



INTRO COURSE

WAGYU DUMPLINGS	15¾
GOCHUJANG AIOLI, PONZU DIPPING SAUCE	
TARTARE COLLECTION	S-18½ / L-23½
~ MODERN CLASSIC TARTARE	
~ KOREAN BULGOGI TARTARE	
~ AVOCADO BEEF TARTARE	
~ PIEDMONTESE TARTARE	
~ TARTARE BELGIAN	
PRAWN SKEWERS	17¾
SPICY KOREAN GRILLED JUMBO PRAWNS, COOL MINT CRÈME FRAÎCHE	
CRAB IN A JAR	23½
WARM KING CRAB, CITRUS BUTTER, FRESH HERBS, BAGUETTE	
BEEF HUMMUS 	10¾
LOCAL BEETS, CHICK PEAS, TAHINI, HOUSE MADE PITA BREAD	
CHEESY CAULIFLOWER CROQUETTES	13¾
HOUSE TOMATO SAUCE, PARSLEY SALAD	

CHILLED SEAFOOD

SEAFOOD PLATTER	
NOVA SCOTIA LOBSTER, KING CRAB, EAST COAST OYSTERS, POACHED PRAWNS, MARINATED PEI MUSSELS, APPROPRIATE CONDIMENTS	
GRAND DELUXE	(2-3 GUESTS) 99 (4-5 GUESTS) 159 
EAST COAST OYSTERS ON THE HALF SHELL	3¾ each
SCALLOP & HALIBUT CRUDO	19¾
YUZU CITRUS, AVOCADO, CUCUMBER, PICKLED RED ONION, JALAPENOS, EXTRA-VIRGIN OLIVE OIL	
PRAWN COCKTAIL	3½ each
JUMBO PRAWNS, COCKTAIL SAUCE	
NORTHERN DIVINE CAVIAR	
POTATO BLINI'S, HARD BOILED EGG, CAPERS, RED ONION, CRÈME FRAÎCHE \$80 for 12g	

SOUP & SALADS


MODERN CAESAR	12½
ROMAINE, HOUSE MADE BACON BITS, GRANA PADANO, GARLIC DRESSING	
ENTREE SIZE WAGYU STEAK CAESAR SALAD	28¾
WATERMELON & GOAT CHEESE	14¼
MIRIN COMPRESSED WATERMELON, GOAT CHEESE, FRESH BERRIES, FRISEE, MINT PARSLEY VINAIGRETTE	
ARUGULA SALAD	11½
CHERRY TOMATOES, SUNFLOWER SEEDS, BEETS, CARROT CHIPS, MANCHEGO CHEESE, BALSAMIC VINAIGRETTE	
SALAD ADD-ONS	13
OCEANWISE PRAWNS	
BRANT LAKE WAGYU SKIRT STEAK	
ARCTIC CHAR	

MODERN STEAK SUPPORTS LOCAL ALBERTA RANCHER'S WITH ONLY USING 100% RANCH SPECIFIC ALBERTA 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

FISH & SEAFOOD

PRIME GRADE, DRY & WET AGED, PASTURE RAISED & GRAIN FINISHED		
BENCHMARK ANGUS - WARNER, AB.		
FILET	8oz	49
STRIPLOIN	12oz	44
RIBEYE	14oz	52
★ T-BONE 	22oz	59
100% GRASS FED & FINISHED, WET AGED, PASTURE RAISED		
PLATINUM GRASS FED BEEF - SOUTHERN, AB.		
FILET	7oz	51
★ PETITE TENDER	8oz	39
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 OF WAGYU - 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 BENCHMARK TOMAHAWK RIB EYE - 45 DAY DRY AGED	64 per person
FILET TRIO - ALL THREE RANCHES FILETS ON ONE PLATE	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 SCALLOP 24

ARCTIC CHAR - SAFFRON ORZO, SWISS CHARD, ASPARAGUS TIPS, SUNFLOWER RED PEPPER PESTO	31
HALIBUT - SOFT POLENTA, PUTTANESCA SAUCE, EVOO	41
SEARED SCALLOPS - PORK BELLY, CAVIAR, LOBSTER VELOUTÉ, CHEESY POLENTA CAKE, 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
BEEF STROGANOFF - DRY AGED SHORT RIB RILLET, PICKLED RED ONION, MUSHROOMS, PEPPERCORN CREAM SAUCE, CHERRY TOMATO	24
SEAFOOD - PRAWNS, MUSSELS, SCALLOPS IN EVOO & WHITE WINE	39

VEGGIE & VEGAN

CAULIFLOWER STEAK - COCONUT MILK CREAMED SWISS CHARD, SUNFLOWER RED PEPPER PESTO	23
MUSHROOM RISOTTO - CREMINI, BLACK TRUFFLE, GRANA PADANO	21
VEGGIE BURGER - GOAT CHEESE, ARUGULA, TOMATO,	21

MODERN WAGYU BURGER

GROUND BRANT LAKE WAGYU,
4K FARM BERKSHIRE BACON,
GRUYERE CHEESE, ARUGULA,
TOMATO, PICKLED RED ONION,
TRUFFLE AIOLI, BEER MUSTARD
24 SINGLE / 30 DOUBLE PATTY

STEAK & FRITES

6OZ. SLICED BRANT LAKE
WAGYU SKIRT STEAK,
TRUFFLE PARM FRITES,
MIXED GREEN SALAD,
BEARNAISE SAUCE
36

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.

CUTSEXPLAINED

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 IF ITS UNIQUENESS.

TENDERNESS: ★★☆☆☆☆ FLAVOUR: ★★★★★★
OPTIMAL TEMPERATURES: MEDIUM RARE TO MEDIUM ONLY

DRY AGED BEEF

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

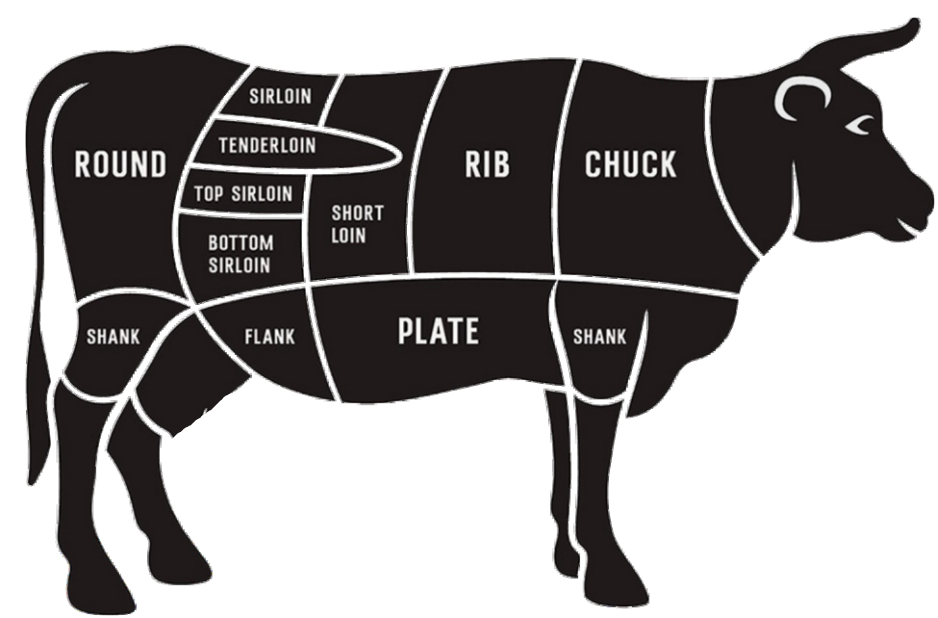
DRY AGING IS THE PROCESS BY WHICH CUTS OF BEEF ARE AGED FOR SEVERAL WEEKS IN A TEMPERATURE AND HUMIDITY CONTROLLED ROOM. MOISTURE IS EVAPORATED FROM THE MUSCLE. THE RESULTING CREATES A GREATER CONCENTRATION OF BEEF FLAVOUR AND TASTE. SECONDLY, THE BEEF'S NATURAL ENZYMES BREAK DOWN THE CONNECTIVE TISSUE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

LOWER LEVEL SPACE - ROOM FOR 12 TO 18 DINNERS



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Please enquire with any manager for more information