


APPETIZERS

Escargot Stuffed Mushrooms
drenched in garlic & parsley butter
with Asiago cheese 12.95


Onion Rings 
served with basil aioli 9.95

Chicken Wings
hot or salt & pepper, served with
blue cheese dip 15.95

Steak Bites
marinated bites of steak, with sweet
Dijon bbq dip & horseradish aioli 17.95

Crab Cakes
served with basil aioli 15.95

Ahi Tuna Tataki 
daikon radish, chilies, edamame,
togarashi mayo, & tamari lime
vinaigrette 16.95

Vegetable Tempura 
broccolini, squash & mushrooms, in a
light crispy batter, with togarashi mayo
& tamari lime vinaigrette 10.95


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

Lobster, Scallop & Gorgonzola Dip
roasted tomato sauce, served with
crostini 17.95

STARTER SOUPS & SALADS

Caesar Salad
croutons, Grana Padano 9.95



Artisan Greens  
with avocado lime vinaigrette 9.95


Blue Cheese Wedge Salad 
iceberg wedge, crumbled bacon & blue
cheese dressing 11.95

Feature Soup
ask about today's creation 8.95

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

FAVOURITES


Avocado Super Bowl 
fresh vegetables, artisan greens,
quinoa, crispy chickpeas, candied
pumpkin seeds, avocado lime
vinaigrette
Chicken 19.95 Salmon 22.95
Vegan or soy protein available upon request 

Chop Salad
bacon, boiled egg, aged white cheddar,
avocado, basil, tomatoes & fresh
greens, red wine vinaigrette
Chicken  19.95 Steak 22.95

Tomato Basil Linguine 
fresh torn basil with capers & chilies, in a
lightly smoked tomato sauce 18.95
Add chicken for 6.50 Vegan upon request

Beyond Meat Burger 
plant based patty, aged white cheddar,
special sauce, sautéed mushrooms,
toasted brioche bun, served with
French fries 16.95

Oven Roasted Chicken
with basil lemon pan jus, served
with wild rice pilaf & fresh seasonal
vegetables 27.95

Baby Back Ribs 
served with French fries & fresh
seasonal vegetables
Full Rack 33.95 Half Rack 26.95

The Chop Burger
100% Canadian fresh
ground chuck, aged white
cheddar, bacon, special
sauce on a toasted brioche
bun, served with
French fries 18.95



*Proudly serving Care Bakery gluten-free,
vegan bun, add 2.00*

**LIMITED
TIME
ONLY**

**RECEIVE A FREE MINI DESSERT
WITH YOUR CHOP EXPERIENCE**

CHOP EXPERIENCE
Add a starter soup or salad to any steak or
prime rib entrée for 6


PRIME RIB

Our fresh Canadian 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, fresh seasonal vegetables,
plus your choice of Yukon gold mashed potatoes,
wild rice pilaf, loaded baked potato or French fries.

10 oz 34.95 14 oz 38.95



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

Our steaks are seasoned with Chop's custom spice blend, highlighting the
natural flavour of our top quality Canadian cuts.

Served with fresh seasonal vegetables, plus your choice of Yukon gold
mashed potatoes, wild rice pilaf, loaded baked potato or French fries.

Choose your favourite cut:

Top Sirloin 7 oz 29.95

Filet Mignon 6 oz 38.95

Centre Cut New York 11 oz 39.95

Smoked Rib Eye 13 oz 44.95

Bone-In Rib Eye 20 oz 46.95

Add a steak topper for 3

Classic Béarnaise

Blue Cheese

Peppercorn Sauce

Chimichurri


Roasted Garlic & Shallots


GREAT WITH STEAKS

Sautéed Mushrooms   6.50

Asparagus   7.95

Garlic Shrimp  10.95

Petite Atlantic
Lobster Tail  10.95

Seared Scallops  12.95

DONENESS GUIDE

Perfectly seasoned. Perfectly cooked.
Use our Doneness Guide to tell us just how you like it.

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

SURF + TURF

Steak Oscar

garlic shrimp, seared scallops & sliced asparagus with béarnaise sauce,
top sirloin 7 oz 39.95

Steak & Shrimp

sautéed garlic shrimp, top sirloin 7 oz 39.95

Steak & Lobster

petite Atlantic lobster tail brushed with garlic butter, top sirloin 7 oz 39.95

SEAFOOD

Miso Glazed Salmon



Jail Island salmon, served with wild rice pilaf & fresh seasonal vegetables 33.95

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 & chilies, in a lightly smoked tomato sauce 26.95

Seared Scallops



six scallops with Sicilian tomatoes & olives, served with wild rice pilaf &
fresh seasonal vegetables 34.95

 Vegetarian menu item

 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

DRAFT 16oz

Big Life Amber, BC	8½	Belgian Moon, USA	8½
Big Life Euro, BC	8½	Stella Artois, BEL	9¾
Stanley Park Pale Ale, BC	8½	Local Guest IPA	MP
Coors Light, CAN	7½	Local Guest Tap Handle	MP

BOTTLES 330ml - 500ml

Stanely Park Amber, BC	7¼	Heineken, NLD	7¾
Steamworks Pale Ale, BC	7¼	Guinness, IRL	9¾
Phillips Blue Buck, BC	7¼	Erdinger Dunkel, DEU	9½
Molson Canadian, CAN	6¾	Strongbow Cider, GBR	8½
Coors Original, USA	7¼	Whistler Brewing Forager, BC Gluten Free	8
Corona, Mexico	7½	Heineken 00, NLD Non - Alcoholic	6½
Peroni, ITA	7¾		

COCKTAILS

Hendrick's Gin & Tonic (1oz)

Hendrick's gin, with fresh shaved cucumber, pressed lemon & lime 10

Fresh Squeezed

Greyhound (1oz)
fresh squeezed grapefruit juice, grapefruit infused vodka, sparkling water 8¾

Chop Caesar (1oz)

with house-made hot sauce, pepperoni 8¾

Pink Lemonade (1oz)

raspberry liqueur, Limoncello, house-made lemonade, soda, raspberry sorbet 8½

Sparkling Bellini (1oz)

Sparkling wine, white peach purée, Chambord Royale, over ice 8

Moscow Mule (2oz)

Ketel One vodka, Fever-Tree ginger beer, fresh lime 12

Old Fashioned (2oz)

George Dickel Tennessee whisky, peach & Angostura bitters, Demerara, Taylor 10 12¾

Smoked Old Fashioned (2oz)

Lot No. 40 rye whisky, Angostura & orange bitters, Demerara, smoked to order with Canadian Cedar 13¾

Negroni (2oz)

Beefeater gin, Cinzano, Campari 11

Whiskey Smash (2oz)

Bulleit bourbon, pineapple juice & syrup, lemon juice, fresh mint 12

Dirty Martini (2oz)

Tito's hand-made vodka, dry vermouth, olive brine, house-made blue cheese olives 13

Blood Orange Knickerbocker (2oz)

Flor de Cana 7yr rum, triple sec, blood orange purée, fresh lemon juice 11

WHITE WINE

	6oz	9oz	750ml	6oz	9oz	750ml
100 Cava, Codorníu Brut, SPA (200 ml)	11½	-	-			
101 Prosecco, Mionetto Treviso Brut, ITA	-	-	54			
105 Champagne, Veuve Clicquot, FRA	-	-	155			
110 Moscato, Jacob's Creek, AUS	-	-	39			
113 Gewürzt, Wild Goose Vineyards VQA, BC	-	-	46			
121 Dry Rosé, Culmina R&D VQA, Okanagan, BC	11¼	16½	48¼			
122 Riesling, See Ya Later Ranch VQA, BC	9¾	14¼	39¾			
130 Pinot Grigio, Montalto, ITA	9¼	13¾	40			
132 Pinot Gris, Sandhill VQA, Okanagan, BC	-	-	43¼			
136 Pinot Gris, Blue Mountain, Okanagan, BC	-	-	60			
142 Sauv Blanc, Matua Valley, Hawke's Bay, NZL	-	-	48			
144 Sauv Blanc, Whitehaven, NZL	12	17¾	52			
150 Chardonnay, Jackson-Triggs, CAN House White	7¾	11¼	-			
152 Chardonnay, CedarCreek VQA, Okanagan, BC	-	-	46			
156 Chardonnay, La Crema, Sonoma Coast, USA	-	-	75			

RED WINE

	6oz	9oz	750ml	6oz	9oz	750ml
200 Pinot Noir, Cassini Cellars, Okanagan, BC	11	16¼	47½			
202 Pinot Noir, See Ya Later Ranch VQA, BC	-	-	50			
208 Pinot Noir, King Estate Lorane Valley, USA	-	-	88			
210 Pinot Noir, Quails' Gate Stewart Reserve VQA, BC	-	-	98			
220 Chianti, Da Vinci, ITA	-	-	56			
222 Ripasso, Folonari Valpolicella Classico, ITA	-	-	54			
224 Rioja, Lopez de Haro Reserva, SPA	-	-	60			
228 Châteauneuf-du-Pape, Louis Bernard, FRA	-	-	95			
230 Cab Franc, Tinhorn Creek VQA, Okanagan, BC	-	-	58			
232 Cab Franc, Stag's Hollow VQA, Okanagan, BC	-	-	65			
240 Merlot, Jackson Triggs, CAN House Red	7¾	11¼	-			
242 Merlot, Red Rooster VQA, Okanagan, BC	-	-	39¾			
246 Merlot, Sandhill VQA, Okanagan, BC	-	-	56			
248 Merlot, Nk'Mip Cellars Qwam Qwmt VQA, BC	-	-	66			
249 Carmenere, Koyle Reserva, CHI	-	-	55			
252 Zin, 7 Deadly Zins, Lodi, USA	-	-	66			
253 Red Blend, Culmina Family R&D VQA, BC	15	22¼	65			
262 Grenache, Monasterio Gran Reserva, SPA	-	-	54			
263 Bordeaux, Château, Argadens Supérieur, FRA	-	-	62			
272 Meritage, Moon Curser Border Vines VQA, BC	-	-	56			
270 Meritage, See Ya Later Ranch Ping VQA, BC	-	-	62			
286 Meritage, Black Hills Nota Bene VQA, BC	-	-	150			
290 Shiraz, 19 Crimes, AUS	12	17¾	52			
292 Shiraz, Layer Cake, AUS	-	-	65			
296 Syrah, Kanazawa Raku, Okanagan, BC	-	-	75			
300 Cab Sauv, Montalto, ITA	9¼	13½	40			
302 Cab Sauv, 337, Lodi, USA	-	-	56			
304 Cab Sauv, Buried Hope, California	-	-	55			
308 Cab Sauv, James Mitchell, Lodi, USA	-	-	58			
310 Cab Sauv, Liberty School, USA	14½	21½	63			
314 Cab Sauv, Rodney Strong, Sonoma, USA	-	-	65			
312 Cab Sauv, Black Sage Vineyard VQA, BC	-	-	68			
316 Cab Sauv, First Press, Napa, USA	17½	26	75			
320 Cab Sauv, Stags' Leap, Napa, USA	-	-	140			
324 Cab Sauv, Caymus, Napa, USA	-	-	185			
340 Amarone, Zenato Classico, ITA	-	-	115			
344 Barolo, Mauro Molino, ITA	-	-	120			
342 Brunello Di Montalcino, Pian Delle Vigne, ITA	-	-	165			
350 Malbec, Michel Torino Cuma, ARG	9¾	14¼	39¾			
354 Malbec, Finca La Linda Old Vines, ARG	-	-	52¾			
352 Malbec, Kaiken Reserva, ARG	-	-	57			