

## 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 FOR DIPPING, 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, FIOR DI LATTE, HOUSE TOMATO SAUCE, GRANA PADANO

## CHILLED SEAFOOD

### SEAFOOD PLATTER

NOVA SCOTIA LOBSTER, KING CRAB  
EAST COAST OYSTERS, POACHED PRAWNS  
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  
ARUGULA, 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

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 created Modern Benchmark.

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

★ FILET	8oz	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
★ BONE-IN RIBEYE	18oz	69

**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 SCALLOPS 24



## FISH & SEAFOOD

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

**CANADIAN COD** - HARISSA SPICED ISRAELI COUSCOUS, CHERRY TOMATO, 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, CHERRY TOMATO, PEPPERCORN CREAM SAUCE 24

## VEGGIE & VEGAN

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

**MUSHROOM RISOTTO** - CREMINI, BLACK TRUFFLE, GRANA PADANO 21

**VEGGIE SHEPHERD'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

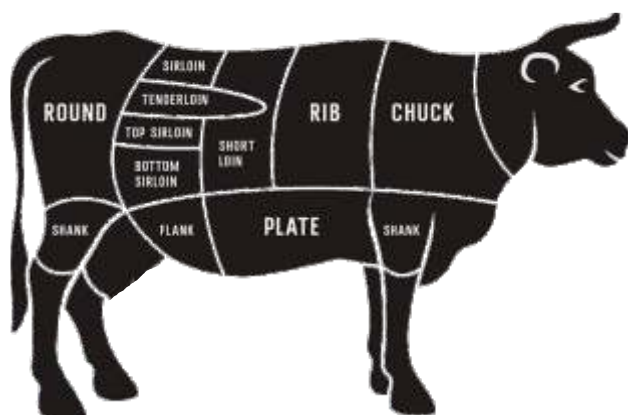
FROM THE BLADE OF THE SHOULDER. IT IS ONE OF THE MOST TENDER BEEF MUSCLES AND IS SAID TO BE "WHITE-TABLECLOTH QUALITY". BEING A SIMILAR QUALITY TO FILET MIGNON, BUT LESS EXPENSIVE.

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 DINING AREA:

LOWER LEVEL SPACE - ROOM FOR 12 TO 16 DINNERS

Please enquire with any manager for more information