

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

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

WINTER 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!

1 800° 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

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

FILET	7oz	51
★ PETITE TENDER	8oz	39
★ BONE-IN RIBEYE	18oz	69

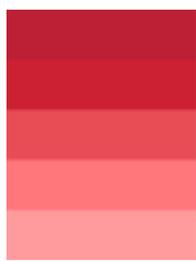
★ **BRANT LAKE WAGYU - BRANT, AB.**

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

SPRINGBANK RANCH - FORT MACLEOD, AB.

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

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



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

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

MUSHROOM RISOTTO - CREMINI, BLACK TRUFFLE, GRANA PADANO 21

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

LUNCH STYLE

PRIME RIB BEEF DIP

THIN SLICED ALBERTA PRIME RIB, SWISS CHEESE, HOUSE MADE BAGUETTE, HORSERADISH CREMA, JUS, W/ FRIES 23

CRISPY FIRED CHICKEN SANDWICH

DOUBLED BREADED CRISPY FRIED CHICKEN BREAST, CITRUS AIOLI, L/P ON HOMEMADE ROLL W/ FRIES 21

FISH & CHIPS

LIGHTLY BATTERED AND FRIED COD W/ FRIES 23

WAGYU STEAK & FRITES

SLICED WAGYU SKIRT STEAK, BEARNAISE, HOUSE SALAD, CRISPY FRITES 29

CRAVING A TOMAHAWK? FULL DINNER MENU AVAILABLE

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.

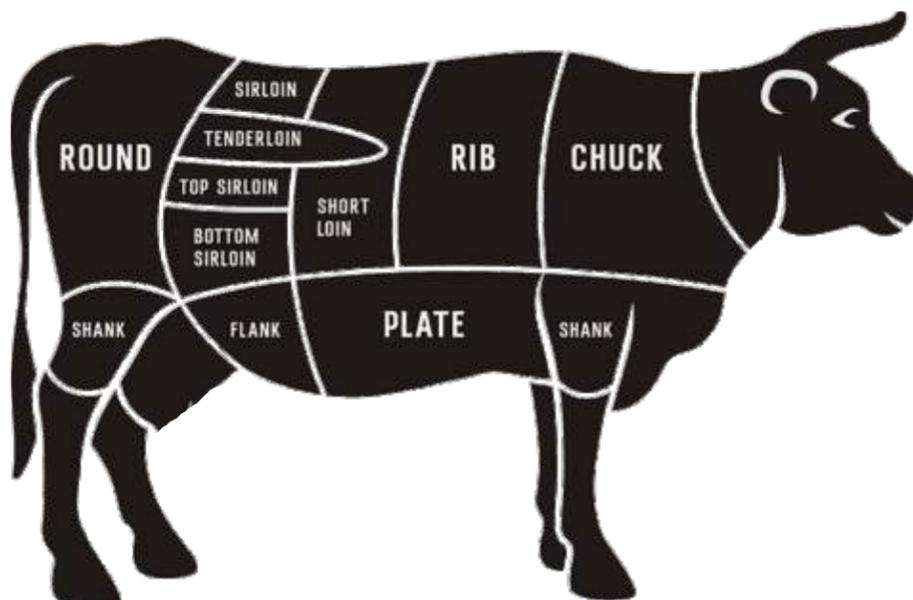
DRY AGING IS THE PROCESS BY WHICH CUTS OF BEEF ARE AGED FOR SEVERAL WEEKS IN A TEMPERATURE AND HUMIDITY CONTROLLED ROOM. MOISTURE IS EVAPORATED FROM THE MUSCLE. THE RESULTING CREATES A GREATER CONCENTRATION OF BEEF FLAVOUR AND TASTE. SECONDLY, THE BEEF'S NATURAL ENZYMES BREAK DOWN THE CONNECTIVE TISSUE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



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