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What, typically, is the strongest usability metric of menus interaction style?

Learnability is typically the strongest usability metric of menus interaction style because menus are focused on allowing users recognize options that will help them to perform a given task.

What is the cognitive rationale behind why the menus interaction style tends to excel at the above usability metric?

The cognitive rationale behind why the menus interaction style tends to excel learnability is because menus rely on recognition instead of recall to make the manipulation of the menu more intuitive for the user. This allows the user to navigate easily through the menu to perform a given task because the interface objects fit the domain objects of which the user is aware.

What , typically, is the weakest usability metric of menus interaction style, and why?

Efficiency, is the weakest usability metric of menus. Menus are meant to have distinctive and clare objects that can be recognize easily, they are not focused on have a rapid access.

Name a feature that can be included in a menu that addresses this metric.

A big layout of skeuomorphic icons could be a feature that when included on a menu will address the deficiency of the menus efficiency. This will create a menu with an rapid access to all its options, and provide the user with a faster way select the desired object. As a point in case, we can reference the Excel 2007 toolbar.