

MODERN OCEAN

A SUSTAINABLE FISH & SEAFOOD HOUSE

CHILLED SEAFOOD

OYSTERS ON THE HALF SHELL CITRUS, DAILY MIGNONETTE	SELECTION CHANGES DAILY MP	
PRAWN COCKTAIL (3) 🌊 COCKTAIL SAUCE, FRESH CITRUS		22
HAMACHI CRUDO 🌊 CHILI LIME VINAIGRETTE, SUNOMONO CUCUMBER, HERB OIL, TATSOI MUSTARD GREENS, FRIED CAPERS		21¼
AHI TUNA TARTARE 🌊 CUCUMBER, ORANGE, SCALLION, SOY SAUCE, SESAME OIL, RICE VINEGAR, SESAME, WONTON CHIPS		19½

Grand Seafood Platter

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

— \$198 —

INTRO COURSE

SHRIMP BRUSCHETTA NEWFOUNDLAND FOGO ISLAND BABY SHRIMP, TOMATO, SHALLOT, GARLIC, CILANTRO, TOASTED BAGUETTE	17¾
WAGYU DUMPLINGS GOCHUJANG AIOLI, PONZU DIPPING SAUCE	18¾
MODERN STEAK TARTARE DIJON, CAPER, GHERKIN, FARM YOLK, TRUFFLE OIL, HOUSE CHIPS	22½
WARM CRAB IN A JAR 🌊 DUNGENESS CRAB, CITRUS BUTTER, FRESH HERBS, HOUSE BAGUETTE	29¾
GRILLED SPANISH STYLE OCTOPUS 🌊 OCTOPUS, BEEF CHORIZO, PEPPERS, SMOKED POTATO, OLIVE OIL	21½
CRISPY HUMBOLT SQUID 🌊 TOMATO SHORT RIB RAGU, ARUGULA, MUSTARD VINAIGRETTE, PARMESAN	18¼
CROQUETTES 🌊 POTATO AND SALT COD FILLING, ROASTED GARLIC AIOLI, FRESH HERBS	17¼

MODERN CAESAR SALAD **SMALL 14¾ | LARGE 19¾**
ROMAINE, DOUBLE SMOKED BACON, GRANA PADANO, GARLIC DRESSING

WEDGE SALAD **14¾**
ICEBERG LETTUCE, BACON, TOMATO, FETA, BUTTERMILK DRESSING,
CRISPY PICKLED ONIONS, EVERYTHING BAGEL SPICE

SALAD ENHANCEMENTS - 4OZ SPRINGVALE STRIPLOIN - 13 | 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.

LING COD - B.C, CANADA 🌊 CAPER ROSE SAUCE, BLISTERED CHERRY TOMATOES, GREEN BEANS, BASIL	38¾
SABLE FISH - B.C, CANADA 🌊 PAN SEARED, JASMINE RICE, MIXED VEGETABLES, GREEN CURRY SAUCE	43¼
PAN ROASTED HALIBUT - B.C, CANADA 🌊 CORN VELOUTE, SMOKED BACON, ASPARAGUS, CHIMICHURRI, CORN SHOOTS	46¾
WHOLE SEA BREAM - GREECE 🌊 GRILLED WHOLE SEA BREAM, LEMON GARLIC SAUCE, BEEF FAT POTATO, GREEN BEANS, TOMATO BRUSCHETTA	39¾
SCALLOP RISOTTO - NOVA SCOTIA, CAN 🌊 SEARED SCALLOPS, LOBSTER VELOUTE, SUN-DRIED TOMATO, GRANA PADANO	46½
TOGARASHI AHI TUNA - NORTHERN ATLANTIC, USA 🌊 GOCHUJANG VEGETABLES, TAMARIND SOY CHILI SAUCE,	39¾

SURF & TURF

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

FILET 7oz	57
NY STRIPLOIN 10oz	52
RIBEYE 14oz	64
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, ASPARAGUS & 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.

