

DINNER

RAW BAR & SEAFOOD TOWERS*

Lobster	mp
King Crab	mp
Jumbo Lump Crab	mp
Wild Shrimp	mp

East Coast Oysters	4/ea
<i>½ Dozen Minimum</i>	
West Coast Oysters	4.5/ea
<i>½ Dozen Minimum</i>	
Littleneck Clams	2.5/ea
<i>½ Dozen Minimum</i>	

The Metlife	145
8 Oysters, 6 Clams, 8 Pink Shrimp	
1 ½ lb. Lobster	
The Vanderbilt	175
12 Oysters, 8 Clams, 10 Pink Shrimp	
1 ½ lb. Lobster	

CHOWDER MONTH

Discover four unique recipes
each week throughout October.

CHILLED

Tuna Tostada	24
Avocado, Pico de Gallo	
Acapulco Ceviche	27
Shrimp, Scallops, Squid, Avocado	
Local Spanish Mackerel Sashimi	25
Wasabi Ponzu, Sea Grapes	
Pickled Cucumbers	
East Coast Oysters topped with Caviar ..	35
Green Apple-Celery Root & Leek	

STARTERS

Crispy Strecci Focaccia	9
White Bean Hummus, Olive Oil	
Spanish Anchovy Toast	19
Brown Egg Butter, Pickled Fresno	
Beet Salad with Puffed Grains	20
Brussel Sprout Leaves, Citrus Labne	
Butter Lettuce	20
Avocado, Soft Herbs, Sherry Vinaigrette	
Fall Mache Salad	20
Squash, Goat Cheese, Apples, Pecans	
Shrimp with Garlic & Oil	21
Grilled Bread	
Grilled Octopus	29
Chickpeas, Fennel, Tomato, Chermoula	
Shrimp & Grits	24
Benton's Ham, Garlic-Chili Butter, Scallions	

SIMPLY GRILLED

Served with Quinoa-Arugula Salad, Salsa Verde or Wasabi Ponzu Butter

Swordfish	39	Faroe Island Salmon	36
Local Montauk Black Sea Bass ...	44	Sea Scallops	46

COMPOSED

Pan Seared Fluke Potato Gratin, Caviar Beurre Blanc.....	45
Steamed Montauk Black Sea Bass	45
Royal Red Shrimp, Leeks, Bengali Curry, Chapati	
Grilled Swordfish Al Pastor	39
Pineapple, Onions & Peppers, Corn Tortillas	
Pan Roasted Sea Scallops from Barnegat	54
Lobster, Cassava, Coconut Broth	
Baltimore Style Jumbo Lump Crab Cake	46
Brown Butter Breadcrumbs, Celery Root Remoulade	
Porcini Agnolotti	36
Black Truffles & 5 Year Old Parmigiano Reggiano	
Linguine with Clams all'Amalfitana	33
Tiny Clams, Cherry Tomatoes, Calabrian Chili	
Pan Roasted Sasso Chicken	35
Root Vegetables, Maitake Mushrooms, Sauce Madeira	
Filet Mignon Confit Potatoes, Spinach, Bone Marrow	62

VEGETABLES & SIDES

Mushrooms a la Plancha Rosemary & Sea Salt	15
Roasted Acorn Squash Hazelnuts, Honey-Miso Brown Butter.....	12
Shrimp Chaufa (Peruvian Fried Rice)	14
Ginger Soy, Cumin, Aji Amarillo	
Mashed Potatoes Butter, Sea Salt	12
Stir Fry Brussels Sprouts Ginger, Garlic & Scallions, Sticky Soy	12

SUSHI UNROLLED

add Caviar or Uni 30

Spicy Tuna	29
Tobiko, Red Onion, Shio Kombu	
Grilled Maitake Mushrooms	23
Kanpyo, Daikon Sprouts, Miso Mustard	
Red Crab	28
Scallion Cream, Sweet & Sour Sauce	
Rice Pearls	

SUSHI TO-GO

Bento by .7

Premium Sushi To-Go, where you go
*Order now for pick up at
Bento by .7 just inside The Met Life Lobby
or order online for pickup or delivery*

SUSHI IN THE KNOW

**Experience Coral, our intimate
Omakase within Point Seven**

10 Seats, 17 Courses

Customised nightly by Chef Robby Cook

**Consuming raw or undercooked meats, poultry, seafood,
shellfish, or eggs may increase your risk of foodborne illness.*

Chef-Proprietor Franklin Becker
Pastry Chef Romina Peixoto

DOCK TO DISH

We are proud members of Dock to Dish. A sustainable seafood company working with New York's top Chefs to deliver the freshest fish on earth with products sourced exclusively from the waters off Montauk, New York.