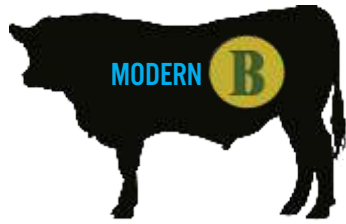


THE ONLY STEAKHOUSE TO OWN ITS OWN BULL
THERE IS LOCAL AND THEN THERE IS MODERN STEAK

WE BOUGHT THE BULL
 (AND THAT'S NO BULL...)



Stephen Deere, restaurateur and owner of Modern Steak has partnered with Michael Munton, rancher and owner of Benchmark Angus in Warner, Alberta and purchase its own bull, Premium, and created Modern Benchmark.

Modern Steak is the first restaurant in Canada to go into partnership with a local ranch and purchase its own bull to guarantee the highest quality, local Alberta Beef available.

I AM SO PROUD THAT WE SUPPORT
 LOCAL RANCHERS AND ALBERTA AGRICULTURE
 THROUGH OUR WORLD CLASS **ALBERTA ONLY BEEF MENU.**

BORN, BRED AND HARVESTED IN ALBERTA,
THAT'S THE ONLY WAY WE DO IT!

STEPHEN DEERE - OWNER
 MODERN STEAK



DRY AGED BEEF

STEAK AFICIONADOS LOVE DRY AGED BEEF! IT'S AN EXPENSIVE AND TIME CONSUMING PROCESS THAT IS FILLED FULL OF LOVE.

DRY AGING IS THE PROCESS BY WHICH CUTS OF BEEF ARE AGED FOR SEVERAL WEEKS IN A TEMPERATURE AND HUMIDITY CONTROLLED ROOM. MOISTURE IS EVAPORATED FROM THE MUSCLE. THE RESULTING CREATES A GREATER CONCENTRATION OF BEEF FLAVOUR AND TASTE. SECONDLY, THE BEEF'S NATURAL ENZYMES BREAK DOWN THE CONNECTIVE TISSUE IN THE MUSCLE, WHICH LEADS TO MORE TENDER BEEF.

OUR BENCHMARK TOMAHAWK RIBEYE IS THE BEST WAY TO EXPERIENCE DRY AGED BEEF.

CUTSEXPLAINED

FLAT IRON - IT IS CUT WITH THE GRAIN FROM CHUCK SECTION OF THE ANIMAL PRODUCING A VERY FLAVORFUL CUT. MEDIUM PLUS IN TENDERNESS. THE BUTCHER OFTEN KEPT THIS CUT FOR THEMSELVES.

TENDERNESS: ★★☆☆☆ FLAVOUR: ★★★★★
 OPTIMAL TEMPERATURES: MEDIUM RARE

FILET / TENDERLOIN - THE TENDERLOIN IS THE MOST TENDER CUT OF BEEF AND IS ALSO ARGUABLY THE MOST DESIRABLE AND THEREFORE THE MOST EXPENSIVE. HOWEVER, IT IS GENERALLY NOT AS FLAVORFUL AS SOME OTHER CUTS OF BEEF,

TENDERNESS: ★★★★★ FLAVOUR: ★★★☆☆
 OPTIMAL TEMPERATURES: BLUE, RARE TO MEDIUM RARE

STRIPLOINS / NY STRIP - OFTEN CONSIDERED THE KING OF STEAKS! IT CONSISTS OF A MUSCLE THAT DOES LITTLE WORK, MAKING THE MEAT PARTICULARLY TENDER, BUT NOT AS TENDER AS THE NEARBY RIB EYE OR TENDERLOIN. FAT CONTENT OF THE STRIP IS SOMEWHERE BETWEEN THE TWO CUTS.

TENDERNESS: ★★☆☆☆ FLAVOUR: ★★★★★
 OPTIMAL TEMPERATURES: RARE TO MEDIUM RARE - UP TO MEDIUM

RIBEYE - THE RIB EYE OR "RIBEYE" WAS ORIGINALLY, AS THE NAME IMPLIES, THE CENTER BEST PORTION OF THE RIB STEAK, WITHOUT THE BONE. IT IS BOTH FLAVORFUL AND TENDER, ITS HIGHER MARBLING AND FAT CONTENT EASILY MAKES IT THE MOST FLAVOURFUL AND JUICY OF ALL THE STEAKS.

TENDERNESS: ★★★★★ FLAVOUR: ★★★★★
 OPTIMAL TEMPERATURES: MEDIUM RARE TO MEDIUM

COCKTAILS 20Z.

FROZEN JOHN DALY | \$12
 SKYY VODKA, FROZEN ICED TEA AND LEMONADE

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



BOTTLED BEER | CIDER | SODAS

LOCAL BOTTLED BEER

Common Crown - Rotating - \$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)

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

DRAFT BEER 160Z

LEVELS

A collaboration between
 Trolley 5, Modern Steak & DJ KAV
 Light Lager 4.9% - Calgary, AB
 \$7.25

Granville Island - Winter Ale 5.5% - Vancouver, BC - \$9.25

Common Crown - Brighter Days Pale Ale 5.0% - Calgary, AB - \$9.25

Grizzly Paw - Beavertail Raspberry Ale 5% Canmore, AB - \$8.75

Heineken - Pale Lager 5.0% - Netherlands - \$9.75

Coors Banquet - Lager 5.0% - Colorado, USA - \$8.00

Belgian Moon - Witbier 5.0% - Colorado, USA - \$8.75

Murphy's Irish Stout - Stout 4.1% - Ireland - \$9.25