

# MODERN OCEAN

A SUSTAINABLE FISH & SEAFOOD HOUSE

## CHILLED SEAFOOD

<b>OYSTERS ON THE HALF SHELL</b> CITRUS, DAILY MIGNONETTE	SELECTION CHANGES DAILY   MP	
<b>PRAWN COCKTAIL (3)</b> 🌊		22
COCKTAIL SAUCE, FRESH CITRUS		
<b>HAMACHI CRUDO</b> 🌊		22½
CHILI LIME VINAIGRETTE, SUNOMONO CUCUMBER, HERB OIL, TATSOI MUSTARD GREENS, FRIED CAPERS		
<b>AHI TUNA TARTARE</b> 🌊		19½
CUCUMBER, ORANGE, SCALLION, SOY SAUCE, SESAME OIL, RICE VINEGAR, SESAME, WONTON CHIPS		

## Grand Seafood Platter

2 NOVA SCOTIA LOBSTER TAILS, ½LB KING CRAB LEGS,  
10 EAST COAST OYSTERS, 6 COCKTAIL PRAWNS, MARINATED  
HUMBOLDT SQUID, SHRIMP BRUSCHETTA, HAMACHI SASHIMI,  
FRESH CITRUS, APPROPRIATE CONDIMENTS

— \$229 —

## INTRO COURSE

<b>SHRIMP BRUSCHETTA</b>	17¾
NEWFOUNDLAND FOGO ISLAND BABY SHRIMP, TOMATO, SHALLOT, GARLIC, CILANTRO, TOASTED BAGUETTE	
<b>WAGYU DUMPLINGS</b>	19¾
GOCHUJANG AIOLI, PONZU DIPPING SAUCE	
<b>MODERN STEAK TARTARE</b>	23½
DIJON, CAPER, GHERKIN, FARM YOLK, TRUFFLE OIL, HOUSE CHIPS	
<b>WARM CRAB IN A JAR</b> 🌊	29¾
DUNGENESS CRAB, CITRUS BUTTER, FRESH HERBS, HOUSE BAGUETTE	
<b>GRILLED SPANISH STYLE OCTOPUS</b> 🌊	24¾
OCTOPUS, BEEF CHORIZO, PEPPERS, SMOKED POTATO, OLIVE OIL	
<b>CRISPY HUMBOLDT SQUID</b> 🌊	18¼
TOMATO SHORT RIB RAGU, ARUGULA, MUSTARD VINAIGRETTE, PARMESAN	
<b>CROQUETTES</b> 🌊	17¼
POTATO AND SALT COD FILLING, ROASTED GARLIC AIOLI, FRESH HERBS	

**MODERN CAESAR SALAD** SMALL 15 | LARGE 21  
ROMAINE, DOUBLE SMOKED BACON, GRANA PADANO, GARLIC DRESSING

**WEDGE SALAD** 15¾  
ICEBERG LETTUCE, BACON, TOMATO, FETA, BUTTERMILK DRESSING,  
CRISPY PICKLED ONIONS, EVERYTHING BAGEL SPICE

SALAD ENHANCEMENTS - 4OZ SPRINGVALE STRIPLOIN - 15 | 3OZ AHI TUNA - 14

## SURF & TURF PLATTER

40oz. BENCHMARK TOMAHAWK RIBEYE  
2 - NOVA SCOTIA LOBSTER TAILS, 7 - COLOSSAL PRAWNS  
5 - SEARED SCALLOPS, DRAWN BUTTER, APPROPRIATE  
SAUCES & TWO CHEF SELECTED SIDES

FEEDS 2-4 - 327½

## FRESH FISH & SEAFOOD

 **ocean wise.** A SUSTAINABLE CHOICE

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 sustainably. Our commitment is to procure and serve responsibly sourced seafood without compromising our important ocean habitat.

<b>LING COD - B.C, CANADA</b> 🌊	39¾
CAPER ROSE SAUCE, BLISTERED CHERRY TOMATOES, GREEN BEANS, BASIL	
<b>SABLE FISH - B.C, CANADA</b> 🌊	47¼
PAN SEARED, JASMINE RICE, MIXED VEGETABLES, GREEN CURRY SAUCE	
<b>PAN ROASTED HALIBUT - B.C, CANADA</b> 🌊	48¾
CORN VELOUTE, SMOKED BACON, ASPARAGUS, CHIMICHURRI, CORN SHOOTS	
<b>WHOLE SEA BREAM - GREECE</b> 🌊	44¾
GRILLED WHOLE SEA BREAM, LEMON GARLIC SAUCE, BEEF FAT POTATO, GREEN BEANS, TOMATO BRUSCHETTA	
<b>SCALLOP RISOTTO - NOVA SCOTIA, CAN</b> 🌊	47¾
SEARED SCALLOPS, LOBSTER VELOUTE, SUN-DRIED TOMATO, GRANA PADANO	
<b>TOGARASHI AHI TUNA - NORTHERN ATLANTIC, USA</b> 🌊	41¾
GOCHUJANG VEGETABLES, TAMARIND SOY CHILI SAUCE, SUNOMONO CUCUMBER	

## VEGGIE & VEGAN

<b>MUSHROOM RISOTTO</b> 26¾
CREMINI, WHITE TRUFFLE OIL, GRANA PADANO
<b>WHITE BEAN CASSOULET</b> 25¾
WHITE BEAN, SMOKED TOMATO, WILTED SPINACH, MUSHROOMS, FRESH HERBS, OVER ASIAGO POLENTA

## SURF & TURF

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

FILET 7oz .....	58
NY STRIPLOIN 10oz .....	54
RIBEYE 14oz .....	68
TOMAHAWK FOR 2 40oz .....	174



### ★ SURF WITH YOUR TURF ★

3 COLOSSAL PRAWNS - 22 | 6oz. NOVA SCOTIA LOBSTER TAIL - 36  
3 SEARED SCALLOPS - 29 | ½lb KING CRAB LEGS - 59  
OSCAR TOPPING - CRAB & BEARNAISE - 23

## 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.

## LING COD - B.C, CANADA

The name “Lingcod” causes some confusion in the culinary world because it is neither a “Cod” nor a “Ling”! It is actually a Pacific Greenling. Settlers chose this name due to its similarity to European Ling coupled with its cod-like flaky white flesh. They are indigenous only to the Pacific West Coast.

## 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.

## SEA BREAM - 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.

## COCKTAILS 20Z.

**FROZEN G&T | \$13**  
FROZEN SEASIDE GIN AND LIME

**BILLIE S.MASH | \$15**  
RASPBERRY INFUSED MAKERS MARK, CHAMBORD, LEMON

**COSMIC RUBY | \$13**  
BUTTERFLY PEA INFUSED SKY VODKA, TRIPLE SEC, MARTINI RUBINO, LIME

**MOJITO GETS A DEGREE | \$14**  
APPLETONS WHITE RUM, FERNET BRANCA, CUCUMBER & MINT, LIME, SODA

**OH SNAP! | \$14**  
LAVENDER INFUSED BULLDOG GIN, KIWI & SNAP PEA, LIME, GUAVA SODA

**MODERN CAESAR | \$13**  
LOOMI INFUSED SKY VODKA, MODERN SPICE MIX, CLAMATO, CHILI SUMAC RIM, PICKLED ASPARAGUS

**SMOKY AT DUSK | \$15**  
MULATO CHILI & LEMON THYME INFUSED MEZCAL, TRIPLE SEC, POBLANO SIMPLE, LEMON, GOCHUGARU CHILI & PINK HIMALAYAN SALT RIM

**FRENCH 7500 | \$14**  
HOUSE MADE LEMONCELLO INFUSED SKY VODKA, PEACH LIQUEUR, BUBBLES



## SEEDLIP NON-ALCOHOLIC DRINKS

**PEAS IN A POD | \$10**  
SEEDLIP GARDEN “HERBAL GIN”, LIME JUICE, SIMPLE SYRUP, TONIC

**MEDITERRANEAN GINGER | \$10**  
SEEDLIP GROVE “CITRUS GIN”, LEMON JUICE, SIMPLE SYRUP, KOMBUCHA

**SPICE RACK | \$10**  
SEEDLIP SPICED “AROMATIC GIN”, ORANGE JUICE, 5 SPICE SYRUP, SODA



## BOTTLED BEER | CIDER

### LOCAL BOTTLED BEER

Common Crown - Ploughman Wheat Ale - \$10.75 (473ml)

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

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

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

Dandy - The Wild Sour - \$11.75(473ml)

### OLD SCHOOL BEER

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

Pacifico - Golden Lager - \$7.75 (330ml)

Guinness - Stout - \$9.75 (500ml)

### NON-ALCOHOLIC BEER

Corona - Sun Brew 0.0% - \$6.75 (355ml)

### CIDER

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

## \$9.75 DRAFT BEER 16oz



### LEVELS

A collaboration between  
Trolley 5, Modern Steak & DJ KAV  
Light Lager 4.9% - Calgary, AB

BANDED PEAK - MICROBURST HAZY IPA

STANLEY PARK - SUNSETTER PEACH WHEAT ALE

MILL ST. - ORGANIC LAGER

STELLA ARTOIS - PILSNER

MICHELOB ULTRA - LIGHT AMERICAN LAGER

CORONA - CRISP PALE MEXICAN LAGER

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