

Greens & Salads

(make any salad a wrap with a whole wheat tortilla and a side of fruit)

Sesame Chicken Salad ♦ wontons, toasted sesame dressing, cashews, carrots, snow peas and mandarin oranges **10.95**

Wok Charred Salmon Salad** ♦ field greens, citrus vinaigrette, snow peas, tomatoes and cucumbers **12.95**

Steak and Bleu Salad ♦ spinach, Willcox tomatoes, crisp onions, cucumbers and balsamic vinaigrette **11.95**

Grilled Chicken Caesar Salad ♦ fresh romaine, classic Caesar dressing and Parmesan **9.95**

Oro Valley Chicken Salad ♦ Monterey jack and cheddar cheese, guacamole, Willcox tomatoes, salsa, roasted corn, cilantro sour cream and Sonoran vinaigrette **10.95**

Burgers & Sandwiches

Choice of French Fries, Coleslaw, Fresh Fruit, Mashed Potatoes, Sliced Tomatoes, Onion Strings or Cottage Cheese

Fresh Ground Chuck or Turkey Burgers

(Egg or whole wheat bun)

The Grill ♦ lettuce, tomato, onion and pickles **8.95**

Cheddar Cheese ♦ smoked bacon **9.95**

Swiss Cheese ♦ sautéed mushrooms **9.95**

Metro Style ♦ bleu cheese, bacon & sautéed red onions **9.95**

Prime French Dip ♦ Swiss cheese, sautéed mushrooms and au jus, on a baguette **11.95**

BBQ Pulled Pork ♦ caramelized onions and spinach, on a baguette **9.5**

Chicken Salad Sandwich ♦ red grapes, granny smith apple, field greens and tomato on a whole wheat bun **9.95**

Vegetable Whole Wheat Wrap ♦ cucumber, bell peppers, tomato, carrots, onion, sprouts, mozzarella and Sonoran vinaigrette **8.95** with chicken **9.95**

Starters & Small Plates

Chicken Tortilla Soup** ♦ **3.5/4.95**

Soup of the Day ♦ **3.5/4.95**

Rough Chopped Caesar Salad** ♦ **3.95**

Field Green Salad** ♦ pistachios & champagne vinaigrette **3.95**

Metro's Chop Salad** ♦ bacon, bleu cheese, apples, tomatoes and creamy bleu cheese dressing **4.95**

Spinach & Artichoke Dip ♦ tortilla chips **9.95**

General Tsao Chicken Lettuce Wraps ♦ toasted cashews with sweet and spicy sauce **9.5**

Rattlesnake Eggs** ♦ jalapenos stuffed with smoked shrimp cream cheese and wrapped in bacon, served with salsa **9.95**

Metropolitan's Seafood Sampler ♦ **16.95**

Firecracker Shrimp, Shrimp Cocktail, Rattlesnake Eggs & Calamari

Chile Dusted Chicken Breast & Poblano Quesadilla ♦ cheddar & Monterey jack cheeses, roasted tomato, fresh guacamole and cilantro sour cream **9.95**

Steak & Mushroom Quesadilla ♦ bleu & mozzarella cheeses, green onions and bleu cheese dipping sauce **9.95**

The Grill's Shrimp Cocktail** ♦ cocktail sauce **9.95**

House Smoked Salmon ♦ "A Metropolitan Grill Favorite" **9.95**

Crispy Calamari ♦ ginger aioli & cocktail sauce **9.95**

Firecracker Shrimp ♦ spicy red chile sauce & Asian napa salad **9.95**



America's Favorites

Fish and Chips ♦ coleslaw and tartar sauce **11.95**

Chicken Piccata ♦ seasoned rice medley, sautéed spinach and lemon caper sauce **11.95**

Braised Pot Roast ♦ garlic mashed potatoes and root vegetables **12.95**

Chicken Chardonnay ♦ artichoke hearts, red grapes, Chardonnay butter sauce, garlic mashed potatoes and seasonal vegetables **11.95**

Sautéed Beef Liver & Onions ♦ bacon, garlic mashed potatoes and seasonal vegetables **10.95**

Grilled Pork Loin Chop** ♦ garlic mashed potatoes, apple chutney and seasonal vegetables **11.95**

Metropolitan Grill's Omelet** ♦ fresh spinach, mushrooms, Swiss cheese and French fries **8.95**

Pasta & Noodles

Baked Ziti & Sweet Italian Sausage ♦ marinara, garlic, mozzarella and fresh basil **11.95**

Mediterranean Chicken ♦ artichoke, basil, pine nuts, black olives, sun dried tomatoes, orecchiette pasta and feta cheese **11.95**

Asparagus & Linguine ♦ spinach, peas, tomatoes, garlic, linguine and Parmesan **11.95** add shrimp **14.95**

Thai Chicken Pasta ♦ snow peas, carrots, linguine, daikon sprouts and spicy peanut sauce **11.95**

Wood-Fired Brick Oven Individual Pizzas

The Classic ♦ pepperoni, sausage and mushroom **9.95**

Margherita ♦ Willcox tomatoes, basil & mozzarella **9.95**

Thai Chicken ♦ spicy peanut sauce, cilantro & red onion **9.95**

Fresh Fish & Premium Steaks

Featuring Fresh Fish and Steaks Aged 21 Days

Flat Iron Steak** ♦ eight ounce **13.95**

Top Sirloin Steak** ♦ ten ounce **15.95**

Petite Filet Mignon** ♦ six ounce **18.95**

Chopped Steak** ♦ ten ounce with sautéed mushrooms **10.95**

Salmon** ♦ wok charred & honey mustard glazed **13.95**

Salmon ♦ pistachio & wild mushroom crusted with basil lemon beurre blanc **13.95**

Salmon** ♦ grilled with caper tomato vinaigrette **13.95**

Idaho Trout ♦ topped with shrimp & lemon beurre blanc **14.95**

Shrimp** ♦ grilled and basted with chipotle butter **13.95**

Choose two accompaniments for Fresh Fish & Steaks
Sea Salt Baked Potato, Garlic Mashed Potatoes, Rice Medley,
Salt & Pepper French Fries, Onion Strings,
Sautéed Spinach or Seasonal Vegetables

Steak Toppers

Caramelized Onions or Sautéed Mushrooms **2.5**



Early Diner Feature

Add Metro's Chop Salad, Field Green Salad,
Rough Chopped Caesar Salad or a cup of soup
to any entrée for only 2.50 before 6:00pm

** Gluten free items, Salads may be gluten free with no croutons, onion strings or wontons.
Burgers may be gluten free without the bread

*Pima County Health Department requires us to provide written information
regarding the safety of these items (available upon request)