Metropolitan Grill

THE BEST STEAK IN TOWN

DINNER

Since 1983, The Metropolitan Grill has built its reputation on exceptional hospitality and uncompromising quality.

We proudly feature Metropolitan Grill Prime by Double R Ranch — cut to our exacting standards and dry–aged. Finished with our proprietary seasoning and cooked over live mesquite fire, each steak delivers a distinct, signature character.

“I’ve built this program on discipline and detail with intention — Simply put, this is the best beef available.” — Eric Hellner, Executive Chef

STARTERS

WAGYU NEW YORK CARPACCIO*
Thin sliced Snake River Farms striploin, arugula, pickled red onion, stone–ground mustard aïoli, capers, shaved Parmesan, olive oil and crostini. 26

ROASTED BONE MARROW
Hazelnut romesco sauce, pickled shallot, capers, grilled crostini. 27

CALAMARI
Sweet cherry peppers, saffron–roasted red pepper aïoli. 20

GLAZED BACON
Cipollini onions, bourbon vanilla glaze. 20

DUNGENESS & KING CRAB CAKES
Granny Smith apple slaw, European style citrus butter sauce. 36

CHILLED SEAFOOD

HALF SHELL OYSTERS*
Champagne mignonette. ½ Dozen 30

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

PRAWN COCKTAIL
Classic cocktail sauce, lemon. 35

DUNGENESS CRAB COCKTAIL
Classic cocktail sauce, lemon. 42

SOUPS & 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. 17

CAESAR
Chopped romaine, ciabatta crouton, Parmigiano–Reggiano, Spanish white anchovies, Caesar dressing. 14

ORGANIC BABY SPINACH
Shaved fennel, sun–dried tomatoes, Marcona almonds, Garrotxa goat cheese, tomato vinaigrette. 14

HOUSE FIELD GREENS
Anjou pears, Gorgonzola, candied walnuts, Dijon mustard vinaigrette. 13

DINNER SPECIALTIES

WILD KING SALMON
Grilled King salmon, steamed asparagus, Yukon Gold mashed potatoes, lemon chive beurre blanc. 58

ROASTED PRAWN SCAMPI
Garlic butter, herbed breadcrumbs, lemon chive beurre blanc, fettuccine alfredo pasta, gremolata. 49

LOBSTER TAIL
Steamed asparagus, Yukon Gold mashed potatoes, lemon, drawn butter. Market Price

BONE–IN HERITAGE PORK CHOP*
Mesquite grilled, Calvados morel maître d'butter, apple mostarda, Yukon Gold potato cake. 58

STEAKHOUSE CHICKEN
Pan seared half chicken, wild mushroom Cambozola bread pudding, lacinato kale, pan jus. 44

GRILLED PORTOBELLO MIGNON
Mesquite grilled, garlic mashed potatoes, asparagus, Parmesan tomato crown, vegetable demi–glace. 28

SIDES FOR THE TABLE

CREAMED SPINACH
Topped with sharp cheddar cheese. 12

BRUSSELS SPROUTS
Bacon, Parmesan cheese, pickled onions. 14

ROASTED BABY CARROTS
Whipped ricotta, toasted hazelnuts, gremolata, herb oil. 16

ASPARAGUS
Béarnaise sauce. 14

SAUTEED MUSHROOMS
Herbed black garlic butter. 16

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

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. Our cattle are carefully raised by a network of family ranchers from around the Northwest and most importantly, our mission is to produce exceptional beef from ranch to table.

DELMONICO*
20 oz. 96

FILET MIGNON
13 oz. 92 8 oz. 82

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.**

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

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

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

Carved tableside.
Parmesan tomato crowns, mushroom caps.

CHATEAUBRIAND*
Classic cliff sauce. 24 oz. 198

THE MET "LONG BONE" RIBEYE*
American Wagyu, served sliced. 40 oz. 227

8–BONE RACK OF LAMB*
Dijon hazelnut herb crust, Merlot demi–glace. 96

ADDITIONS

OSCAR STYLE
Dungeness crab, bearnaise, asparagus tips. 30

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

KING CRAB MERUS LEG
Lemon chive beurre blanc. 50

LOBSTER OSCAR STYLE
Béarnaise, asparagus tips. 35

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

FROMAGE SAUCE
Roquefort cheese, black pepper, cream. 8

THANK YOU FOR DINING AT THE METROPOLITAN GRILL.

A 20% service charge is included in each check. Your server earns 12% commission on net sales and retains 100% on anything left on the tip line. The support team and the kitchen collectively earn commissions and benefits of 8% on net sales. The company retains 100% of the service charge. WA State law requires that we collect tax on service charge.

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

SIGNATURE COCKTAILS

APRÉS SPRITZ
Vodka, Orchard Quince, Alpeggio Hay, Thyme, Lemon, Sparkling Wine. 17

COPPER APPLE COLLINS
Gin, Calvados, Becherovka, Apple, Lemon, Soda. 18

SAVORY MARTINI
Old Tom Gin, Dry Vermouth, Celery Bitters, Castelvetrano Olive Oil, Blue Cheese Stuffed Olives. 20

FIGMENT OF IMAGINATION
Reposado Tequila, Allspice Dram, Madeira, Fig, Lime, Orange Bitters, Cinnamon. 18

PEAR IN THE PINES
Mezcal, Dolin Génépy, BroVo "Pretty" Vermouth, Pear, Lime, Thyme. 19

CÔTE TO COAST
Brandy de Jerez, Chambéryzette Strawberry Apéritif, Amaro Nonino, Smoked Rosemary. 18

GOOD COMPANY
Buffalo Trace Bourbon, Aperol, Cranberry, Rosemary Honey, Lemon. 20

THE USUAL
Rittenhouse Rye, Amaro Nardini, Demerara, Cardamom Bitters. 22

SMOKED OLD–FASHIONED
MG Four Roses Single Barrel Bourbon, Demerara, Angostura & Orange Bitters, Cherrywood Smoke. 35

A5 OLD–FASHIONED
Wagyu Fat–Washed MG Woodford Reserve, E3 Seasoning, Maple, Smoked Cinnamon Bitters. 30

THE MET MANHATTAN
MG Woodford Reserve Bourbon, Carpano Antica, Peychaud's Bitters, Absinthe. 23

*Consuming raw eggs may increase your risk of foodborne illness.

SPIRIT FREE

FRENCH FIZZ
Elderflower, Rosemary Honey, Lemon, NA Sparkling Rosé. 15

EMERALD SPRITZ
Apple, Ginger, Lime, Soda. 12

ELDER & THYME
Roots Divino Apéritif, Lime, Elderflower Tonic, Thyme. 14

PASSION FRUIT MULE
Passion Fruit, Lime, Ginger Beer. 12

STRAWBERRY SMASH
Wilfred's Bittersweet Apéritif, Strawberry, Mint, Lime, Soda. 14

WINES BY THE GLASS

SPARKLING
Prosecco, Jeio by Bisol, Brut, IT. 13
Champagne, Laurent–Perrier, La Cuvée, Brut, FR. 27
Crémant Rosé, Lucien Albrecht, Brut, Alsace, FR. 16

WHITES
Pinot Grigio, Girlan, Alto Adige, IT. 15
Sauvignon Blanc, Bernard Fleuriet, Sancerre, FR. 19
Chardonnay, Stanley Groovy, Don't Explain, Yakima Valley, WA. 16
Albariño, Pazo das Bruxas, Rías Baixas, ES. 16
Riesling, Poet's Leap, Columbia Valley, WA. 15

ROSÉ
Blend, Peyrassol, Côtes de Provence, FR. 15

RED
Pinot Noir, Brittan Vineyards, McMinnville, OR. 22
Sangiovese, Banfi, Brunello di Montalcino, IT. 24
Grenache Blend, Perrin, Réserve, Côtes du Rhône, FR. 10
Tempranillo, Pesquera, Crianza, Ribera del Duero, ES. 19
Corvina Blend, Masi, Campofiorin, Rosso Verona, IT. 16
Malbec, Malma, Cholila Ranch, Patagonia, AR. 14
Blend, Château Martinat, Côtes de Bourg, FR. 16
Blend, DeLille Cellars, D2, Columbia Valley, WA. 24
Cabernet Sauvignon, Metropolitan Grill by Balboa, Walla Walla Valley, WA. 20
Petite Sirah, J. Lohr, Tower Road, Paso Robles, CA. 15

DRAFT BEER

COORS LIGHT
American Lager, Golden, CO. 9

BLACK RAVEN
West Coast Pilsner, Redmond, WA. 9

URBAN FAMILY
Surfin' Bird POG Sour Ale, Seattle, WA. 10

GHOSTFISH
Meteor Shower Pale Lager, Seattle, WA. 11 (gluten free)

HOFBRÄU
Original Pale Lager, Munich, DE. 10

HELLBENT
Seattle Sunshine Hazy Pale Ale, Seattle, WA. 9

GEORGETOWN
Manny's Pale Ale, Seattle, WA. 9

BALE BREAKER
Duskbound Hazy IPA, Seattle, WA. 9

REUBEN'S
Crikey IPA, Seattle, WA. 9

TALKING CEDAR
Chehalis Dark Lager, Rochester WA. 9

GUINNESS
Dry Irish Stout, Dublin, IE. 10

SEATTLE CIDER COMPANY
Honeycrisp Cider, Seattle, WA. 9

BOTTLED

MODELO
Especial Mexican Lager, Tacuba, MX. 8

NA BEER

(Non-alcoholic: <0.5% ABV)

REUBEN'S
Party on Gold, Seattle, WA. 8

BEST DAY
West Coast IPA, Sausalito, CA. 8

BEST DAY
Kölsch, Sausalito, CA. 8