

## 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	6 each
KING CRAB COCKTAIL	32
HALF POUND OF CRAB, CLARIFIED BUTTER	

## INTRO COURSE

WAGYU DUMPLINGS	17¾
GOCHUJANG AIOLI, PONZU DIPPING SAUCE	
MODERN STEAK TARTARE	S-19½ / L-24½
HAND CHOPPED, DIJON, CAPER, GHERKIN, FARM YOLK, TRUFFLE OIL, HOUSE CHIPS	
GRILLED OCTOPUS	19½
BEEF CHORIZO, PEPPER STEW, SMOKED POTATO, OLIVE OIL	
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	
MEATBALLS	16¾
TOMATO SAUCE, BASIL, SHAVED PARMESAN	

## FRESH SALADS

MODERN CAESAR	14¾
ROMAINE, 4K FARMS BACON BITS, GRANA PADANO, GARLIC DRESSING	
<b>ENTREE SIZE STEAK CAESAR SALAD</b>	<b>28¾</b>
ALBERTA BEET SALAD	13¾
GOAT CHEESE, RED BEETS, GRANNY SMITH APPLE, CITRUS VINAIGRETTE	
MUSHROOM SOUP	9¾
MUSHROOMS, TRUFFLE, CREAM, FRESH HERBS	
<b>SALAD ADD-ONS</b>	<b>13½</b>
SELVA OCEANWISE PRAWNS (5 PIECES)	
WILDROSE TENDERLOIN (4OZ.)	
KING ORA SALMON (4OZ.)	

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

## 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 create Modern Benchmark.

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

★ NY STRIPLOIN	10oz	46
★ RIBEYE	14oz	59

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

FILET	8oz	46
STRIPLOIN	10oz	39
COWBOY RIBEYE	18oz	69

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

★ FILET	7oz	49
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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	74
FILET LARGE	10oz	98
NY STRIPLOIN	10oz	69
RIBEYE	14oz	89

### ★ 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

## SHARE STEAKS

**ALL THE WAGYU - SUPER PLATTER - 58oz.**  
FLAT IRON, FILET, STRIPLOIN & TOMAHAWK RIBEYE  
WITH 3 SIDES OF YOUR CHOICE | FEEDS 4-6 GUESTS | 333



**WAGYU SAMPLER THREE - 22oz.**  
FLAT IRON, FILET & STRIPLOIN  
WITH 2 SIDES OF YOUR CHOICE | FEEDS 1-3 GUESTS | 166



**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 1-3 GUESTS | 159



**WAGYU TOMAHAWK - 36oz.**  
WITH 2 SIDES OF YOUR CHOICE | FEEDS 1-3 GUESTS | 174



★ **MODERN BENCHMARK TOMAHAWK - 40oz.**  
45 DAY DRY AGED W/ 2 SIDES OF YOUR CHOICE | FEEDS 1-3 GUESTS | 148



★ **MODERN BENCHMARK PORTERHOUSE - 32oz.**  
WITH 2 SIDES OF YOUR CHOICE | FEEDS 1-2 GUESTS | 118



## FISH & SEAFOOD

KING ORA SALMON - GRILLED, MEDITERRANEAN RATATOUILLE, LEMON	37½
DEEP WATERS SEABASS - SEARED, VEGETABLE FRICASSEE, MANILLA CLAMS, CREAM	37½
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

## 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

★ INDICATES STEAK IS EXCLUSIVE TO MODERN STEAK

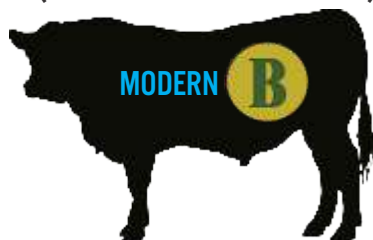


FOR EACH 'MEALSHARE ITEM' SOLD, WE PROVIDE 1 MEAL TO SOMEONE IN NEED. BUY ONE, GIVE ONE!

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)

## DRY AGED BEEF

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

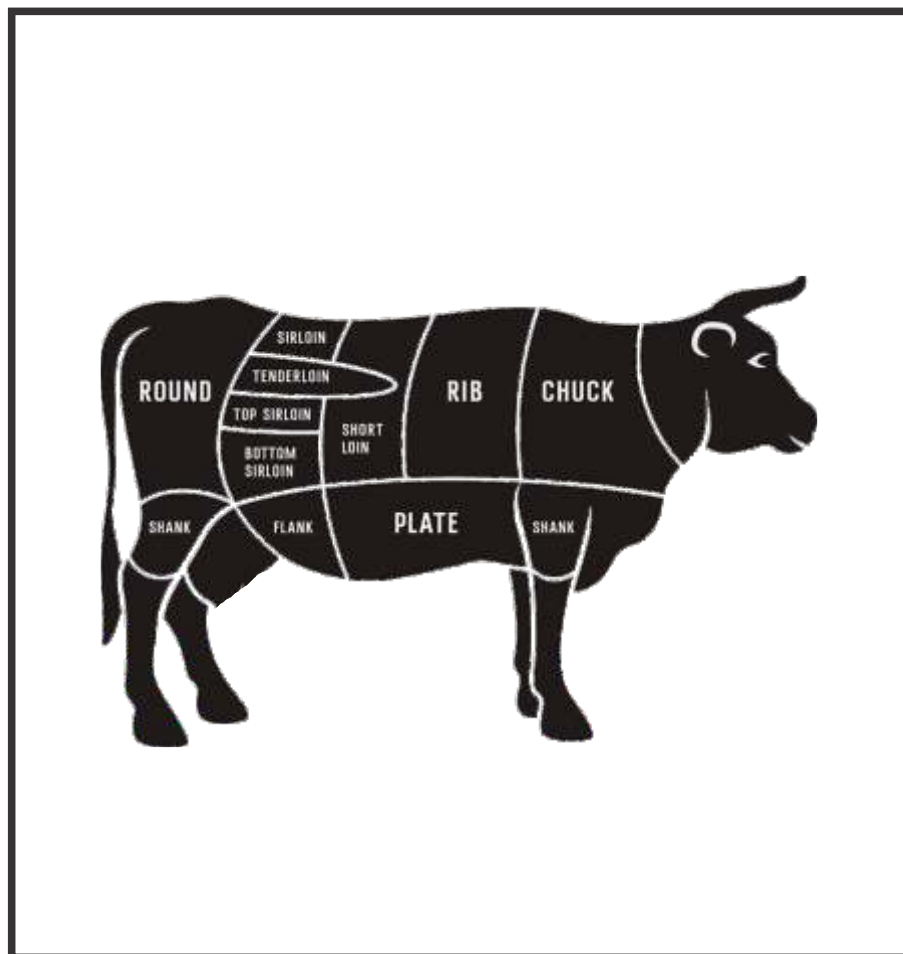
DRY AGING IS THE PROCESS BY WHICH CUTS OF BEEF ARE AGED FOR SEVERAL WEEKS IN A TEMPERATURE AND HUMIDITY CONTROLLED ROOM. MOISTURE IS EVAPORATED FROM THE MUSCLE. THE RESULTING CREATES A GREATER CONCENTRATION OF BEEF FLAVOUR AND TASTE. SECONDLY, THE BEEF'S NATURAL ENZYMES BREAK DOWN THE CONNECTIVE TISSUE 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 IS MODERN STEAK IS SO POPULAR TO HOLD EVENTS AT? TALK TO US AND FIND OUT WHY!**