


## INTRO COURSE

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

<b>GRAND</b>	(2-3 GUESTS)	99	
<b>DELUXE</b>	(4-5 GUESTS)	159	

<b>EAST COAST OYSTERS ON THE HALF SHELL</b>	3¾ each
<b>SCALLOP &amp; HALIBUT CRUDO</b>	19¾
YUZU CITRUS, AVOCADO, CUCUMBER, PICKLED RED ONION, JALAPENOS, EXTRA-VIRGIN OLIVE OIL	
<b>MARITIME LOBSTER COCKTAIL</b>	27
HALF LOBSTER, COCKTAIL SAUCE	

**NORTHERN DIVINE CAVIAR**

POTATO BLINI'S, HARD BOILED EGG,  
CAPERS, RED ONION, CRÈME FRAÎCHE  
**\$80 for 12g**

## SOUP & SALADS

<b>MODERN CAESAR</b>	12½
ROMAINE, HOUSE MADE BACON BITS, GRANA PADANO, GARLIC DRESSING	
<b>ENTREE SIZE WAGYU STEAK CAESAR SALAD</b>	28¾
<b>WATERMELON &amp; GOAT CHEESE</b>	14¼
MIRIN COMPRESSED WATERMELON, GOAT CHEESE, FRESH BERRIES, FRISÉE, MINT PARSLEY VINAIGRETTE	
<b>ARUGULA SALAD</b>	11½
CHERRY TOMATOES, SUNFLOWER SEEDS, BEETS, CARROT CHIPS, MANCHEGO CHEESE, BALSAMIC VINAIGRETTE	
<b>SALAD ADD-ONS</b>	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

### THE ONLY STEAKHOUSE TO OWN IT'S OWN BULL, 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 & purchase its own Bull & created Modern Benchmark

PRIME GRADE, DRY & WET AGED, PASTURE RAISED & GRAIN FINISHED

#### MODERN BENCHMARK BLACK 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
<b>BRANT LAKE WAGYU (3)</b>	
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

<b>WILD SALMON</b> - SAFFRON ORZO, SWISS CHARD, ASPARAGUS TIPS, SUNFLOWER RED PEPPER PESTO	31
<b>HALIBUT</b> - SOFT POLENTA, PUTTANESCA SAUCE, EVOO	41
<b>SEARED SCALLOPS</b> - 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

<b>RIGATONI BOLOGNESE</b> - SLOW COOKED BEEF RAGU	19
<b>BEEF STROGANOFF</b> - DRY AGED SHORT RIB RILLET, PICKLED RED ONION, MUSHROOMS, PEPPERCORN CREAM SAUCE, CHERRY TOMATO	24
<b>SEAFOOD</b> - PRAWNS, MUSSELS, SCALLOPS IN EVOO & WHITE WINE	39

## VEGGIE & VEGAN

<b>CAULIFLOWER STEAK</b> - COCONUT MILK CREAMED SWISS CHARD, SUNFLOWER RED PEPPER PESTO	23
<b>MUSHROOM RISOTTO</b> - CREMINI, BLACK TRUFFLE, GRANA PADANO	21
<b>VEGGIE BURGER</b> - 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  
RED - VERY RED, COOL CENTER  
MEDIUM RED - RED, WARM CENTER  
PINK - 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.

## 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

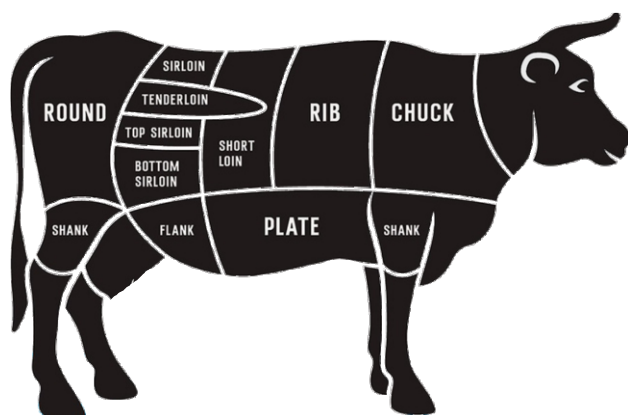
FROM THE BLADE OF THE SHOULDER. IT IS ONE OF THE MOST TENDER BEEF MUSCLES AND IS SAID TO BE "WHITE-TABLECLOTH QUALITY". BEING A SIMILAR QUALITY TO FILET MIGNON, BUT LESS EXPENSIVE.

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



Angus



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

## 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 DINING AREA:

LOWER LEVEL SPACE - ROOM FOR 12 TO 16 DINNERS

Please enquire with any manager for more information