

— STARTERS —

- STEAK TARTARE*** Tenderloin, sherry mustard dressing, shallots, capers, quail egg, lavash. 32
- ROASTED BONE MARROW** Hazelnut romesco sauce, pickled shallot, capers, grilled crostini. 27
- GLAZED BACON** Cipollini onions, bourbon vanilla glaze. 20
- PRIME TENDERLOIN BITES** Citrus soy glaze, house made chili oil, pineapple powder, roasted macadamia nuts. 24
- WAGYU MEATBALLS*** American Wagyu meatballs, creamy polenta, Parmigiano-Reggiano, Mama Lil's peppers, house made marinara. 20
- SPICY FRIED SHRIMP** Sesame chili sauce, fried peppers. 20
- DUNGENESS & KING CRAB CAKES** Granny Smith apple slaw, European style citrus butter sauce. 35

— PRAWN COCKTAIL —
Cocktail sauce, lemon. 35

— DUNGENESS CRAB COCKTAIL —
Classic cocktail sauce. 42

— HALF SHELL OYSTERS* —
Champagne mignonette. ½ Dozen 30

— ICED SHELLFISH PLATTER* —
Half shell oysters, Prawns, Dungeness crab legs
and Maine lobster. 150

— SOUPS AND SALADS —

- FRENCH ONION SOUP** Swiss Emmentaler, caramelized onions, crostini, beef and veal stock, vermouth. 17
- MAINE LOBSTER BISQUE** Rich lobster stock, heavy cream, Cognac. 16
- CLAM CHOWDER** New England style. 12
- ICEBERG WEDGE** Gala apples, grape tomatoes, toasted hazelnuts, Point Reyes blue cheese, honey cured slab bacon. 16
- CAESAR** Chopped romaine, ciabatta crouton, Parmigiano-Reggiano, Spanish white anchovies, Caesar dressing. 13
- ORGANIC BABY SPINACH** Shaved fennel, sun-dried tomatoes, Marcona almonds, Garrotxa goat cheese, tomato vinaigrette. 13
- HOUSE FIELD GREENS** Anjou pears, Gorgonzola, candied walnuts, Dijon mustard vinaigrette. 12

— DINNER SPECIALTIES —

- WILD KING SALMON*** Grilled King salmon, steamed asparagus, Yukon Gold mashed potatoes, lemon chive beurre blanc. 60
- ALASKAN HALIBUT*** Pan seared, tasso ham succotash, corn puree. 60
- DUNGENESS CRAB AND PRAWN FETTUCCINE** Mesquite grilled prawns, Dungeness crab, red onions, mushrooms, Parmigiano-Reggiano, alfredo, herbed breadcrumbs. 49
- LOBSTER TAIL** Steamed asparagus, Yukon Gold mashed potatoes, lemon, drawn butter. Market Price
- STEAKHOUSE CHICKEN** Pan seared half chicken, wild mushroom Cambozola bread pudding, lacinato kale, pan jus. 42
- BONE-IN HERITAGE PORK CHOPS*** Mesquite grilled, Calvados morel maître d'butter, apple mostarda, Yukon Gold potato cake. 58
- CASARECCE PASTA** Pine nut pesto, tomato, mushroom, summer squash. 32 (V)

Thank You for Dining at The Metropolitan Grill.

A 20% Service Charge is included on your check. Your Server earns a 10% commission on gross sales and retains 100% of anything left on the tip line. The Company retains 100% of the service charge. WA State law requires we collect tax on all service charges.

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



THE BEST STEAK IN TOWN

Choice of baked potato, mashed potatoes, steak house fries, or potato cakes.

RARE red center, very cool **MEDIUM RARE** red, warm center **MEDIUM** red center
MEDIUM WELL pink throughout **WELL** pink center **VERY WELL** no pink

— METROPOLITAN GRILL PRIME DOUBLE R RANCH BEEF —

Our proprietary steak program features unsurpassed cutting standards, custom dry aging, and Prime Double R Ranch beef from Washington State, all expertly grilled over a live mesquite fire.

DELMONICO* 20 oz. 95

FILET MIGNON* 13 oz. 92 8 oz. 80

TOP SIRLOIN* 14 oz. 54

PORTERHOUSE* 34 oz. 130 25 oz. 98

NEW YORK STRIPLOIN* 16 oz. 85 12 oz. 72

BONELESS RIBEYE* 16 oz. 92

— SNAKE RIVER FARMS AMERICAN WAGYU NATURAL BEEF —

SRF's proprietary herd combines Wagyu genetics with premium American Black Angus to craft top-quality beef celebrated for its rich flavor and intricate marbling.

FILET MIGNON* 10 oz. 92

SKIRT STEAK* 10 oz. 52

STRIPLOIN MANHATTAN CUT* 10 oz. 85

— JAPANESE A5 BEEF —

Cast iron seared.

OHMI BEEF FILET* Ohmi beef is renowned as one of the world's best, prized for its abundant marbling that melts at room temperature, imparting exceptional flavor depth reminiscent of foie gras. 6 oz. 170 4 oz. 115

SNOW BEEF FILET* Hokkaido Snow beef, sourced from Japanese Black Wagyu cattle in the cold northernmost part of Japan, is exceptionally rare and prized. The intense weather and strict standards for raising and care result in meat with snowflake-like marbling and delicacy. 6 oz. 185 4 oz. 130

OLIVE BEEF FILET* Raised on Shōdoshima Island in Kagawa Prefecture where cattle farming has existed since the year 700, these cattle are fed pressed olives, resulting in incredible marbling and rich flavor. 6 oz. 205 4 oz. 140

— FILET COMBINATIONS —

All filets are 4 oz.

PRIME FILET & AMERICAN WAGYU FILET* 80

**PRIME FILET & AMERICAN WAGYU FILET
& OHMI FILET*** 190

SNOW FILET & OHMI FILET & OLIVE FILET* 300

— DINNER FOR TWO —

CHATEAUBRIAND* Carved tableside. Classic cliff sauce, Parmesan tomato crowns, mushroom caps. 24 oz. 195

THE MET "LONG BONE" RIBEYE* American Wagyu, served sliced. 40 oz. 225

— FOR THE TABLE —

CREAMED SPINACH Topped with sharp cheddar cheese. 12

BRUSSELS SPROUTS Bacon, Parmesan cheese, pickled onions. 14

SAUTEED MUSHROOMS Herbed black garlic butter. 16

ASPARAGUS Béarnaise sauce. 14

ROASTED BABY CARROTS Harissa yogurt, crushed pistachio, feta cheese. 16

MAC & CHEESE Beecher's Flagship cheddar, toasted breadcrumbs. 15

— ADDITIONS —

OSCAR STYLE Dungeness crab, bearnaise, asparagus tips. 30

LOBSTER OSCAR STYLE Bearnaise, asparagus tips. 35

GRILLED PRAWNS Two jumbo prawns, lemon garlic scampi butter. 28

PEPPERCORN STYLE Cracked peppercorn crusted, topped with green peppercorn demi-glace. 8

FROMAGE SAUCE Roquefort cheese, black pepper, cream. 8

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206.624.3287 | SECOND & MARION | WWW.THEMETROPOLITANGRILL.COM



Metropolitan Grill

THE BEST STEAK IN TOWN

— **CHEF'S STEAK FLIGHT** —
A Blind Tasting Experience

Limited Edition | Available May Only

Experience a curated tasting featuring three exceptional cuts of beef, each hand-selected by Corporate Executive Chef Eric Hellner for its unique texture, marbling, and flavor. This guided, blind tasting is designed to help you explore your personal preferences and savor the subtle differences in each bite.

Perfect for 2–4 guests, the experience showcases a rotating selection of cuts and preparations, each with its own distinct character. Served with your choice of mashed or baked potatoes and seasonal asparagus.

Each flight is entirely the chef's choice and changes regularly—no two are ever the same. From dry-aged to Wagyu, every cut tells a story.

\$300 per order | Limited Availability

*Ask your server to reveal the evening's selections along with recommended cooking temperatures and suggested wine pairings to complement each cut.

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Metropolitan Grill

THE BEST STEAK IN TOWN

— FEATURED STEAK OFFERINGS —

Executive Chef Eric Hellner has worked with our partners and ranchers around the world to bring you these unique steaks.

KASU WAGYU **Filet 6oz. 99**
Kumamoto, Kyushu, Japan
Kasuzuke marinade.
Kuroge Black, A5.

IWATE WAGYU **Manhattan Cut New York Strip 6oz. 85**
Iwate Prefecture, Japan
Japanese Shorthorn, A5.

DOUBLE R RANCH **Bone in Filet 16oz. 99**
Bone in Ribeye 24oz. 140
Loomis, Washington
Dry Aged Prime.

SNAKE RIVER **Eye of Ribeye 10oz. 90**
FARMS Boise, Idaho
American Wagyu.

SNAKE RIVER **New York Strip 14oz. 95**
FARMS Met Selection Woodford Bourbon Dry Aged
Boise, Idaho
American Wagyu.

Subject to availability.

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