

Metropolitan Grill ♦ America's Kitchen

Gluten Free Beer/Cider

Redbridge Lager (no wheat or barley) 4.95

Woodchuck Pear Cider (naturally gluten free) 4.95

Snacks

Chicken Tortilla(less) Soup 3.5/4.5

basil, balsamic reduction

Starter Salads 4.5

chopped - Oro Valley - spinach -
sesame - Caesar

Willcox Tomato & Mozzarella (3) 3.5

basil, balsamic reduction

Sautéed Shrimp (4) 3.95

olive oil, garlic, red chile flakes

House Smoked Salmon 4.95

dill cream cheese, onions, apple, capers

Gluten Free Pizzas

Just Cheese 7.95

Pepperoni & Cheese 8.95

Margherita 9.95

California Olive 9.95

BBQ Chicken 9.95

Veggie 9.95

Bacon Cheeseburger 9.95

Classic 9.95



Grill & Salad

Choose your Protein

&

Choose your Salad

All Natural Chicken Breast 10.95

Grilled Steak* 12.95

Salmon 15.95

wok charred *or* grilled

Seared Rare Sesame Crusted Ahi* 14.95

Large Salad (no protein) 8.95

Chopped Salad

Willcox tomatoes, apples, bacon,
red onion, jack & cheddar cheese,
ranch dressing

Oro Valley Salad

jack & cheddar cheese, guacamole, salsa,
Willcox tomatoes, cilantro sour cream,
roasted corn, Sonoran vinaigrette

Spinach Salad

feta cheese, red onions, almonds,
Willcox tomatoes, cucumber,
strawberry champagne vinaigrette

Sesame Salad

Asian greens, carrots, sesame seeds,
daikon sprouts, snow peas,
cashews, sesame dressing

Caesar Salad

romaine lettuce, aged parmesan

Gluten Free Menu

USDA Premium Aged Beef

Bistro Tender Steak* 15.95

mushrooms & onions, balsamic glaze, garlic mashed potatoes, sautéed spinach

Pot Roast 15.95

slow braised beef, garlic mashed potatoes, fresh vegetables

Filet Mignon Medallions* 21.95

garlic butter, garlic mashed potatoes, fresh vegetables

New York Strip Steak* 18.95

baked potato, fresh vegetables

Sautéed Liver & Onions 12.95

hickory smoked bacon, garlic mashed potatoes, fresh vegetables

Favorites & Seafood

Metropolitan Grill Omelet 8.95

fresh spinach, mushrooms, Swiss cheese, sliced Willcox tomatoes

Chicken Chardonnay 13.95

red grapes, artichokes, chardonnay, garlic mashed potatoes, fresh vegetables

Wok Charred Salmon 17.95

honey mustard glaze, garlic mashed potatoes, fresh vegetables

Pepper Crusted Ahi Tuna* 16.95

seared rare, lemon butter, garlic mashed potatoes, sautéed spinach

Vegetarian & Vegan

Large Salad 8.95

chopped - Oro Valley - spinach - sesame - Caesar

Wood Fired Vegetable Salad - Vegan 9.95

balsamic vinaigrette

Wood Fired Pizzas 9.95

margherita - California olive - veggie - mushroom

Dessert Tastings

Chocolate Mousse 2.95

whipped cream

Vanilla Bean Crème Brûlée 3.95

custard, caramelized sugar, fresh berries

Fresh Fruit Plate 2.95

≧ **Three Course - Prime Rib Sundays 19.95** ≦

(Every Sunday from noon to close)

Mixed Greens Salad, ½ Pound Prime Rib, Baked Potato, Seasonal Vegetables, Choice of Dessert

*These items may be served raw or undercooked. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

If you have any other dietary restrictions, please inform your server and we will do everything we can to accommodate your requests