



Dinner
Appetizers

Calamari \$9
Lightly breaded giant calamari strips served with a Thai sweet chili sauce.

Crab Bleu Cheese Dip \$10
Sweet crab with gorgonzola and cream cheese topped with grated parmesan and baked.

Garlic Spiced Shrimp \$12
Shrimp sautéed in garlic and white wine and served with rosemary crostini.

Chicken Tenderloins \$9
Tender and lightly breaded chicken tenderloins fried and served with a sweet chili, BBQ and buffalo dipping sauces.

Ceviche \$10
Bay scallops and shrimp marinated in a citrus pineapple ceviche, served with fried corn chips.

Bruschetta Tapenade \$8
Fresh tomato basil bruschetta served along side a olive and sundried tomato tapenade with house-made rosemary crostinis

Cheese Spread Platter \$13
House-made cheese spreads: Dirty Martini, sun dried tomato and bacon cheddar with grapes, pears, flat bread crackers, and bread sticks.

Metro Sliders
Three mouth watering sliders; your choice of either steer tenderloin topped with gorgonzola cheese and caramelized onions. Next our crab cake slider topped with a Cajon slaw and remoulade. Finally, our smoked shredded pork slider topped with a pickled beet and turnip slaw. All served on our house-made rolls.
BBQ pork \$11 Crab \$13 Tenderloin \$13

Fried Egg plant \$8
Fresh eggplant, breaded and fried crisp, topped with parmesan cheese and served with home made marinara sauce.

Soups

Soup of the Day Cup \$5 Bowl \$6
Chef's creation that changes daily

Seafood Gumbo Cup \$6 Bowl \$9

Salads

Dinner	\$6
Fresh tossed greens with cucumbers, red tomato, red onion and topped with house-made croutons, served with your choice of fresh dressings.	
Chopped Vegetable	\$8
Crisp romaine served with cucumbers, tomatoes, red peppers, carrots, red onions, chopped green beans, savory cabbage and gorgonzola cheese tossed in our house made balsamic vinaigrette. Add chicken \$11	
Metro Caesar	\$9
Crisp romaine tossed with seasoned croutons, and shredded parmesan cheese Add grilled chicken breast \$11 Crispy chicken tenders \$11 Grilled shrimp \$13	
Seared Halibut Nicoise	\$19
Delicate Alaskan Halibut seared and served with mixed organic greens, crisp green beans, fingerling potatoes, tomatoes, olives, and egg, served with a side of balsamic vinaigrette.	
Panzanella Salad	
Crisp romaine tossed with house-made rosemary croutons, parmesan cheese, roasted red peppers, red onions, tomatoes, our garlic herb vinaigrette, and cucumbers, then topped off with grilled tenderloin steak or grilled chicken breast. Chicken breast \$12 Tenderloin steak \$14	
Grilled Salmon and Vegetable	\$18
Grilled wild salmon served over a tossed salad of: Mixed field greens, red peppers, tomato, capers, red onions, kalamata olives and cucumber and tossed with honey mustard dressing.	
Fried Calamari	\$13
Fresh baby spinach and organic greens tossed with coconut vinaigrette, fresh strawberries, toasted almonds, red peppers and red onions, topped off with fried tender calamari.	

Garcia's Grill

Steer Filet Medallions	\$33
2 4oz. choice steer filets served with roasted fingerling potatoes, fresh seasonal vegetables, finished with a cognac and wild mushroom sauce. Small plate \$30	
Teriyaki Flank Steak	\$21
Tender flank steak marinated in teriyaki and grilled served sliced over scallion mashed potatoes with stir fried Asian vegetables, and finished with beet hay.	
Bourbon Sesame Pork loin Chops	\$18
Marinated boneless chop grilled and served over scallion mashed potatoes, a bourbon reduction and topped with a golden pineapple relish and served with the chef's fresh seasonal vegetable. Small plate \$15	

Tuscan Chicken Breasts	\$17
Chicken breast grilled and served over a sundried tomato risotto, sautéed spinach and topped with an olive tapenade.	
Small plate \$15	
Chicken Bruschetta	\$19
Grilled breasts of chicken, topped with our homemade bruschetta, hint of white wine, sautéed baby arugula and mushroom served with grilled crostini bread with crisp sautéed green beans and jasmine rice.	
Small plate \$17	
Wild Salmon	\$23
Fresh wild caught salmon served over braised tomatoes, roasted fingerling potatoes, baby arugula and topped with a horseradish bacon cream.	
Rainbow Trout	\$21
Local trout grilled served over a coconut and pineapple Jasmine rice and topped with Wasabi lime butter and a beet and turnip slaw.	
Fresh Catch of the Day	Market Price
Chef Jerry's fresh selections ask your server for details	

Summer Selections

Panko Encrusted Alaskan Halibut (Award winning)	\$26
Tender and flaky served with a beet and turnip slaw, honey Dijon mustard vinaigrette and topped with fried leeks.	
Flank Steak Salad	\$18
Flank steak served over mixed greens, tomatoes, mushrooms, cabbage, peppers, red onions and sesame ginger dressing.	
Grilled Apple and Candied Walnut Salad	\$13
Mixed organic greens tossed in sherry vinaigrette with red onions, raisins, candied walnuts, feta cheese and finished with grilled golden delicious apples.	
Coconut dusted Striped Bass	\$16
Wild stripped bass dusted with coconut and seared and served over a strawberry and spinach salad with coconut vinaigrette and a pomegranate coulis and fried leeks.	
Garlic Mushroom Ravioli	\$18
Delicious ravioli stuffed with exotic mushrooms, served with sautéed mushrooms, spinach, sundried tomatoes, artichokes and roasted red peppers, finished with a lemon garlic burre blanc.	
Eggplant Napoleon	\$16
Fresh eggplant breaded and fried crisp, layered with sautéed spinach, roasted red peppers and creamy goat cheese, finished with fried spinach and red pepper coulis.	