz. 65.

#### Top Sirloin\*

14 oz. 46.

#### Porterhouse\*

34 oz. 92. 25 oz. 77.

#### Prime Delmonico\*

Bone-in New York strip loin.  
20 oz. 79.

#### Boneless Ribeye Steak\*

16 oz. 68.

<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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### 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. 145.

#### The Met “Long Bone” Ribeye Steak\*

40 oz. 145.

#### Rack of Lamb\*

Superior Farms, Washington State. Dijon and herb crust, rosemary-Merlot demi-glace.  
22 oz. 82.

### PRIME RIB\*

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

12 oz. 48. 18 oz. 54.

### SEAFOOD ADDITIONS

#### Maine Lobster Tail

Lemon, drawn butter.  
Market Price

#### Mesquite Grilled Scampi

Lemon-garlic butter. 20.

#### Dungeness Crab Oscar Style

18.

#### King Crab

Lemon, drawn butter.  
Market Price

### SAUCES

Add to complement any of our great steaks.

#### Metropolitan Steak Sauce

#### Classic Béarnaise

#### Horseradish Cream Sauce

#### Blue Cheese Fromage

#### Green Peppercorn Demi-Glace

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

## HOUSE COCKTAILS

### **Bitter Blossom**

Vodka, Campari, Elderflower, Grapefruit, Lime. 14.

### **Strawberry Fields**

White Rum, Carpano Bianco, Strawberry, Basil, Lime. 14.

### **The Alchemist**

Blanco Tequila, Green Chartreuse, Ancho Verde, Pineapple, Lime. 15.

### **Good as Gold**

Cognac, Banane du Brésil, Amaro Montenegro, Honey, Lemon. 15.

### **The Sun Also Rises**

Toki Japanese Whisky, Gran Classico, Apricot, Black Lemon Bitters. 16.

## CLASSIC COCKTAILS

### **Met Manhattan**

MG Woodford Reserve Bourbon, Carpano Antica, Peychaud's Bitters, Absinthe Rinse. 16.

### **Old-Fashioned**

MG Buffalo Trace Bourbon, Demerara, Angostura Bitters, Orange Bitters. 15.

### **Barrel-Aged 75**

MG Copperworks Barrel-Aged Gin, Combier d'Orange, Lemon, Champagne. 14.

### **Negroni**

MG Copperworks Barrel-Aged Gin, Campari, House Blended Vermouth. 15.

### **Dark and Stormy**

Dark Rum, Ginger Beer, Lime. 13.

## ALCOHOL-FREE BEVERAGES

Prepared with the finest ingredients available.

### **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](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).



## FEATURED SPECIALS

### STARTERS

#### **Japanese A5 Ohmi Carpaccio**

Thin sliced Japanese olive beef with rustic grilled bread, three olive tapenade, Parmesan crisp and citrus emulsion. 22.

#### **Giant Coconut Prawns**

Coconut breaded jumbo shrimp with cilantro chili lime sauce, and green onion slaw. 19.

#### **Thick Cut Caramel Bacon**

Caramel bacon with lemon–caramel sauce. 15.

#### **Japanese Tartare\***

Diced A5 Ohmi and Hokkaido with capers, egg, cornichon, chives, shallot, lemon, Dijon. 22.

### ENTREES

#### **Grilled King Salmon\***

Lemon chive beurre blanc. 48.

#### **Bacon Wrapped Tenderloins\***

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

#### **Pan Seared Wyoming Bison\***

Grass fed bison, rosemary crust, balsamic bourbon cherry reduction. 52.

#### **Portobello Mushroom**

Garlic herb marinated portobello, mesquite grilled, Parmesan tomato crown, roasted cauliflower, Yukon Gold mashed potatoes and a vegan peppercorn demi–glace. 26.

### SEASONAL SIDES FOR THE TABLE

#### **Lobster Macaroni and Cheese**

17.

#### **Roasted Poblano Scalloped Potatoes**

10.

#### **Charred Cauliflower**

13.

#### **Roasted Wild Mushrooms**

15.

#### **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.

## 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.

Schöfferhofer Hefeweizen 8.

Bellevue Brewing IPA 9.

## SEASONAL HANDLES

Please Inquire

Pyramid Brewing 8.

Old Stove Brewing 8.

Seapine Brewing 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 10 12.

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.

## SPECIALTY STEAKS

### METROPOLITAN GRILL FEATURED AMERICAN WAGYU NATURAL BEEF

Snake River Farms, Idaho

Snake River Farms is a family-owned business, which began over twenty years 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.

**35 Day Dry Aged Chicago Cut  
Top Sirloin, 18 oz.\* 62.**

**Filet Mignon, 10 oz.\* 76.**

**Skirt Steak, 10 oz.\* 48.**

**New York Strip Loin, 16 oz.\* 78.**

**35 Day Aged Cap Top Steak, 18 oz.\* 72.**

**Center Cut Porterhouse, 32 oz.\* 110.**

**Gold Long Bone, 40 oz.\* 225.**

**Prime Filet, 4 oz. &  
American Wagyu Filet, 4 oz.\* 66.**

**Prime Filet, 4 oz., American Wagyu Filet, 4 oz.  
& Ohmi Filet, 4 oz.\* 130.**

### 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.

**Ohmi New York, 6 oz.\* 100.**

**Ohmi Filet, 6 oz.\* 110.**

### 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.

Limited availability.

**Hokkaido Filet, 6 oz.\* 125.**

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