

To begin with...

Flash Fried Spinach -11.25/7.25 half-
A Metropolitan Grill Legend: Baby spinach,
garlic, lemon, Parmesan

Cotter Calamari -12.50/8.50 half-
Sexy Remy Style: Tossed in a zesty hot sauce
with Gorgonzola

Holden Style: Lemon herb Parmesan tossed,
Thai peanut sauce

Rutherford -11.50/7.50 half-
Cheese blended wraps, pulled chicken,
ground mustard, tarragon

Gaska -12.50/8.50 half-
Puff pastry, blended Brie, chicken, sautéed
onion, roasted garlic reduction

Dr. Rowe -13.50-
Grilled pita, smoked salmon mousse, Metro
tapenade, Metro hummus

Layman -12.50/8.50 half-
Portabello mushrooms, garlic, red wine and
beef stock reduction, Parmesan

Dr. Z
"Nachos" Parmesan crisps, apricot hummus,
tapenade, Feta, balsamic
Shrimp (12) Ahi tuna (15) Filet tips (13)

Tangent -14.50-
Molasses smoked Prime Ribeye and NY Strip,
smoked Gouda, flat iron tortilla, chili reduction

From Our Garden.....

And to drink with...

Fitchy -14.50-
Tuna Tataki: Herb and lemon seared rare Ahi
tuna, Teriyaki and wasabi balsamic,
nectarines, cucumber shavings

Gifford -10.50/6.50 half-
"Mini slaw dogs" Apple glazed brat, Napa
cabbage with jicama, Horse radish cheddar
ale....beer shots!

Mac N David -14.50/7.50 (2piece)-
White burgundy & lemon marinated prawns,
raspberry & ginger cocktail

Dr. Terry's Mussels -13.50-
Canadian black mussels in a fresh tomato
garlic coulis. Served with our local Artisan
bread selection

B. Hawn: -15.50-
Blue corn tortilla sea bass tacos, micro
greens, watermelon salsa, refried chili lime
black beans

Pizza Alla Mitchell -14.50-
Grilled chicken breast, buffalo Mozzarella,
Provel, red onion, sweet basil olive oil, bacon

No Drama -15.50-
Cognac BBQ steak pizza w/ smoked Gouda
& Provel, topped with fries and caramelized
onions, tossed in sea salt and white balsamic

Michelle -7.50-

Mixed greens, tomato, cucumber, red onion, Parmesan, strawberries, artichoke hearts, toasted pine nuts, fire roasted tomato & balsamic vinaigrette

Caesar -8.50-

Monica style-Crostini wrapped Romaine, cracked pepper, Caesar, shaved Parmesan

Gina Style- Chopped Caesar salad, Parmesan crisp, cold spaghetti, caramelized onions

Judy Bilyeu -14.25-

Lettuce wedge, toasted garlic, Gorgonzola & Goat Cheese dressing, balsamic nectarines, smoked salmon

Debbie -15.25-

Seared Ahi tuna, grilled prawn, mixed greens, black beans, roasted sweet corn, Santa Fe vinaigrette, blue corn tortilla

L. Fulp -11.50-

Mozzarella, Heirloom & Roma tomatoes, roasted pecan pesto, Lavash bread

Pastas and such....

Clark -17.25-

Prawns, garlic, sundried & fresh tomatoes, basil, olive oil, walnuts, linguine

Dr. Sharp -16.25-

Chicken Parmesan, Asiago bacon Penne, sweet basil tomato Angel Hair, pesto garnish

Tom Guy -12.50-

Grilled vegetables, ginger, sesame Teriyaki reduction, Angel Hair
(Filet Tips 8) (Chicken 4) (Shrimp 5) (Salmon 6) (Tuna 8) (Spicy Squid 5)

Rick -16.25-

Shrimp, chicken, chorizo, linguine, New Mexico roasted chili sauce

C. Ball -15.25-

A unique cashew chicken, bacon and ginger risotto with soy vegetables

J. Richards -17.25-

Filet tips, bacon, Chorizo, mixed mushroom reduction, caramelized onion Stroganoff, Penne

From Ron's Backyard

(served with pot roasted Heirloom baby bakers and apple brined Haricots Verts)

Billy Long Cut11 oz Ribeye Filet (28.50)
 Thompson Cut10 oz barrel cut Filet (38.50)
 Dr. Miller Cut7 oz center cut Filet (27.50)
 Jamie Peebles Cut.....5 oz petite cut Filet (22.50)
 Zac Black Cut.....9 oz New York Strip (20.50)
 Scotty Mac Cut.....8 oz marinated Filet Tips (16.50)

If you must... The Sauces

Kaleidoscope: Roasted herbs, salts, garlic, cracked pepper, sizzling tableside

O'Reilly: Portobellos, demi glace, Asiago, bacon, caramelized onions

Metro: Shrimp, crab, squid, scallops, lite garlic cream (add 6)

Yoakam: Balsamic glaze, sweet red onions

From Lake Springfield... and beyond

(served with pot roasted Heirloom baby bakers and apple brined Haricots Verts)

Mahaffey.....Northern Michigan Walleye, seasoned flour and pan seared (24.50)

NolaChilean Sea Bass, Parmesan, lemon, sea salt, baked (26.50)

Fritts.....Norwegian Salmon, sweet citrus basil marinated, grilled (24.50)

Wayne.....8 oz elegant saffron stuffed cold water lobster tail, baked (25.50)

Accents.....

Ethridge style: Pear, Tarragon, bacon infused reduction

Mathews style: Lemon Basil Bernaise

Dan Walker style: Citrus Champagne buerre blanc

The "Hall" of Fame (10.95 per ounce)

Hand cut to order Wagyu beef tenderloin, seasoned, olive oil seared. Served with a 4oz Gorgonzola Supreme lobster tail ravioli, on a bed of Tabasco pom frites

Bobby Love -27.50/31.50-

Filet (5 or 7), prawn, sea scallop, Pinot Noir demi , Asiago, bacon, risotto croquette

Kyle and Kaye -27.50-

5oz filet, red chili reduction, roasted vegetable tamale on a bed of green chili and shrimp mac & cheese with prosciutto

The Rest of the family.....

(served with pot roasted Heirloom baby bakers and apple brined Haricots Verts)

Stufflebam -24.50-

Sage butter seared Berkshire pork chop, cracked pepper Supreme sauce, bacon, maple onion rings

Jennifer -26.50-

Colorado rack of lamb port, black cherry and mint roasted seasonal vegetables from Jennifer's garden

Mayse Spiedini -24.50-

Italian breaded grilled chicken roulade, spinach, tomato, prosciutto & Mozzarella, lemon and cracked pepper Pinot Grigio reduction. Bacon wrapped prawns

Craig -a- liscious -20.50-

Buttermilk washed, cinnamon and ginger floured chicken breasts, roasted garlic apple reduction with maple cured bacon, watermelon garnish

Erwin -24.50-

Diver scallops, Ahi tuna, blackened tomato bloody Mary reduction

David and Darcy -24.50-

Spanish seafood paella with prosciutto, Chorizo, Moroccan dates baked in a Saffron cream risotto, topped with Feta

Hook -N- Cook (34.50)

(5 oz Chilean Sea Bass) or (5 oz prime Filet) aged Parmesan encrusted, cold water lobster, prawn, Canadian black mussels, roasted tomato Cioppino

Ultimate Hook and Cook (48.50)

Both a 5 oz Chilean Sea Bass and a 5 oz prime Filet aged Parmesan encrusted, cold water lobster, prawn, Canadian black mussels, roasted tomato Cioppino

(Split plate 3) (Parties of 6 or more 18% gratuity)

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www.metropolitan-grill.com