

MODERN STEAK

AN ALBERTA PRIME GRADE STEAKHOUSE

INTRO COURSE

WAGYU DUMPLINGS 17¾
GOCHUJANG AIOLI, PONZU DIPPING SAUCE

MODERN STEAK TARTARE S-19½ / L-24½
DIJON, CAPER, GHERKIN, FARM YOLK, TRUFFLE OIL, HOUSE CHIPS

WARM CRAB IN A JAR 26½
KING CRAB, CITRUS BUTTER, FRESH HERBS, HOUSE BAGUETTE

WHITE PRAWNS “SCAMPI” 19¾
OCEANWISE SELVA PRAWNS, GARLIC WHITE WINE SAUCE, CHERRY TOMATO

GRILLED OCTOPUS 19½
BEEF CHORIZO, PEPPER STEW, SMOKED POTATO, OLIVE OIL

MODERN CAESAR 14¾
ROMAINE, 4K FARMS BACON BITS, GRANA PADANO, GARLIC DRESSING

ENTREE SIZE STEAK CAESAR SALAD 28
WILD ROSE FILET, ROMAINE, BACON BITS, GRANA PADANO, GARLIC DRESSING

UPTOWN SUMMER SALAD 14¾
MIXED ARTISAN GREENS, STRAWBERRY, ROASTED RED PEPPER, AVOCADO, RADISH, PISTACHIO, MANGO JALAPENO VINAIGRETTE

CHILLED SEAFOOD

Grand Seafood Platter

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

SMALL - \$99
LARGE - \$174

OYSTERS ON THE HALF SHELL 3¾ each

JUMBO PRAWN COCKTAIL 4¾ each

KING CRAB COCKTAIL 32
HALF POUND OF CRAB, CLARIFIED BUTTER

FISH & SEAFOOD

ALBERTA RAINBOW TROUT - SMOKED POTATO SALAD, BEEF CHORIZO, BROCCOLINI, LEMON VINAIGRETTE 33½

TURBOT - SEARED, VEGETABLE FRICASSEE, MANILLA CLAMS, CREAM 36¾

JUMBO PRAWN RISOTTO - LOBSTER VELOUTE, SUN-DRIED TOMATO, GRANA PADANO 37½

VEGGIE & VEGAN

MUSHROOM RISOTTO - CREMINI, BLACK TRUFFLE, GRANA PADANO 24¾

VEGGIE SHEPHERD’S PIE - OUR MEATLESS VERISON OF THE CLASSIC 24½



STEAKHOUSE BURGER

8oz Modern Benchmark Patty served with Fries - 18½



STEAK 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

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

1800° STEAKS includes one modern side | shared steaks include two sides

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 & BARLEY FINISHED
MODERN BENCHMARK BLACK ANGUS - WARNER, AB.

★ FLAT IRON	6oz	39
★ FILET	8oz	49
★ NY STRIPLOIN	10oz	49
★ RIBEYE	14oz	59
★ T-BONE	28oz	76
★ TOMAHAWK FOR 2 40 DAY DRY AGED	40oz	148

GRASS-FED, GRAIN FINISHED, NATURALLY RAISED & WET AGED
WILD ROSE NATURALLY RAISED ANGUS - FORT MACLEOD, AB.

FILET	7oz	41
STRIPLOIN	10oz	39
COWBOY RIBEYE	20oz	69

100% GRASS-FED, GRASS FINISHED, NATURALLY RAISED & WET AGED
PLATINUM ALBERTA FARM COLLECTIVE - AB.

★ GRASS-FED FILET	6oz	39
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PRIME GRADE+, BARLEY FED, HORMONE FREE, SUPERIOR ARTISAN BEEF
BRANT LAKE WAGYU - BRANT, AB.

NY STRIPLOIN	10oz	74
RIBEYE	14oz	89
TOMAHAWK FOR 2	36oz	174

FILET TRIO - ALBERTA BEEF SHOWCASE - 21oz.

THREE RANCHES ON ONE PLATE
TASTE THE DIFFERENCE BETWEEN - TRADITION, NATURAL & GRASS-FED
WITH 2 SIDES OF YOUR CHOICE | FEEDS 1 - 3 GUESTS | 114



★ SURF WITH YOUR TURF ★

3 SAUTEED JUMBO PRAWNS - 19 / 6 SAUTEED JUMBO PRAWNS - 32
NOVA SCOTIA LOBSTER TAIL - 32 / TWIN NOVA SCOTIA LOBSTER TAIL - 58
½LB KING CRAB - 32 / 1LB KING CRAB - 58
3 SEARED LARGE SCALLOPS - 23 / 6 SEARED LARGE SCALLOPS - 42

MODERN SIDES (\$11)

MODERN HASH, HOMEMADE BEEF CHORIZO, BÉARNAISE
OVERSIZED BAKED POTATO W/ SC & BACON MARMALADE
CLASSIC MASHED POTATOES
CHEF’S “FULLY LOADED” BACON, CHEDDAR & SOUR CREAM MASHED POTATOES *(ADD \$3)
PARMESAN TRUFFLE FRIES W/ GARLIC AIOLI
POUTINE, SHORT RIB, QUEBEC CHEESE CURDS, DEMI
BRUSSEL SPROUTS, DOUBLE SMOKED BACON, MAPLE DIJON DRESSING, PISTACHIO
BROCCOLINI, MORNAY SAUCE, PINE NUT GRATIN
GARLIC BUTTER MUSHROOMS
ROASTED HEIRLOOM CARROTS, WHIPPED MASCARPONE, GRANOLA, CHILI FLAKES
SLICED TOMATO & CUCUMBER SALAD, ARUGULA

I LIKE IT ON TOP

BACON ONION JAM \$7 | BLUE CHEESE CRUST \$7
KING CRAB & BÉARNAISE \$17

SAUCES & BUTTERS (\$4)

TRADITIONAL BÉARNAISE | CHIMICHURRI | HORSERADISH CREMA
CREAMY PEPPERCORN | MODERN STEAK SAUCE | TRUFFLE BUTTER
ROASTED GARLIC BUTTER | SPICY SMOKED BUTTER | ROSEMARY BUTTER

We are able to accommodate most dietary restrictions, including gluten and lactose intolerance, please inquire with your server
not all ingredients listed in menu description * one cheque per table - 18% gratuity on bookings of 6 or more

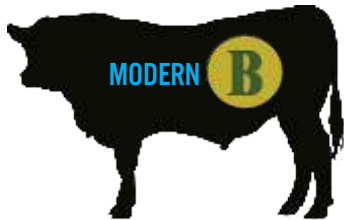


@MODERNSTEAKCA

WWW.MODERNSTEAK.CA

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 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
THRU OUR WORLD CLASS **ALBERTA BEEF ONLY MENU.**

BORN, BREED 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 AGE.

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

SUMMER COCKTAILS 202.

- FROZEN SANGRIA | \$13
FROZEN SANGRIA, PATRON CITRONAGE, PEACH SCHNAPPS
- HARVEY SEA BANGER | \$13
VODKA, GALLIANO, COLD PRESSED PINEAPPLE & GRAPEFRUIT JUICE
- RE-RUMMER | \$13
GOSLING DARK RUM, COLD PRESSED LIME, PINEAPPLE & ORANGE JUICE
- BUTTERFLY EFFECT | \$14
EL JIMADOR, BACARDI COCONUT, FRESH LIME, BUTTERFLY PEA EXTRACT, SODA
- NOT MY STEEZ | \$14
EL JIMADOR, LYCHEE LIQUOR, COLD PRESSED LIME & GRAPEFRUIT JUICE
- BRAMBLE GIN SOUR | \$13
BOMBAY GIN, CASSIS, LEMON JUICE, EGG WHITES
- MODERN SPRITZ | \$14
APEROL, COCCHI VERMOUTH, ANTECH ROSE, HIBISCUS FLOWERS
- SAZERAC LUIGI | \$14
GIBSONS BOLD RYE, VECCHIO AMARO DEL CAPO, CREME DE CaCACAO, BITTERS
- BARREL AGED MANHATTAN | \$15
JACK DANIELS RYE, COCCHI VERMOUTH, BITTERS, BOOZY CHERRIES

BOTTLED BEER | CIDER | SODAS

- DRAFT BEER 16oz.
Heineken - Pale Lager 5.0% - Netherlands - \$9.75
- LOCAL BOTTLED BEER
Caravel - Dead Ahead - Irish Red Ale 4.8% - \$7.25
Annex - Metes & Bounds - Extra P.A 6.0% - \$10.75 (473ml)
Railyard - Railyard Lager 5.0% - \$9.25 (473ml)
Legend 7 - Serpens - Pilsner 4.8 % - \$7.25
Tool Shed - People Skills - Cream Ale 5.2% - \$7.25
Inner City - Hub & Spoke Vienna Lager 4.4% - \$9.25 (473ml)
Trolley 5 - First Crush White IPA 6.2% - - \$7.25
- OLD SCHOOL BOTTLED BEER
Pabst - Blue Ribbon Lager 4.9% - \$6.75
Sol - Mexico Golden Lager 4.5% - \$7.75
Miller High Life - American Lager 4.6% - \$6.75
- CIDER (473ml)
Lonetree - Authentic Dry Cider 5.5% - BC, CAN - \$9.75
- ITALIAN “ADULT” SODA (355ml)
Bella Amari - Blood Orange - 6.5% - ONT, CAN - \$8.75
Bella Amari - Lemon - 6.5%, ONT - CAN - \$8.75

