



## 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.

### Prime Teriyaki Tenderloin Bites\*

Scallions and orange supremes. 16.

### Dungeness Crab Cocktail

Classic cocktail sauce. Market Price

### Seafood Sampler\*

Chilled prawns, Dungeness crab legs, 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. 8.

### Classic Caesar

Romaine hearts, garlic croutons, Parmigiano-Reggiano, Spanish white anchovies, house made Caesar dressing. 9.

### Organic Baby Spinach

Toasted almonds, bacon, Jack cheese, honey-mustard vinaigrette. 8.

### 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.

### Pan Seared Steakhouse Chicken

Roasted garlic, wild mushroom jus and potato gnocchi. 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.

## 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 asparagus with Béarnaise sauce.

### New York Strip Loin\*

16 oz. 74. 12 oz. 62.

### New York Peppercorn Steak\*

16 oz. 77. 12 oz. 65.

### Porterhouse\*

34 oz. 92. 25 oz. 77.

### Filet Mignon\*

13 oz. 78. 8 oz. 65.

### Top Sirloin\*

14 oz. 46.

### 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 asparagus with Béarnaise sauce.

### Châteaubriand\*

Classic Cliff sauce, Parmesan tomato crowns, mushroom caps. 24 oz. 146.

### 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 asparagus with Béarnaise sauce.

12 oz. 48. 18 oz. 54.

## SEAFOOD ADDITIONS

### Maine Lobster Tail

Lemon, drawn butter. Market Price

### Dungeness Crab Oscar Style

18.

### Mesquite Grilled Scampi

Lemon-garlic butter. 20.

### 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.

A 20% service charge is included on each check. The entirety of this service charge is retained by the company. Our valued service team receives competitive industry compensation. We are required by law to collect tax on the service charge. Thank you for dining with the The 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 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 Mignon, 10 oz.\*** 76.

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

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

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

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

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

## JAPANESE A5 BEEF

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

### OLIVE BEEF

Raised in Japan's Kagawa Prefecture, the cows are fed a special diet of Inawara rice straw, Italian ryegrass, and pressed olives.

**Kagawa Olive Filet, 4 oz.\*** 125.

### 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.

\*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

#### Wagyu Meatballs with Polenta

American Wagyu meatballs with creamy polenta, shaved Parmesan and basil marinara. 14.

#### Thick Cut Caramel Bacon

Caramel bacon with lemon-caramel sauce. 15.

#### Steak Tartare\*

Roasted garlic aioli, coriander yogurt, roasted red peppers, Granny Smith apple, grilled crostini, pine nuts and pea shoots. 15.

### ENTREES

#### Grilled King Salmon\*

Lemon chive beurre blanc. 48.

#### 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 asparagus, 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

12.

#### Roasted Wild Mushrooms

15.

#### Fried Brussels Sprouts with Parmesan and Kurobuta Bacon

17.

#### Yukon Gold Potato Cakes with Crème Fraîche and Chives

12.

#### Creamed Spinach

10.

#### Asparagus with Béarnaise Sauce

14.

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