

WINE CAPTAIN'S HOT SHEET

It is a group of extraordinary people that make "The Met" such a unique experience.

Our Lead Wine Captain, Thomas Price has made the study and enjoyment of wine a focus in his life. Thomas has assembled a staff of Sommeliers with over 100 years of experience in the wine trade.

From casual meals to once-in-a-lifetime events, there is a wine to fit the occasion. Thomas has selected a few favorites for your consideration this evening.

We are pleased to recommend these selections as standouts on our list, both for value and quality. Ask for one of our Captains to come by your table to assist you with a wine selection to match your personal tastes.

CAPTAIN'S RECOMMENDATIONS

PINOT NOIR, WALNUT CITY WINE WORKS, Willamette Valley, 2007	45.
PINOT NOIR, SOTER, North Valley, Oregon, 2006	92.
CABERNET SAUVIGNON, NORTHSTAR, Columbia Valley, 2003	95.
CABERNET SAUVIGNON, FREEMARK ABBEY, Napa Valley, 2004	79.
MERLOT, NELMS ROAD BY WOODWARD CANYON Washington State, 2007	49.
MERLOT, LEONETTI, Columbia Valley, 2005	135.
CABERNET SAUVIGNON, FIDÉLITAS, Columbia Valley, 2006	68.
ZINFANDEL, FOX GLOVE, Paso Robles, 2007	36.



THE MET IS THRILLED TO PARTNER WITH JANUIK WINERY FOR THE MONTH OF JUNE!

WE ARE OFFERING A SELECTION OF SINGLE VINEYARD WINES THAT EXPRESS THE UNIQUE FLAVORS AND TERROIR OF THESE GREAT VINEYARDS.

TRY A GLASS, OR ENJOY A FLIGHT OF ALL THREE. 22.

JANUIK SYRAH LEWIS VINEYARD

2006 COLUMBIA VALLEY 70. GLASS, 16.

This deep, opaque Syrah is ripe and rich. Dense black cherry aromas introduce a mouthful of dark cherry and plum flavors. It is a wonderfully balanced wine with a long, lingering finish.

JANUIK MERLOT KLIPSUN VINEYARD

2006 RED MOUNTAIN 91. GLASS, 20.

This well structured, medium-bodied Merlot shows lots of raspberry, vanilla and spice notes in the nose that complement rich black fruit and cocoa flavors in the mouth.

JANUIK CABERNET SAUVIGNON CHAMPOUX VINEYARD

2006 HORSE HEAVEN HILLS 110. GLASS, 24.

The Champoux Vineyard Cabernet Sauvignon is a sleek and powerful wine. Rich and concentrated, the nose is loaded with cassis and black cherry, while the palate is brimming with supple tannins and tremendous length.

PLEASE JOIN US FOR A VERY SPECIAL WINE MAKERS DINNER WITH MIKE JANUIK ON WEDNESDAY, JUNE 17TH AT 6 PM IN THE CHAIRMAN'S ROOM AT THE MET.

CHEF MARK HIPKISS HAS DESIGNED A SPECIAL MENU TO COMPLEMENT MIKE'S DELICIOUS WINES.

COST IS \$85.00 PLUS TAX AND GRATUITY.

PLEASE CALL ALLISON FOR RESERVATIONS AT (206) 957-3216



THE BEST STEAK IN TOWN
---www.themetropolitangrill.com---



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WAGYU BEEF

AMERICAN WAGYU-NATURAL
"KOBE STYLE" BEEF
Snake River Farms, Idaho

AMERICAN WAGYU SASHIMI STYLE*

American Wagyu beef drizzled with sesame, soy and ginger vinaigrette Served with baby organic greens, teardrop tomatoes and pickled English cucumber. 19.

FEATURED AMERICAN WAGYU ENTREES

SKIRT STEAK, 10 OZ.* 36.

FILET MIGNON, 8 OZ.* 49.

NEW YORK STRIP, 12 OZ.* 48.

THE MET "LONG BONE"
RIB-EYE STEAK,
36 OZ.* 85.
50 OZ.* 99.

TRUE JAPANESE 100% WAGYU BEEF

Kagoshima Prefecture, Kyushu, Japan

The genetic predisposition of these cattle, combined with a special feeding program, promotes an abundance of delicate, finely-dispersed, marbling. This is responsible for the exceptional tender qualities of the meat and its smooth, rich flavor.

A5 FILET MIGNON, 8 OZ. * 120.

A5 RIB-EYE STEAK, 8 OZ. * 110.

COMBINATIONS

4 OZ. AMERICAN WAGYU FILET* &
4 OZ. JAPANESE WAGYU FILET* 90.

4 OZ. PRIME FILET* &
4 OZ. AMERICAN WAGYU FILET* &
4 OZ. JAPANESE WAGYU FILET* 110.

ADD TO ANY STEAK

ALASKAN KING CRAB
"KILLER CLAW" 21.

"OSCAR STYLE" DUNGENESS CRAB LEGS
AND BÉARNAISE SAUCE 12.

*OUR STEAKS, BURGERS AND SEAFOOD ARE COOKED TO ORDER. CONSUMING RAW OR UNDER COOKED MEATS AND SEAFOOD MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS.

BLACKBOARD SPECIALS

STARTERS

BRAISED "LONG BONE" BEEF SHORT RIB
Barbecue spice crusted and slow roasted tender, finished over mesquite and served with creamy polenta, roasted corn and poblano relish, crispy frizzled onions and Makers Mark mango barbecue sauce. 15.

HEIRLOOM TOMATO AND FRESH
MOZZARELLA CAPRESE SALAD
Heirloom tomatoes layered with fresh mozzarella cheese and basil. Topped with avocado relish and white balsamic vinaigrette. 12.

ENTREES

USDA 28 DAY CUSTOM
AGED PRIME BEEF
Omaha, Nebraska

BACON WRAPPED FILET MIGNON
MEDALLIONS*
House smoked Rogue River blue cheese. 42.

FILET MIGNON MEDALLIONS OSCAR*
Dungeness crab, asparagus and classic béarnaise sauce. 52.

THE MET BONE-IN FILET 17 OZ.* 62.

SUGGESTED JANUIK PAIRING
2006 JANUIK RED BLEND \$13

USDA 42 DAY CUSTOM
AGED PRIME BEEF
Omaha, Nebraska

NEW YORK STRIP 12 OZ.* 48.

BONELESS RIB-EYE STEAK 16 OZ.* 55.

SUGGESTED JANUIK PAIRING
2006 JANUIK CABERNET SAUVIGNON \$16

FRESH SEAFOOD

COPPER RIVER SALMON

This world famous salmon, known for its unmistakable rich and full flavor is simply basted with lemon, vermouth and garlic then grilled over mesquite.

9 oz. Copper River King Salmon: Market Price.
7 oz. Copper River Sockeye Salmon: Market Price.

ALASKAN HALIBUT

Steak cut Alaskan Halibut grilled over mesquite and basted with lemon, garlic and butter. 36.

SUGGESTED JANUIK PAIRING
2007 JANUIK ELERDING VINEYARD CHARDONNAY \$14

SEASONAL ACCOMPANIMENTS

MAKERS MARK BOURBON BRAISED SWEET
ONIONS WITH ROASTED GARLIC. 8.

ALASKAN KING CRAB MAC & CHEESE. 12.

CREAMED SWEET CORN WITH BABY LOBSTER. 13.