



FLATBREADS

Cheese: Aged Cheddar, Mozzarella And Goat Cheese	7.25
Vegetable: Seasonal Vegetables Paired With Fresh Onions And Roasted Red Peppers With Basil Olive Oil	7.25
Meat: Housemade Sausage, Sautéed Onions Fresh Mozzarella	8.95
Seafood: Combination Of Crab, Shrimp, Grilled Calamari, Seasoned Greens, Fresh Mozzarella With Old Bay Cream Sauce	10.95

HANDCRAFTED BISTRO BURGERS*

Blackbean Lentil Burger With Spinach	6.95
Lamb Burger With Tzatziki Sauce	9.95
The Foodie Burger	Market Price
Our Always-changing Gourmet Approach To An American Classic	
Metropolitan Po-boy with Wild-caught Catfish	8.95
Smoky Salmon Burger with Grain Mustard	11.95
Crispy Eggplant With Mozzarella, Spinach, Tomato, Sautéed Onions, Peppers	7.50
Metropolitan Burger with Blue Cheese And Bacon	8.95
Crabcake Burger with Local Tomato and Micro Greens	13.95

ENTREES

Salt And Pepper Summer Vegetable Pave On Polenta Crust	12.95
Smoked Chili And Brown Sugar Rubbed Boneless Short Ribs	16.95
Seafood Drecchiette Casserole	14.95
Local Farm Raised Chicken With Brown Butter Limas	15.95
Seasoned and roasted airline breast	
Grilled Halibut With Beet Puree On Warm Quinoa Salad	26.95
Grilled Rockfish With Summer Pea Purée	22.95
Bacon Wrapped Pork Loin Over Star Anise Bbq Blackeyed Peas	17.95
Spicy Charred Scallops On Root Vegetable Mash	22.95
Substitute Grilled Tofu Scallops	15.95
Coho Salmon Marsala Over Black Rice	24.95
Cowboy Steak* With Metropolitan Fries	28.95

*ALL OF OUR PASTURE-RAISED AND HUMANELY TREATED BEEF

ABOUT US

Metropolitan specializes in farm-to-table cooking. We strive to source our ingredients from local farms and purveyors. We incorporate sustainable, earth-friendly, grassfed and healthy into our philosophy.

SMALL PLATES

Cucumber Beet 'Spaghetti' Salad	4.25
Quinoa Fritters	4.95
Potato Scallop With Quinoa	5.25
Aged Cheddar Mac And Cheese With Devonshire Bacon	5.50
Chicken And Waffles With Rosemary Syrup	6.50
Artisan Cheese Board	6.95
Tofu Two Ways with Sweet Chilli Curry	9.95
Black Bean Hummus with Grilled Flatbread	6.25
Rainbow Chard Tempura With Spicy Aoli	6.95
Duck Meatballs with Lime And Basil Crème Fraiche	7.95
Butchers Block Chef's Daily Selection	8.95
Shrimp And Grits	11.95
Baked Crab Dip And Artichoke With Grilled Flatbread	12.00
	12.95

GREENS

Salt Roasted Beet Salad with Fieldgreens and Goat Cheese	5.95 10.95
Arugula and Shaved Parm	4.95 9.95
Char Grilled Chopped Cesar	4.95 9.95
Ask Your Server To Add A Protein	
Tofu 3 • Steak 5 • Salmon 8	
Maryland Roasted Corn and Crab Salad with Avocado	13.95
Watermelon Salad	7.25

SIDES

Star Anise Barbeque	3.50
Black-eyed Peas	3.50
Handcut Or Shoestring	
Metropolitan Fries	4.95
Brown Butter Lima Beans	3.50
Slow-cooked Gathered Greens	3.95
Spicy Charred Brussel Sprouts	4.95
Root Vegetable Mash	4.50
Seasonal Green Vegetables	4.50

DESERT MENU

Made In House By Our Pastry Chef

KEY: GF gluten-friendly • V vegetarian • MC marine-certified

Some items can be prepared for gluten-friendly diets. Just ask your server.

Our menu is printed on paper stock certified by the World Wildlife Fund and the Rainforest Coalition using 100% recycled, 30% post consumer-waste