

APPETIZERS

Escargot Stuffed Mushrooms

drenched in garlic & parsley butter, with Asiago cheese 11.95

Onion Rings **V**

crispy onion rings, served with lemon truffle aioli 9.95

Fire Roasted Chicken Wings

hot or bourbon glaze

8pc 14.50 12pc 17.95

Beef Carpaccio

seared tenderloin, capers, arugula, lemon truffle aioli, extra virgin olive oil & shaved Grana Padano 18.95

Vegetable Tempura **V**

broccolini, squash & mushrooms in a light crispy batter, with wasabi aioli & citrus soy 10.95

Steak Bites

marinated bites of steak, served with sweet Dijon bbq dip & horseradish aioli 16.95

Ahi Tuna Tataki

wasabi aioli, togarashi, daikon radish, fresh chilies, edamame & soy garlic lime vinaigrette 16.95

Crab Cakes

served with chipotle lime aioli 15.95

Chili Garlic Shrimp

sautéed shrimp in white wine & brandy, served with warm ciabatta 14.95

Lobster, Scallop & Gorgonzola Dip

with mushrooms & roasted tomato sauce, served with crostini 17.95

STARTERS

Caesar Salad

house-baked croutons, Grana Padano 9.95

Artisan Greens **V** **GC**

with avocado lime vinaigrette 9.95

Blue Cheese Wedge Salad **GC**

iceberg wedge, crumbled bacon & blue cheese dressing 11.95

Feature Soup

ask your server about today's creation 8.95

French Onion Soup

caramelized onion & crostini, baked with a Swiss & Asiago cheese crust 10.95

V Vegetarian menu item.

GC Gluten conscious menu items. Our kitchens are not gluten free, cross contamination may occur.

- Not all ingredients are listed. **Please speak directly to a manager if your allergy is severe.**

FISH

Slow Baked Miso Salmon

butternut squash purée, served with herb quinoa & fresh seasonal vegetables 32.95

Maple Bourbon Haddock

blackened & seared in maple bourbon butter, served with wild rice pilaf & fresh seasonal vegetables 27.95

Shrimp Linguine

fresh torn basil with capers & fresh chilies, in a lightly smoked tomato sauce 26.95

Ahi Tuna ^{GC}

seared rare ahi tuna, house-made salsa verde, served with herb quinoa & fresh seasonal vegetables 29.95

Our coastal fish is
**RESPONSIBLY
SOURCED** from
**SUSTAINABLE
FISHERIES**

FAVOURITES

Tuna Salad

seared rare ahi tuna, arugula & quinoa, miso dressing, wasabi-avocado purée 21.95

Chop Salad

bacon, medium boiled eggs, herbed goat cheese, avocado, basil, tomatoes & fresh greens, dressed in red wine vinaigrette
Chicken ^{GC} 19.95 Steak 22.95

The Chop Burger

100% Canadian fresh ground chuck, aged white cheddar, bacon, tomato jam & Dijon mayo on a toasted brioche bun, served with hand-cut Russet fries 18.95
Gluten-free bun, add 1.75

Tomato Basil Linguine ^V

fresh torn basil with capers & fresh chilies, in a lightly smoked tomato sauce 17.95 Add chicken for 6.50
Vegan upon request

Oven Roasted Chicken

with basil lemon pan jus, served with wild rice pilaf & fresh seasonal vegetables 25.95

House-Smoked Baby Back Ribs ^{GC}

served with mashed potatoes & fresh seasonal vegetables
Full Rack 33.95 Half Rack 25.95

Chicken & Ribs ^{GC}

cajun chicken & house-smoked baby back ribs, served with mashed potatoes & fresh seasonal vegetables 32.95

CHOP only serves
**FREE-RUN
CANADIAN
CHICKEN**
ALWAYS FREE
from added
**HORMONES
OR STEROIDS**

^V Vegetarian menu item.

- Soy protein option available upon request.

Stephen Clark, Executive Chef

THE MAKING OF A GREAT STEAK

AGING

Our steaks are **AGED** up to **35 DAYS**

The aging process tenderizes beef & enhances its natural flavour

THE GRILL

Our steaks are first seared for instant caramelization before going into our

1800° INFRARED GRILL to form a flavourful crust & juicy centre

A CUT ABOVE

PREMIUM CUTS to ensure **SUPERIOR MARBLING**

Filet Mignon | Exceptionally tender, lean cut with subtle flavour

Sirloin | Lean, juicy & flavourful

New York Striploin | Classic steakhouse cut, tender, full of flavour & juicy

Rib Eye | Rich, full flavoured with greater marbling than most cuts

DONENESS GUIDE

BLUE RARE

Bright red inside, seared on the outside

RARE

Bright red in centre, bright pink toward the outside

MEDIUM RARE

Bright pink throughout

MEDIUM

Light pink throughout

MEDIUM WELL

Light pink in the centre only

WELL DONE

No pink throughout

THE CHOP EXPERIENCE DINNERS ^{GC} Ask your server how we can make your steak gluten conscious.

Choose a starter salad or soup & your favourite steak or prime rib entrée. Served with your choice of mashed potatoes, wild rice pilaf, baked potato or hand-cut Russet fries, plus fresh seasonal vegetables.

Prime Rib

slow roasted in rock salt, cracked pepper & fresh herbs 10 oz 42.95

Top Sirloin 7 oz 36.95

Teriyaki Top Sirloin 7 oz 38.95

Filet Mignon

with a red wine reduction 6 oz 45.95

New York Striploin 12 oz 46.95

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Chop Steakhouse & Bar is a proud member of the **Canadian Roundtable for Sustainable Beef**. Together we support a commitment to environmental, social and economic sustainability in the Canadian beef industry.

TASTE WITHOUT COMPROMISE



Canada's clear clean water, lush meadows & crisp fresh air provides the source. Superior flavour & quality is easy to taste at Chop.

Our steaks are sustainably sourced from Canadian ranchers. Always fresh with only the choicest cuts of premium beef making the grade.



PRIME RIB

Our fresh prime rib is rubbed with rock salt, cracked pepper & fresh herbs then slow roasted to retain moisture & maximum tenderness. Finished in an 1800°F infrared grill to intensify the flavour & create a perfect crust, our prime rib will melt in your mouth.

Served with horseradish & au jus, and your choice of mashed potatoes, wild rice pilaf, baked potato, hand-cut Russet fries or fresh seasonal vegetables.

10 oz 34.95 **14 oz** 38.95

Add the Chop Experience for 8

STEAKS

Ask your server how we can make your steak gluten conscious.

Served with your choice of mashed potatoes, wild rice pilaf, baked potato, hand-cut Russet fries or fresh seasonal vegetables.

Add the Chop Experience for 8

Top Sirloin 7 oz 28.95

Teriyaki Top Sirloin 7 oz 30.95

Sirloin Oscar

shrimp, roasted peppers & sliced asparagus in a béarnaise sauce 7 oz 37.95

Filet Mignon

with a red wine reduction

Filet 8 oz 43.95 Petite Filet 6 oz 37.95

Blue Cheese Filet

in a red wine reduction 6 oz 39.95

New York Striploin 12 oz 38.95

Peppercorn New York

with Madagascar peppercorn brandy sauce 12 oz 41.95

Smoked Rib Eye

house-smoked with alder, apple & hickory 14 oz 44.95

Bone-In Rib Eye

treat yourself to the king of steaks - served with garlic & shallot confit 20 oz 46.95

SURF + TURF

Steak & Shrimp

top sirloin, sautéed garlic shrimp 7 oz 37.95

Steak & King Crab

top sirloin, 1/2 lb of succulent king crab 7 oz 49.95

Steak & Atlantic Lobster Tails

top sirloin, tender petite Atlantic lobster tails brushed with garlic butter 7 oz 47.95

GREAT WITH STEAKS

Enhance your steak experience with one of our favourite additions:

Sautéed Mushrooms 6.50

Garlic Shrimp 9.95

Asparagus 7.95

King Crab 23.95

Truffle Scalloped Potatoes 7.95

Atlantic Lobster Tails 19.95

substitute **Truffle Scalloped Potatoes** to any entrée 3.95

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