

MODERN OCEAN

A SUSTAINABLE FISH & SEAFOOD HOUSE

INTRO COURSE

WAGYU DUMPLINGS GOCHUJANG AIOLI, PONZU DIPPING SAUCE	17¾
AHI TUNA TARTARE 🌱 CUCUMBER, ORANGE, SCALLION, SOY SAUCE, SESAME OIL, RICE VINEGAR, SESAME, WONTON CHIPS	18½
WARM CRAB IN A JAR 🌱 KING CRAB, CITRUS BUTTER, FRESH HERBS, HOUSE BAGUETTE	27¾
GRILLED OCTOPUS 🌱 BEEF CHORIZO, PEPPER STEW, SMOKED POTATO, OLIVE OIL	19½
CALAMARI GRILLED CALAMARI, SQUID INK RISOTTO, CHERRY TOMATO, PEA SHOOTS	17½
CIOPPINO FRESH FISH & SEAFOOD IN A LIGHT TOMATO BROTH, HOUSE BAGUETTE	18¾
MODERN CAESAR ROMAINE, 4K FARMS BACON BITS, GRANA PADANO, GARLIC DRESSING	14¾
ENTREE SIZE STEAK CAESAR SALAD SPRINGVALE FILET, ROMAINE, BACON, GRANA PADANO, GARLIC DRESSING	28
SUMMER SALAD MIXED GREENS, BLUEBERRY BALSAMIC VINAIGRETTE, SUMMER BERRIES, FETA CHEESE, COMPRESSED CUCUMBER, RED RADISH	17

CHILLED SEAFOOD

Grand Seafood Platter

NOVA SCOTIA LOBSTER TAIL
KING CRAB LEGS
EAST COAST OYSTERS
POACHED PRAWNS
HOUSE MARINATED OCTOPUS
APPROPRIATE CONDIMENTS

— \$174 —

FRESH OYSTERS SEE DAILY FRESH SHEET

JUMBO PRAWN COCKTAIL 4¾ each

🌱 KING CRAB COCKTAIL 32
HALF POUND OF CRAB, CLARIFIED BUTTER

Caviar

NORTHERN DIVINE CAVIAR
PACIFIC STURGEON, FRASER RIVER, BC
\$80 / 12g



POTATO BLINI
HARD BOILED EGG
CORNICHON
RADISH
CRÈME FRAÎCHE

FRESH FISH & SEAFOOD

🌱 SABLE FISH - B.C, CANADA - 38½

PAN SEARED, JASMINE RICE, MIXED VEGETABLES,
BANANA LEAF, GREEN CURRY SAUCE

🌱 HALIBUT - B.C, CANADA - 44½

SPANISH RICE, TOMATO CHUTNEY,
ASPARAGUS, GRILLED LIME

🌱 RAINBOW TROUT - ELBOW SPRINGS, AB - 33½

SMOKED POTATO SALAD, BEEF CHORIZO,
BRUSSELS SPROUTS, LEMON VINAIGRETTE

🌱 SEA BREAM - GREECE - 39¾

SMOKED RED POTATO, SAFFRON
TOMATO BROTH, GRILLED LIME

🌱 AHI TUNA - HAWAII, USA - 31½

SPICE CRUSTED, BACON AND CORN HASH,
ROMANO BEANS, ARUGULA SALSA VERDE

SCALLOP RISOTTO - NOVA SCOTIA, CAN - 39½

LARGE SEARED SCALLOPS, LOBSTER VELOUTE,
SUN-DRIED TOMATO, GRANA PADANO

All our seafood is delivered to our kitchen daily and only the absolute freshest, exceptional quality fish and shellfish are selected. Most of them are line caught, trap caught or farmed in sustainably. Our commitment is to procure and serve responsibly sourced seafood without compromising our important ocean habitat.

ocean wise. A SUSTAINABLE CHOICE

SURF & TURF

FROM OUR PARTNER RANCH
- BENCHMARK ANGUS -
PRIME GRADE 100% ALBERTA BEEF
SERVED WITH MASHED POTATO & SEASONAL VEGETABLE

FILET 8oz54

NY STRIPLOIN 10oz51

RIBEYE 14oz64

T-BONE 28oz86

100% RANCH SPECIFIC



3 SAUTEED JUMBO PRAWNS - 19 / 6 SAUTEED JUMBO PRAWNS - 32
NOVA SCOTIA LOBSTER TAIL - 32 / TWIN NOVA SCOTIA LOBSTER TAILS - 58
🌱 ½LB KING CRAB - 32 / 1LB KING CRAB - 58 🌱
3 SEARED LARGE SCALLOPS - 23 / 6 SEARED LARGE SCALLOPS - 42

WE ARE ABLE TO ACCOMMODATE MOST DIETARY RESTRICTIONS, INCLUDING GLUTEN AND LACTOSE INTOLERANCE. PLEASE INQUIRE WITH YOUR SERVER.

*PLEASE BE ADVISED THAT CONSUMING RAW OR UNDERCOOKED FOOD MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS

NOT ALL INGREDIENTS LISTED IN MENU DESCRIPTION * ONE CHEQUE PER TABLE - 18% GRATUITY ON BOOKINGS OF SIX OR MORE

COCKTAILS 2oz.

GRAND 75 | \$10
GRAND MARNIER, FRESH LEMON, CINZANO PROSECCO

SMOKED OLD FASHIONED | \$13
WILD TURKEY BOURBON, CHERRY BITTERS, CEDAR SMOKED

MEZCAL CAIPIRINHA | \$14
MONTELOBOS MEZCAL, LICOR 43, ORGEAT, MUDDLED LIME

RUM SMASH | \$14
APPLETON 8 YEAR, PINEAPPLE JUICE, MINT AND LEMON

HEMINGWAYS REVENGE | \$12
APPLETON 8 YEAR, APEROL, HONEY, FRESH LIME JUICE, BRÛLÉED LIME WHEEL

NEW NY SOUR | \$13
FORTY CREEK BARREL SELECT, ROSEMARY, FRESH LEMON JUICE, TAYLOR FLADGATE PORT

TROPHY WIFE | \$12
SKYY VODKA, LICOR 43, PINEAPPLE JUICE, RED WINE FLOAT

BOSQUE | \$13
HENDRICK'S GIN, ST. GERMAIN, GREEN TEA, MUDDLED BASIL AND LEMON

FEATURE COCKTAIL | \$MP
ROTATING DAILY



BEER | CIDER | SODAS

DRAFT BEER

Heineken - Pale Lager 5.0% - \$9.75 (16oz)

LOCAL BOTTLED BEER

Common Crown - Coppersmith Brown 4.9% - \$9.50 (473ml)

Annex - Metes & Bounds - Extra P.A. 6.0% - \$10.75 (473ml)

Tool Shed - People Skills - Cream Ale 5.2% - \$7.25 (355ml)

Inner City - Hub & Spoke Vienna Lager 4.4% - \$9.25 (473ml)

Trolley 5 - First Crush White IPA 6.2% - \$7.25 (355 ml)

OLD SCHOOL BEER

Pabst - Blue Ribbon Lager 4.9% - \$6.75 (355ml)

Sol - Mexico Golden Lager 4.5% - \$7.75 (330ml)

Murphy's - Irish Stout 4.1% - \$9.50 (440ml)

CIDER

Lonetree - Authentic Dry Cider 5.5% - BC, CAN - \$9.75 (355ml)

ITALIAN "ADULT" SODA (355ml)

Bella Amari - Lemon - 6.5%, ONT - CAN - \$8.75

SABLE FISH - B.C, CANADA

Sablefish is highly prized for an intensely rich, buttery flavour – hence the nickname “butterfish” – and for its surprisingly delicate texture. Although commonly called “black cod,” this deep-sea fish, which can live up to 5,000 feet (1,500 metres) below the sea.



HALIBUT - B.C, CANADA

Halibut are taken by longlines, primarily in Alaska and British Columbia. The fish are cleaned, washed and iced thoroughly at sea. It's a very mild, sweet-tasting, lean fish with fine-grained, dense meat. Uncooked, the white flesh of halibut should be almost translucent, not dull, yellowish or dried out. A seasonal staple at Modern Ocean.



RAINBOW TROUT - ELBOW SPRINGS, AB

Alberta Rainbow Trout are the most sought after Trout in Alberta, and have been the most widely stocked fish in Alberta for decades. The Rainbows of the Bow River, which average 16 inches in length and often reach lengths of 22” or better. With a natural fresh taste and a rich pink coloured flesh it's the best seafood on the prairies.



SEA BREEM - GREECE

Sea Bream: it's big flavor. In one small, delicious package. Widely considered by chefs to be the tastiest of all fish, Mediterranean sea bream has a wonderfully clean taste and satisfyingly meaty texture. Served whole for a simple and filling meal.



AHI TUNA - HAWAII, USA

In Hawaii, “Ahi” refers to two species, the Bigeye Tuna and the Yellowfin Tuna. All Hawaii bigeye tuna are line-caught. Most of Hawaii's bigeye tuna are caught by deep-set longline fishing gear off shore of Hawaii. a fish with a firm texture and mild flavour makes versatile for any preparation.



SCALLOPS - NOVA SCOTIA, CAN

Mildly sweet, buttery and delicately tender scallops. Slightly bigger than a toonie with a light, pearly-white or pink hue, these scallops are shucked and packed on ice immediately after harvest with absolutely no chemicals added. They sear beautifully with a firm texture and clean fresh flavor.

