

## Our New Spring & Summer Menu

"Since 1994 we have created over 400 menu items that debuted over 90-ish menus. As always we name our dishes after our Metro friends and family. The biggest change on this menu is a showcase of 7 different sides to choose from. Pair that with 15 new items and enjoy your Culinary Adventure."

## Featured Culinary Treat of the Week.....

"Dr. Meldi":

Crab encrusted Halibut, oven finished and topped with Béarnaise shrimp. Served on a bed of a sautéed broccoli and bacon Almondine. (42)

"The secret to my success has always been that I surround myself with amazing people that make me look good!" Thank you to my culinary brother Chef Nick & your crew.

## Chef Hansel's Small Eats & Appetizers

\* Marco Island Shannon & Mike: Chilled Tiger Shrimp with our cocktail sauce and a puree of grilled pineapple, Mandarine oranges, roasted horseradish & fresh tarragon. (1/4 lb - 12.75 )

Angel Squid: Baby squid dredged in lemon garlic corn flour, tossed in sea salt, parmesan & citrus bath. Roasted garlic red sauce & a cilantro Mojo sauce. (16)

\* Freddy C. Spinach: Crispy baby spinach, garlic, lemon & parmesan. (full 16 /half 11)

\* Paddy D. Spinach: Crispy baby spinach, Citrus Tajin dusted & sweet heat tossed. Shredded Asiago finish. (full 16 / half 11) \*

Yoakam: Apricot & aged balsamic "Missouri Beef" steak tips, Provel cheese bread. (18)

\* Ingram BBQ Sparklers: Dijon & corn-dusted Angus brisket burnt ends tossed in bourbon and maple dust. Served with a Yuzu, cucumber, red pepper & jicama slaw with Feta. (16)

\* Carlee Tuna: 8oz salt block blackened rare Ahi Tuna, sliced thin & topped with a chili pistachio crumble. Spicy Garlic Aioli. (full 23 / half 15)

Shahsome: Brie, goat cheese, onion, roasted garlic & apple butter puff pastry. Balsamic and peppercorn supreme, chicken and prosciutto. Parmesan crisp and apple slices. (full 18 / half 13)

## Chef Ali's Garden Gifts

*(Introducing the Queens of Metro and their Princesses)*

Cheri & Remi Caesar: Our classic pesto Caesar dressing tossed with romaine shreds, topped with a Caprese crouton stack. (10)

Lacy & Lily Summer Salad: Artisan greens and shredded lettuce, sweet basil and balsamic vinaigrette. Topped with Yuzu cucumbers, red pepper and jicama slaw. Feta crumbles. (9)

\* Tiffany & Lennon Island Wedge: Iceberg wedge topped with a Gorgonzola and Goat Cheese dressing. Grilled Pineapple, Maui Wowie spice dusted back-bacon. (12)

## Chef Steven's Snake River Wagyu Shop

Big Z Mac: A triple decker Wagyu Beef and aged Cheddar burger with back-bacon and caramelized onions. Classic sesame seed bun. Served with our Black & Bleu fries. Spicy Garlic Aioli Condiment. (21)

Eddy Meatball Bruschetta: Wagyu and Berkshire meatballs, roasted garlic red sauce simmered. Paired with a Pesto Caprese Bruschetta. (18)

## Chef Ethan's Pasta Paradise

Dr Sharp Chicken Parmesan: Rigatoni pasta in a roasted garlic cream sauce topped with a basil, roasted tomato, Provel and herb blended Asiago Chicken Breast. (25)

London Salmon: Bloody Mary & spicy roasted garlic shrimp and linguini pasta topped with a 6oz blackened Norwegian salmon. Oven finished with a Cuban Mojo plate & cumin glazed mango. Feta garnish. (28)

## Chef Lysander's Swine & Wool Farm

*(Served with a choice of one side dish, additional sides \$4) (Add Options: Béarnaise Crab Cake \$7)*

Marisela Lamb: New Zealand Lamb rack, port marinated, grill finished. Mint Mole' finish. (full 46 / half 34)

Sauber Pork Chop: Hoisin and orange glazed, grilled Newman Farms Berkshire Porterhouse Chop from Myrtle, MO, Yuzu cucumber, red pepper and jicama slaw. (29)

### Side Options:

Béarnaise Asparagus & Broccoli \*

Metro Street Corn \*

White Cheddar & Black Pepper Mash \*

Asiago & Bacon Risotto \*

Apple Cider Sous Vide Yukon Gold Bakers, Bourbon Bacon Butter \*

Coco Style Mac & Cheese (Prosciutto, Peas & Mushrooms)

Caprese Romas & Buffalo Mozzarella \*

## Chef Trina's Ocean

(Served with a choice of one side dish, additional sides \$4) (Add Options: Béarnaise Crab Cake \$7)

\* **Stephanie Sea Bass:** Chilean Sea Bass, Mediterranean Asiago crusted and oven finished. Citrus Champagne Beurre Blanc and corn-dusted artichoke hearts tossed in lemon and parmesan. (full 49 / half 34)

\* **Dr. Creach on the Beach:** Brown butter seared and lemon zested Diver Scallops (8oz). On a bed of blackened orange and cucumber salsa, Feta garnish. (27)

**Lake Riggs:** Parmesan and Panko encrusted Lake Michigan Walleye with pesto hollandaise. (32)

## Chef Austin's Grill

*(a partnership with some of the hardest-working livestock ranchers in the world, right in our backyard)*

(Served with a choice of one side dish, additional sides \$4) (Add Options: Béarnaise Crab Cake \$7)

\* **McConville Cut:** Brown butter and black pepper cast iron seared 10oz filet finished with a bourbon Demi-glaze. Caramelized sweet red onion. (68)

\* **Thompson's Tenderloin:** Seasoned and grilled 7oz beef tenderloin, rested in roasted garlic, sea salt, and Rosemary whiskey butter. (38)

**Mikey Strip:** Everything but the Kitchen Sink marinated 16oz New York Strip, black pepper encrusted, and finished on the grill. (48)

\* **Rhonda Cut:** 12 oz New York Strip topped with an apricot-aged balsamic glaze. (34)

**Dan the Man Ribeye:** 19oz Black Angus Ribeye grilled and finished with a torched Mole' and Agave glaze, Gorgonzola garnish. (52) \*No Rare.

**Hall of Fame Molina:** Grilled beef tenderloin topped with a Béarnaise lump crab cake. Spicy garlic plate. (7oz 48) (10oz 69)

### Side Options:

Béarnaise Asparagus & Broccoli \*

Metro Street Corn \*

White Cheddar & Black Pepper Mash \*

Asiago & Bacon Risotto \*

Apple Cider Sous Vide Yukon Gold Bakers, Bourbon Bacon Butter \*

Coco Style Mac & Cheese (Prosciutto, Peas & Mushrooms)

Caprese Romas & Buffalo Mozzarella \*

*\* Is for gluten-friendly options. If you are a Celiac and/or highly sensitive please advise the person taking your order and know that we will do our best but cannot guarantee your order will not touch gluten somewhere in the process.*

*The Surgeon General says consuming raw or uncooked meat, seafood or eggs can increase your risk of foodborne illness.*

*Factors outside our immediate control such as suppliers, recipes and kitchen preparation could impact the possibility for food items to come into contact with other food products like Gluten. Our managers routinely consult with guests to accurately prepare meals based on their allergy or dietary requests.*

## Metropolitan's Life Style Menu

My goal has always been to feed the world. I have developed a supplemental menu that caters to those of us that have unique culinary requirements. I reached out to Fitness Trainers, Physicians, Dieticians, practicing vegans and vegetarians to get their insight on dietary trends and ingredient restrictive diets.

### NON ALCOHOLIC BEER

Bud Zero  
Well Being Brewing  
"Heavenly Body" Wheat

### MOCKTAILS \$8

Margarita  
Yuzu Citrus & Tonic  
House Cola Old Fashioned  
Sunny Mimosa

### NON ALCOHOLIC WINE \$9

Giesen Sauv Blanc  
Giesen Rose'  
Giesen Red Blend  
Freixenet Sparkling

## Heart Healthy/ Mediterranean

### Appetizer

\* Martino Tuna: Poke' style Ahi tuna marinated with citrus and coconut aminos (low sodium) olive oil seared, topped with a blackened orange and cucumber salsa. (full 23 / half 15)

### Entree

Dr. Bala Chicken Spiedini: Red Curry chicken tenderloins dredged in bread crumbs finished on the grill. Caprese Romas and Buffalo Mozzarella. (28)

\* King Brian: Grilled 6oz Norwegian Salmon served with steamed broccoli and asparagus. (28)

## Vegan

### Appetizer

Ben & Dana Hummus Pizza: Thin pizza crust layered with a sun-dried tomato hummus and herb sauce, and every seasonal vegetable in the house. Vegan cheese sprinkles. (16)

### Entree

\* Carys & Ardyn Tamales: Yellow & Blue corn tamales filled with a roasted Hatch green chili, squash and corn. Served on a Cilantro risotto. Topped with a blackened orange salsa. (26)

## Keto

### Appetizer

Son of Rexy!: Spicy garlic "Missouri Beef" steak tips, Red bell pepper nacho chips. (18)

### Entree

\* Kara's Lil Mis Steak: Two Petite 4oz roasted garlic butter seared tenderloins, Bleu cheese torched and topped with chilled crab. Béarnaise broccoli and asparagus. (full 38 / half 25)

## Vegetarian

### Appetizer

\* Paddy D. Spinach: Crispy baby spinach, Tajin & sweet heat tossed. Asiago finish. (full 16 / half 11)

### Entree

Bill & Kim Parmesan: Lightly breaded portobello mushrooms with brûléed Provel on a bed of red sauce linguini primavera with broccoli and carrots. (26)