



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

206.624.3287
Second & Marion
www.TheMetropolitanGrill.com



APPETIZERS

Almond Crusted Scallops

Almonds, Parmesan panko and chive beurre blanc. 18.

Calamari

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

Dungeness & King Crab Cakes

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

SOUPS AND STARTER SALADS

Classic Caesar

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

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

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 12.

ENTREE SALADS

Southwest Chop Chop Salad

Romaine lettuce, spring mix, tri-colored corn tortilla, black beans, roasted corn, red onions, cilantro, Monterey Jack cheese, 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. 18.
With Chilean bay shrimp. 20.

LUNCH COMBINATIONS

Soup and Salad 13.

Half Sandwich with Soup or Salad 15.

Soup Choices

Soup of the Day
Clam Chowder

Salad Choices

House Field Greens
Caesar
Baby Spinach

Sandwich Choices

Roast Beef au Jus
Turkey Sandwich

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*

12 oz. 62. 16 oz. 74.

Top Sirloin*

7 oz. 30. 14 oz. 46.

Filet Mignon*

8 oz. 64. 13 oz. 78.

Boneless Ribeye Steak*

10 oz. 42.

New York Peppercorn Steak*

12 oz. 65. 16 oz. 77.

AMERICAN WAGYU, SNAKE RIVER FARMS

Boise, 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.

Filet, 5 oz.* 43.

Skirt Steak, 10 oz.* 43.

Gold Long Bone, 40 oz.* 230.

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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|---|---|-----------------------------|--|----------------------------|-----------------------------|
| RARE Red center, very cool | MEDIUM RARE Red, warm center | MEDIUM Red center | MEDIUM WELL Pink throughout | WELL Pink center | VERY WELL No pink |
|---|---|-----------------------------|--|----------------------------|-----------------------------|

3% surcharge will be added to each guest check.

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

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.

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.

Sugar Free Red Bull

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 to check availability of our private rooms.

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



DAILY SPECIALS

MONDAY

Cup 6. Bowl 9.

Ribeye Chili.

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. 17.

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. 23.

Pair It With

Stella Artois. 9.

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. 20.

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. 19.

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. 28.

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.

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, Le Focaie 9.
Tuscany, Italy

Bordeaux, Michel Lynch 10.
FR

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.

LUNCH ENTREES

Grilled Sockeye Salmon*

Lemon chive beurre blanc. 24.

Fish and Chips

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

Smoked Salmon Penne Pasta

House-smoked salmon, capers, red onion,
Parmesan, Alfredo cream sauce. 20.

Bacon Wrapped Pork Chop*

Morel-Cognac-cream sauce. 24.

Pan Seared Wyoming Bison*

Grass fed bison, rosemary crust, balsamic
bourbon cherry reduction. 32.

Grilled Prawn Fettuccine

Jumbo prawns, red onions, peas and
wild mushrooms, Parmesan, Alfredo sauce,
and herbed bread crumbs. 24.

Seared Alaskan Halibut

Citrus and herb marinade, blistered
tomato beurre blanc. 38.

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.

Metropolitan Pastrami Sandwich

Sliced house made pastrami, deli-style mustard and
New York rye bread. Served with Tim's Cascade
chips and pickle spear. 23.

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.

*Our steaks and seafood are cooked to order.

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increase your risk of food borne illness.