



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. 9.

Organic Baby Spinach

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

French Onion Soup

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

House Field Greens

Anjou pears, Gorgonzola, candied walnuts, Dijon mustard vinaigrette. 8.

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 Black Bean 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. 17. With Chilean bay shrimp. 18.

LUNCH COMBINATIONS

Half Sandwich with Soup or Salad 15.

Soup Choices	Salad Choices	Sandwich Choices
Soup of the Day	House Field Greens	Roast Beef au Jus
Clam Chowder	Caesar	Turkey Sandwich
	Baby Spinach	

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.

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, or steak house fries.

New York Strip Loin*

12 oz. 62. 16 oz. 74.

Filet Mignon*

8 oz. 65. 13 oz. 78.

Top Sirloin*

7 oz. 30. 14 oz. 46.

Boneless Ribeye Steak*

10 oz. 42. 16 oz. 68.

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.

Long Bone, 40 oz.* 145.

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. Limited availability.

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.

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

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

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.

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.

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.

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

Stoup Pilsner. 8.

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.

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