




# MODERN OCEAN

A SUSTAINABLE FISH & SEAFOOD HOUSE

## INTRO COURSE

<b>WAGYU DUMPLINGS</b> GOCHUJANG AIOLI, PONZU DIPPING SAUCE	17¾
<b>AHI TUNA TARTARE</b>  CUCUMBER, ORANGE, SCALLION, SOY SAUCE, SESAME OIL, RICE VINEGAR, SESAME, WONTON CHIPS	18½
<b>WARM CRAB IN A JAR</b>  KING CRAB, CITRUS BUTTER, FRESH HERBS, HOUSE BAGUETTE	27¾
<b>GRILLED OCTOPUS</b>  BEEF CHORIZO, PEPPER STEW, SMOKED POTATO, OLIVE OIL	19½
<b>PEAS &amp; RADISH</b> KING CRAB, BUTTER POACHED RED RADISH, SAUTEED SNOW PEAS, BUERRE BLANC, HORSERADISH CREMA, PINE NUT GRATIN	18¾

<b>CIOPPINO</b> FRESH FISH & SEAFOOD IN A LIGHT TOMATO BROTH, HOUSE BAGUETTE	18¾
<b>MODERN CAESAR</b> ROMAINE, 4K FARMS BACON BITS, GRANA PADANO, GARLIC DRESSING	14¾
<b>ENTREE SIZE STEAK CAESAR SALAD</b> SPRINGVALE FILET, ROMAINE, BACON, GRANA PADANO, GARLIC DRESSING	28
<b>WINTER SALAD</b> FETA, GRANNY SMITH APPLES, ARUGULA, ROASTED BUTTERNUT SQUASH, SPICED PECANS, GINGER EMULSION DRESSING	13¾

### CHILLED SEAFOOD

#### Grand Seafood Platter

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

— \$174 —

<b>FRESH OYSTERS</b>	<b>SEE DAILY FRESH SHEET</b>
<b>JUMBO PRAWN COCKTAIL</b>	<b>4¾ each</b>
 <b>KING CRAB COCKTAIL</b>	<b>32</b>
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

 **ORA KING SALMON - NELSON, NZ - 36½**  
HASSELBACK BUTTERNUT SQUASH, CRÈME FRAÎCHE , BACON, PECANS,  
MAPLE VINAIGRETTE

 **TURBOT - FOGO ISLAND, NF - 41¾**  
PAN SEARED, VEGETABLE FRICASSEE,  
MANILLA CLAMS, CREAM

 **RAINBOW TROUT - ELBOW SPRINGS, AB - 33½**  
SMOKED POTATO SALAD, BEEF CHORIZO,  
SNOW PEAS, 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 8oz .....	51
NY STRIPLOIN 10oz .....	49
RIBEYE 14oz .....	62
T-BONE 28oz .....	79

**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 20Z.

- 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

ORA KING SALMON - NELSON, NZ

Ora King salmon is the first and only choice for discerning chefs around the world.The high oil content naturally present in the Ora King breed can be seen in the striking marbled fat lines within the bright orange flesh, instantly drawing comparison to Wagyu Beef.



TURBOT - FOGO ISLAND, NF

Turbot a close cousin of Halibut are line cuaght from the clean, cold North Atlantic Ocean by inshore fishers that employ proper at sea handling procedures from the moment the fish are captured. The fish are cleaned, washed and iced thoroughly at sea. Turbot are rich in healthy Omega-3 & polyunsaturated oils. A beautifully buttery flaky white fish that tastes like a cross between halibut and cod.



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 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. Serve it whole or in fillets 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 versitile for any preperation.



SCALLOPS- NOVA SCOTIA, CAN

Mildly sweet, buttery and delicately tender scallops. Slightly bigger than a twoonie 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.

