

CHILLED SEAFOOD

GRAND SEAFOOD PLATTER

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


59 PER PERSON (MINIMUM TWO GUESTS) 

EAST COAST OYSTERS ON THE HALF SHELL	3¾ each
JUMBO PRAWN COCKTAIL	8 each
FANNY BAY LIVE SCALLOPS <small>WHEN AVAILABLE</small>	13 each
MARITIME LOBSTER COCKTAIL	27
<small>HALF LOBSTER, COCKTAIL SAUCE</small>	
OCTOPUS CARPACCIO	17¼
<small>FRISÉE SALAD, CUTTLEFISH VINAIGRETTE</small>	

NORTHERN DIVINE CAVIAR

POTATO BLINI, HARD BOILED EGG,
CORNICHON, RADISH, CRÈME FRAÎCHE
\$80 / 12g

INTRO COURSE

WAGYU DUMPLINGS	16¾
<small>GOCHUJANG AIOLI, PONZU DIPPING SAUCE</small>	
TARTARE COLLECTION	S-19½ / L-24½
<small>~ MODERN CLASSIC TARTARE ~ SMOKED BEEF TARTARE ~ PIEDMONTSE TARTARE</small>	
STUFFED CALAMARI	18¼
<small>HOUSE MADE BEEF CHORIZO, ABORIO RICE, PEPPERONATA, CREAMED NAPA CABBAGE</small>	
WARM CRAB IN A JAR	24½
<small>KING CRAB, CITRUS BUTTER, FRESH HERBS, HOUSE BAGUETTE</small>	
WHITE PRAWNS "SCAMPI"	19¾
<small>OCEANWISE SELVA PRAWNS, GARLIC WHITE WINE SAUCE, CHERRY TOMATO</small>	
PAN PACIFIC WAGYU MEATLOAF 	16½
<small>GRILLED ROMAINE, CARAMELIZED LIME, SPICY COCONUT VINAIGRETTE, CILANTRO</small>	

FRESH SALADS


MODERN CAESAR	14¾
<small>ROMAINE, 4K FARMS BACON BITS, GRANA PADANO, GARLIC DRESSING</small>	
ENTREE SIZE STEAK CAESAR SALAD	28¾
SUMMER SALAD	16¾
<small>BABY KALE, COMPRESSED PINEAPPLE, GRAPEFRUIT, ORANGE, PICKLED STRAWBERRY & RED ONION, STRAWBERRY LIME CREMA</small>	
CANDIED SALMON SALAD	21¾
<small>CANDIED WILD SALMON, CHERRY TOMATO, HARD BOILED EGG, SHAVED RADISH & FENNEL, CITRUS VINAIGRETTE</small>	
SALAD ADD-ONS	13½
<small>OCEANWISE PRAWNS (5 PIECES) GRASS-FED PETITE TENDER (4OZ.) HALIBUT (4OZ.)</small>	

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

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 create Modern Benchmark.

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

★ NY STRIPLOIN	12oz	46
★ RIBEYE	14oz	59
★ T-BONE 	22oz	64
★ 45 DAY DRY AGED TOMAHAWK for 2	40oz (includes two sides)	128

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

FILET	8oz	46
★ PETITE TENDER	8oz	36
BONE-IN RIBEYE	18oz	69
BISON FILET (100% GRASS-FED)	6oz	54
BISON RIBEYE (100% GRASS-FED)	10oz	49

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

★ FILET	7oz	54
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PRIME GRADE+, BARLEY FED, HORMONE FREE, SUPERIOR ARTISAN BEEF
BRANT LAKE WAGYU - BRANT, AB.

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

ALL THE WAGYU - SUPER PLATTER - 36oz.
ALL 4 CUTS - FLAT IRON, FILET, STRIPLOIN & RIBEYE
WITH 3 SIDES OF YOUR CHOICE | FEEDS 2 - 4 GUESTS | 238



FILET TRIO - ALBERTA BEEF SHOWCASE - 21oz.

THREE RANCHES ON ONE PLATE -
TASTE THE DIFFERENCE BETWEEN - TRADITION, GRASS-FED & WAGYU
WITH 2 SIDES OF YOUR CHOICE | FEEDS 2 - 3 GUESTS | 159



SURF WITH YOUR TURF
SAUTEED JUMBO PRAWNS 24
½ MARITIME LOBSTER 27
½ POUND KING CRAB 29
SEARED LARGE CANADIAN SCALLOPS 24



FISH & SEAFOOD

BARRAMUNDI - RICE NOODLE, SHAVED NAPA CABBAGE, MUSHROOM & MIRIN CONSOMME	33½
HALIBUT - LINE CAUGHT PACIFIC HALIBUT, VEGETABLE FRICASSEE, MANILLA CLAMS, CREAM	38¾
1 LB MUSSEL & FRITES - BEEF CHORIZO, TARRAGON CREAM, TOMATO	28¼
JUMBO PRAWN RISOTTO - LOBSTER VELOUTE, SUN-DRIED TOMATO, GRANA PADANO	33¾

LUNCH PLATES

STEAK & FRITES - 7oz. MODERN BENCHMARK FLAT IRON, BEARNAISE, HOUSE SALAD, CRISPY FRITES	29
12 HOUR AB. BEEF SHORT RIB - SMOKED POTATO PAVE, CARROTS, BRUSSELS SPROUT, NATURAL JUS	29½
BEEF STROGANOFF - SLICED STEAK, PICKLED RED ONION, MUSHROOMS, CHERRY TOMATO, PEPPERCORN CREAM SAUCE	24¼
MODERN STEAKHOUSE BURGER - 100% ALBERTA BEEF PATTY, GRUYERE CHEESE, LETTUCE, TOMATO, PICKLED RED ONION & MODERN BURGER SAUCE.	21¼
CRISPY FIRED CHICKEN SANDWICH - DOUBLED BREADED CRISPY FRIED CHICKEN BREAST, CITRUS AIOLI, L/P ON HOMEMADE ROLL W/ FRITES	21¼
FISH & CHIPS - LIGHTLY BATTERED AND FRIED COD W/ FRITES	23

VEGGIE & VEGAN

MUSHROOM RISOTTO - CREMINI, BLACK TRUFFLE, GRANA PADANO	24¾
MIRIN TOFU - RED PEPPER HUMMUS, FENNEL, MUSHROOM	24¼
VEGGIE SHEPHERD'S PIE - OUR MEATLESS VERISON OF THE CLASSIC	24½

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

★ INDICATES STEAK IS EXCLUSIVE TO MODERN STEAK

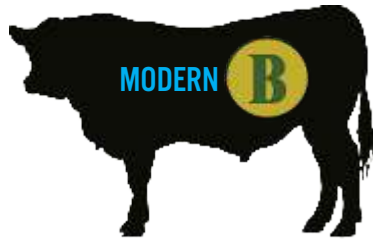


FOR EACH 'MEALSHARE ITEM' SOLD, WE PROVIDE 1 MEAL TO SOMEONE IN NEED. BUY ONE, GIVE ONE!

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

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**



   @MODERNSTEAKCA
WWW.MODERNSTEAK.CA

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 STRIPLAINS & RIB EYES.

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

STRIPLAINS / 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

DRY AGED BEEF

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

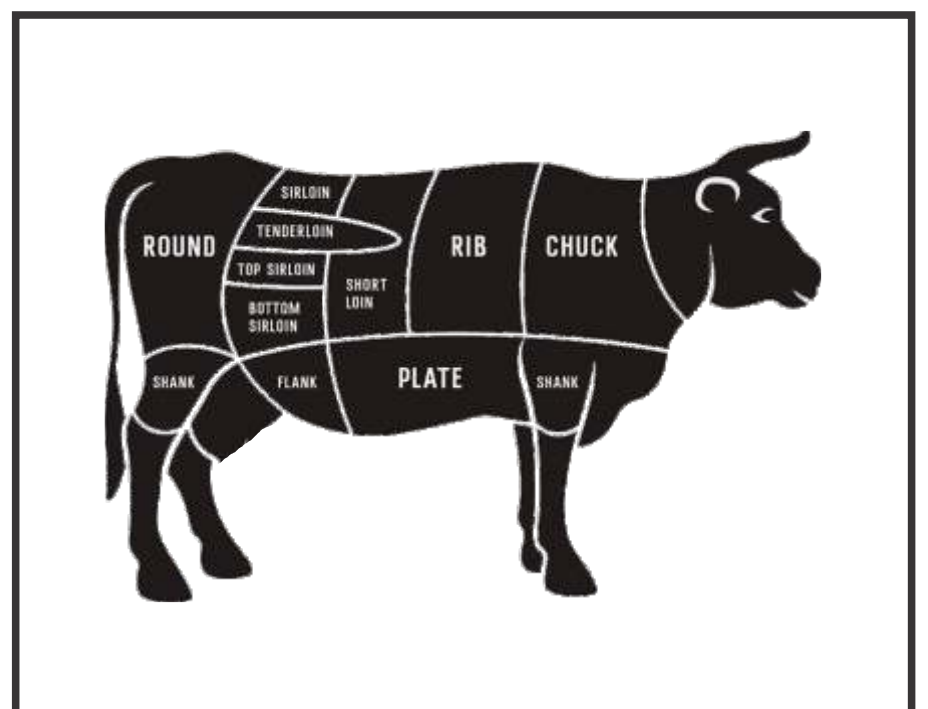
DRY AGING IS THE PROCESS BY WHICH CUTS OF BEEF ARE AGED FOR SEVERAL WEEKS IN A TEMPERATURE AND HUMIDITY CONTROLLED ROOM. MOISTURE IS EVAPORATED FROM THE MUSCLE. THE RESULTING CREATES A GREATER CONCENTRATION OF BEEF FLAVOUR AND TASTE. SECONDLY, THE BEEF'S NATURAL ENZYMES BREAK DOWN THE CONNECTIVE TISSUE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



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.

WHY MODERN STEAK IS SO POPULAR TO HOLD EVENTS AT? TALK TO US AND FIND OUT WHY!