



Metropolitan Grill
THE BEST STEAK IN TOWN

APPETIZERS

Dungeness Crab Cocktail
Classic cocktail sauce. 27.

Almond Crusted Scallops
Almond, Parmesan panko, chive beurre blanc. 19.

Metropolitan Prawn Cocktail
Cocktail sauce, lemon. 35.

Calamari
Saffron and roasted pepper aioli, sweet cherry peppers. 16.

Dungeness & King Crab Cakes
Granny Smith apple slaw, European style citrus butter sauce. 21.

Prime Tenderloin Bites
Citrus soy glaze, house made chili oil, pineapple powder, and roasted macadamia nuts. 20.

A5 Japanese Tenderloin Steak Tartare
Roasted garlic aioli, coriander yogurt, roasted red peppers, Asian pears, grilled crostini, and arugula salad. 18.

Seafood Sampler

Dungeness crab legs, prawns, King crab and chilled Maine lobster. 150.

SOUPS

Maine Lobster Bisque
Rich lobster stock, heavy cream, cognac. 13.

French Onion Soup
Swiss Emmentaler, caramelized onions, crostini, beef and veal stock, vermouth. 13.

Clam Chowder
New England style. 10.

DINNER SPECIALTIES

Grilled King Salmon
Lemon chive beurre blanc. 49.

Dungeness Crab and Prawn Fettucine
Mesquite grilled prawns, Dungeness crab fry legs, red onions, mushrooms, Parmigiano-Reggiano, Alfredo, herbed breadcrumbs. 45.

Pan Seared Wyoming Bison*
Grass fed bison, rosemary crust, balsamic bourbon cherry reduction. 54.

Pan Seared Steakhouse Chicken
Roasted garlic, wild mushroom jus, potato gnocchi. 36.

Bone-in Heritage Pork Chop*
Onion ash seasoning, Morel mushroom calvados Maître d' butter, creamed corn. 50.

Vegan Bolognese. 28.

STARTER SALADS

Iceberg Wedge
Gala apples, diced tomatoes, toasted hazelnuts, Point Reyes blue cheese, Kurobuta bacon. 14.

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

Organic Baby Spinach
Toasted almonds, bacon, Jack cheese, honey mustard vinaigrette. 10.

House Field Greens
Anjou pears, Gorgonzola, candied walnuts, Dijon mustard vinaigrette. 10.

SIDES FOR THE TABLE

Thick Cut Caramel Bacon. 16.

Four Cheese Mac and Cheese. 14.

Yukon Gold Potato Cakes. 12.

Creamed Spinach. 11.

Asparagus with Béarnaise. 14.

THE BEST STEAK IN TOWN

Choice of baked potato, Metropolitan mashed potatoes, steak house fries or asparagus with Béarnaise sauce.

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.

Prime Delmonico*

Bone-in New York strip loin.

20 oz. 82.

Top Sirloin*

14 oz. 48.

Filet Mignon*

13 oz. 82.

8 oz. 68

Porterhouse*

34 oz. 95.

25 oz. 79.

New York Strip Loin*

16 oz. 77.

12 oz. 65.

Boneless Ribeye*

16 oz. 71.

DINNER FOR TWO

Châteaubriand*

Classic Cliff sauce, Parmesan tomato crowns, mushroom caps.

24 oz. 165.

The Met "Long Bone" Ribeye*

40 oz. 180.

RARE
Red center,
very cool

MEDIUM
RARE
Red, warm
center

MEDIUM
Red center

MEDIUM
WELL
Pink
throughout

WELL
Pink center

VERY WELL
No pink

JAPANESE A5 BEEF

SNOW BEEF

Raised on the island of Hokkaido in the cold northernmost part of Japan. It has a silky quality from the marbling and is sought after.

Snow Filet*

6 oz. 165.

4 oz. 110.

OHMI BEEF

Raised on the rich agricultural lands in Shiga Prefecture. Boasts a softness and delicacy that melts in your mouth.

Ohmi Filet*

6 oz. 165.

4 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.

Olive Filet*

6 oz. 195.

4 oz. 130.

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.

Filet Mignon*

10 oz. 80.

Skirt Steak*

10 oz. 49.

COMBINATIONS

Prime Filet & American Wagyu Filet*

4 oz. each. 75.

Prime Filet, American Wagyu Filet & Ohmi Filet*

4 oz. each. 180.

Snow Filet, Ohmi Filet & Olive Filet*

4 oz. each. 300.

ADDITIONS

King Crab Merus Leg

Lemon, drawn butter. 25.

Colossal Mesquite Grilled Prawn

Lemon garlic scampi butter. 10.

Maine Lobster Tail

Lemon, drawn butter.

Market Price.

Dungeness Crab Oscar Style. 20.

Peppercorn Style. 5.

*Our steaks are cooked to order.

Consuming raw or undercooked meats may increase your risk of foodborne illness.