

To Begin With

Flash Fried Spinach: A Metropolitan Grill Legend (7/11)

Soup Kettle

The Oliver -5/8- Roasted garlic, sweet Basil tomato bisque, served with a baked four cheese crostini

A Salad Would Be Nice...

Bonebrake -6- Mixed greens, tomato, red onion, strawberries, artichoke hearts and Parmesan, tossed in a sweet Basil vinaigrette

Monica -6- Chopped Romaine hearts, roasted garlic Caesar, Parmesan, toasted cheese ravioli crostini, pepperoni slice

Rita -7- Petite salad wedge, Gorgonzola and Goat cheese dressing, bacon, strawberries

Janet Parsons style: Add grilled shrimp & seared scallops -15-

America! Local Farmers Salad (8)

Urban Roots Farm Salad

Fresh beets, Rainbow chard, red onion, Heirloom bell peppers and mixed greens, balsamic vinaigrette topped, Feta cheese

Salad Animals

Grilled chicken breast -4-Grilled
filet tips -6-
Parmesan baked salmon -6-
Seared rare Ahi tuna -7-

2 Grilled prawns -6
Chilled shrimp -6-

Pastas and Such

Coco -11- Chicken, Asiago Supreme sauce, prosciutto, snap peas, mushrooms, linguine pasta

Fremont Hills -12- Filet, bacon, Chorizo, mixed mushroom, red onion Stroganoff, Penne pasta

Tom Guy -7-

Grilled vegetables, ginger, sesame Teriyaki reduction, Angel Hair
(Filet Tips 6) (Chicken 4) (Shrimp 6)

Entrees

Ollis -12- Shrimp and salmon lemon Ginger Scampí, served with smoked Gouda mash

Michelle C.-13- Grilled filet tips, balsamic glaze topped with prosciutto, served with smoked Gouda mash and asparagus

Andi Spiedini -11- Grilled chicken dredged in Italian breadcrumbs, Piccata sauce, prosciutto, mushrooms, fresh tomato, smoked Gouda mash and asparagus

Mr. Darr -11- 1/2 chicken wrap, Asiago bacon Penne, small House salad, tossed in a sweet Basil Vinaigrette

Sandwiches

(Served with fries tossed in Parmesan, white balsamic & sea salt)

Ann -7/10- Spinach tortilla chicken wrap, three cheese blend infused with sundried and fresh tomato.

Chris burger-10- Prime Missouri cow, aged Cheddar, Onion Bun
Add portos (2) Add Green Chili (2) Add bacon (3)

Jack Henry -6/10- Apple-brined corned beef Reuben, Swiss cheese, "applekraut", marbled Rye, Thousand Island

Ha Nah -7/11- Shaved prime rib, balsamic glaze, caramelized onion, roasted horseradish mayo, marbled Rye, open face.

Sweets

Crème Brulee -4-
Vanilla bean goodness!

Dr. Newman's Chocolate Thunder -4-
Askinosie brownie, vanilla Mascarpone ice cream, chocolate ganache, strawberries

Cheri Champagne Cake -5-
Champagne battered, white chocolate shavings, berry compote