

INTRO COURSE

WAGYU DUMPLINGS 16¾
GOCHUJANG AIOLI, PONZU DIPPING SAUCE

TARTARE COLLECTION S-18½ / L-23½
~ MODERN CLASSIC TARTARE
~ SMOKED BEEF TARTARE
~ PIEDMONTESE TARTARE

CHEESE FONDUE FOR 2 28½
EMMENTAL, GRUYERE & MANCHEGO, WHITE WINE, BAGUETTE, BRANDY FLAMBÉ

CRAB IN A JAR 23½
WARM KING CRAB, CITRUS BUTTER, FRESH HERBS, BAGUETTE

WHITE PRAWNS 19¼
OCEANWISE SELVA PRAWNS, GARLIC WHITE WINE SAUCE, CHERRY TOMATO

THE MEATBALL 18¾
FRESH GROUND BRANT LAKE WAGYU, FOIR DI LATTE, HOUSE TOMATO SAUCE, GRANA PADANO

CHILLED SEAFOOD

SEAFOOD PLATTER

NOVA SCOTIA LOBSTER, KING CRAB, EAST COAST OYSTERS, POACHED PRAWNS, MARINATED PEI MUSSELS, APPROPRIATE CONDIMENTS

GRAND (2-3 GUESTS) 99
DELUXE (4-5 GUESTS) 159

EAST COAST OYSTERS ON THE HALF SHELL 3¾ each

SALMON CARPACCIO 14¼
BALSAMIC AIOLI, FRIZZLED CAPERS, MICRO GREEN SALAD

MARITIME LOBSTER COCKTAIL 27
HALF LOBSTER, COCKTAIL SAUCE

NORTHERN DIVINE CAVIAR

POTATO BLINI'S, HARD BOILED EGG, CAPERS, RED ONION, CRÈME FRAÎCHE
\$80 / 12g

FRESH SALADS

MODERN CAESAR 14¾
ROMAINE, HOUSE MADE BACON BITS, GRANA PADANO, GARLIC DRESSING

ENTREE SIZE WAGYU STEAK CAESAR SALAD 28¾

ENDIVE SALAD 13¾
DRIED APRICOTS, GOAT CHEESE, BACON, RADISH, CARAMELIZED HONEY VINAIGRETTE

AUTUMN SALAD 12¾
ROASTED BUTTERNUT SQUASH, MANCHEGO CHEESE, SPICED PECANS, BALSAMIC VINAIGRETTE

SALAD ADD-ONS 13
OCEANWISE PRAWNS
BRANT LAKE WAGYU SKIRT STEAK
WILD SALMON

MODERN STEAK SUPPORTS LOCAL RANCHER'S WITH ONLY USING 100% RANCH SPECIFIC AB. BEEF. HUMANELY RAISED, OPTIMALLY AGED AND COOKED ON AN 1800° INFRARED BROILER

★ INDICATES STEAK IS EXCLUSIVE TO MODERN STEAK  FOR EACH 'MEALSHARE ITEM' SOLD, WE PROVIDE 1 MEAL TO SOMEONE IN NEED. BUY ONE, GIVE ONE!

1800° STEAKS includes one modern side

FISH & SEAFOOD

WE OWN THE TOP GRADING BLACK ANGUS BULL IN CANADA, AND THAT'S NO BULL...
Stephen Deere, restaurateur & owner of Modern Steak has partnered with Michael Munton, rancher & owner of Benchmark Angus in Warner, Alberta & purchased Premium to create Modern Benchmark.

PRIME GRADE, DRY & WET AGED, PASTURE RAISED & GRAIN FINISHED
MODERN BENCHMARK BLACK ANGUS - WARNER, AB.

★ BONE-IN FILET	9oz	49
★ NY STRIPLOIN	12oz	46
★ RIBEYE	14oz	59
★ T-BONE 	22oz	64

100% GRASS FED & FINISHED, WET AGED, PASTURE RAISED
PINE HAVEN - WETASKIWIN, AB.

FILET	7oz	51
★ PETITE TENDER	8oz	39

BRANT LAKE WAGYU - BRANT, AB.

★ FLAT IRON	6oz	39
FILET SMALL	6oz	69
FILET LARGE	10oz	89
NY STRIPLOIN	10oz	69
RIBEYE	14oz	79

SPRINGBANK RANCH - FORT MACLEOD, AB.

BISON FILET	6oz	54
ELK STRIPLOIN	8oz	54
BISON RIBEYE	10oz	49

ALL THE WAGYU - SUPER PLATTER 42oz.
ALL 5 CUTS - FLAT IRON, SKIRT, FILET, STRIPLOIN & RIBEYE
WITH 3 SIDES OF YOUR CHOICE | FEEDS 2-4 GUESTS | 248



SHARE STEAKS FOR 2 - INCLUDES 2 SIDES

★ 40oz MODERN BENCHMARK TOMAHAWK - 45 DAY DRY AGED	64 per person
FILET TRIO - ALL THREE RANCHES FILETS	79 per person
BRANT LAKE WAGYU (3) FLAT IRON, FILET, STRIPLOIN	77 per person

SURF WITH YOUR TURF
SAUTEED OCEANWISE PRAWNS 13
½ MARITIME LOBSTER 27
½ POUND KING CRAB 29
SEARED LARGE CANADIAN SCALLOP 24



WILD CAUGHT STEEL HEAD SALMON FILET - BARLEY RISOTTO, TOASTED ALMONDS, BROWN BUTTER, CHARRED LEMON 33

BC LING COD - HARISSA SPICED ISRAELI COUSCOUS, CHERRY TOMATO, STEWED RED PEPPERS, MOROCCAN COMPOUND BUTTER 38

SEARED SCALLOPS - PORK BELLY, CAVIAR, PARSNIP PUREE, FRIED GREENS 49

1½ LB - NOVA SCOTIA LOBSTER WITH DRAWN BUTTER - CHOICE OF SIDE 64¼
1 LB - KING CRAB LEGS WITH DRAWN BUTTER - CHOICE OF SIDE 68¼

PASTA BAR

RIGATONI BOLOGNESE - SLOW COOKED BEEF RAGU 19

SEAFOOD - PRAWNS, MUSSELS, SCALLOPS IN EVOO & WHITE WINE 39

BEEF STROGANOFF - DRY AGED SHORT RIB RILLET, PICKLED RED ONION, MUSHROOMS, PEPPERCORN CREAM SAUCE, CHERRY TOMATO 24

VEGGIE & VEGAN

ROOT VEGETABLE PAVÉ - TOMATO SAUCE, COCONUT MILK, CURRY SAUCE, CRISPY GREENS, FRIED CHICKPEAS 21

MUSHROOM RISOTTO - CREMINI, BLACK TRUFFLE, GRANA PADANO 21

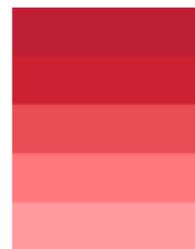
VEGGIE SHEPARD'S PIE - OUR MEATLESS VERISON OF THE CLASSIC 21



AAA PRIME RIB
SLOW ROASTED FRESH EVERY FRIDAY & SATURDAY, SERVED UNTIL ITS GONE...

MASHED POTATO, CHEF'S VEGETABLE,
HORSERADISH CREMA, DEMI
8oz - 29 12oz - 43 16oz - 58 32oz - 98

ORDER GUIDE



BLUE - COLD, RED CENTER
RARE - VERY RED, COOL CENTER
MEDIUM RARE - RED, WARM CENTER
MEDIUM - PINK, WARM CENTER
MEDIUM WELL - DULL PINK CENTER

WHAT IS MODERN STEAK?

FOUR KEY PIECES SEPARATE US FROM A TRADITIONAL STEAKHOUSE.

- 1) WE ONLY SERVE RANCH SPECIFIC ALBERTA BEEF. THAT MEANS WE DON'T SERVE BEEF FROM ANYWHERE ELSE ON THE PLANET. WE KNOW OUR FARMERS AND RANCHERS PERSONALLY AND RESPECT THE HARD WORK THEY PUT INTO PRODUCING OUR BEEF. WE LIKE OUR BEEF TO BE, HORMONE & ANTIBIOTIC FREE AND PASTURE RAISED. HAPPY CATTLE MAKE FOR BETTER STEAKS.
- 2) WE ARE ONE OF JUST A HANDFUL OF STEAKHOUSES IN CANADA THAT SERVES, GRASS-FED, GRAIN-FED, WET-AGED, DRY-AGED AND WAYGU BEEF 365 DAYS A YEAR. OUR BEEF IS ALWAYS FRESH NEVER FROZEN.
- 3) WE USE AN 1800° INFRARED GRILL TO COOK YOUR STEAKS. OUR GRILL STAYS AT VERY CONSISTENT HIGH HEAT VERSUS A TRADITIONAL OPEN FLAME GRILL. THE HIGH HEAT CREATES A FLAVOURFUL CRUST ON OUTSIDE OF THE STEAK AND LEAVES A JUICY CENTRE.
- 4) OUR DECOR IS WARM AND MODERN. THE TRADITION HAS ALWAYS BEEN DARK WOOD, LEATHERS AND A MUTED PALATE FOR A STEAKHOUSE. WE BROKE THE MOLD AND DECIDED TO ADD HAND SELECTED MUSIC THAT REFLECTS US! WE'RE MORE LIKE JAY Z AND LESS LIKE SINATRA.

CUTS EXPLAINED

FLAT IRON

THE FLAT IRON STEAKS HAVE A SIGNIFICANT AMOUNT OF MARBLING. 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 INCLUDING STRIPLOINS & RIB EYES.

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 - (BEST FOR WD)

PETITE TENDER

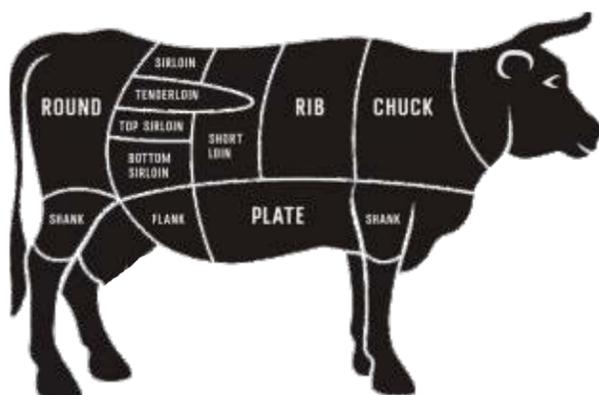
FROM THE BLADE OF THE SHOULDER. IT IS ONE OF THE MOST TENDER BEEF MUSCLES AND IS SAID TO BE "WHITE-TABLECLOTH QUALITY". BEING A SIMILAR QUALITY TO FILET MIGNON, BUT LESS EXPENSIVE.

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

SKIRT

SKIRT STEAK IS A CUT OF BEEF STEAK FROM THE PLATE. IT IS LONG, FLAT, AND PRIZED FOR ITS FLAVOR RATHER THAN TENDERNESS. SLICED AND BEST PAIRED WITH ONE OF OUR SAUCES. A TRUE STEAK LOVERS CUT BECAUSE OF ITS UNIQUENESS.

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



THE ONLY STEAKHOUSE TO OWN ITS OWN BULL

MODERN STEAK



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 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.

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 TOMAHAWK RIBEYE IS THE BEST WAY TO EXPERIENCE DRY AGE.

TOMAHAWK BONE IN RIBEYE

THE TERM "TOMAHAWK" IS USED BECAUSE THE BONE IS LONG AND LEFT UNCUT RESEMBLING A TOMAHAWK AXE. MEAT ON THE BONE IS ALWAYS MORE FLAVOURFUL ALONG WITH ITS HIGHER MARBLING AND FAT CONTENT EASILY MAKES IT OF THE MOST UNIQUE STEAKS AVAILABLE.

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

BOOK YOUR NEXT EVENT AT MODERN STEAK

3 DIFFERENT PRIVATE ROOMS AVAILABLE FROM 12 TO 135 GUESTS

MODERN STEAK HAS TWO LARGE PRIVATE DINING ROOMS AND ONE SMALL PRIVATE DINING AREA, ALL ON SEPARATE FLOORS, WHICH MAY BE RESERVED PRIVATELY OR IN COMBINATION.

UPSTAIRS DINING ROOM:

ACCOMMODATES UP TO 47 GUESTS FOR A SIT DOWN DINNER AND UP TO 60 GUESTS FOR A STAND UP RECEPTION EVENT.

DOWNSTAIRS DINING ROOM:

ACCOMMODATES UP TO 83 GUESTS FOR A SIT DOWN DINNER AND UP TO 120 GUESTS FOR A STAND UP RECEPTION EVENT.

SMALLER PRIVATE DINNING AREA:

LOWER LEVEL SPACE - ROOM FOR 12 TO 16 DINNERS

Please enquire with any manager for more information