

APPETIZERS

Onion Rings **V**

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 **GC**

daikon radish, chillies, edamame, togarashi mayo & tamari lime vinaigrette 16.95

Vegetable Tempura **V**

broccolini, squash & mushrooms, in a light crispy batter, with togarashi mayo & tamari lime vinaigrette 11.95

Chili Garlic Shrimp

sautéed shrimp in white wine & brandy, served with warm ciabatta 15.95

STARTER SOUPS & SALADS

Caesar Salad

croutons, Grana Padano 9.95

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

with avocado lime vinaigrette 9.95

Feature Soup

ask about today's creation 9.95

French Onion Soup

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

ENTRÉE SALADS

Avocado Super Bowl **GC**

fresh vegetables, artisan greens, quinoa, crispy chickpeas, candied pumpkin seeds, avocado lime vinaigrette

Chicken 20.95 Salmon 23.95

Vegan or soy protein available upon request **V**

Caesar Salad

croutons, crumbled bacon, Grana Padano 11.95

Add chicken for 6.50 Add salmon for 7.95 Add prawns for 11.95

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

with avocado lime vinaigrette 11.95

Add chicken for 6.50 Add salmon for 7.95 Add prawns for 11.95

SOURCED FROM CANADIAN RANCHERS

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. Always fresh with only the choicest cuts of premium beef making the grade.



PRIME RIB

Rubbed with rock salt, cracked pepper & fresh herbs then slow roasted to retain moisture & maximum tenderness. 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 39.95

STEAKS **GC** Ask us how we can make your steak gluten conscious.

Cooked in an 1800°F infrared grill to intensify the flavour & create a perfect crust, finished with Chop's custom spice blend.

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 7 oz 39.95

Centre Cut New York 11 oz 39.95

Smoked Rib Eye 13 oz 45.95

Bone-In Rib Eye 20 oz 47.95

Add a steak topper for 3

Classic Béarnaise

Blue Cheese

Peppercorn Sauce

Chimichurri

Roasted Garlic & Shallots

CHOP EXPERIENCE | Add a starter soup or salad to any steak or prime rib entrée 7

GREAT WITH STEAKS

Sautéed Mushrooms **V** **GC** 6.50

Garlic Shrimp **GC** 11.95

Asparagus **V** **GC** 8.95

Oscar Topper 12.95

ENTRÉES

Miso Glazed Salmon **GC**

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

Oven Roasted Chicken

with basil lemon pan jus, served with wild rice pilaf & fresh seasonal vegetables 29.95

Beyond Meat Burger **V**

plant based patty, aged white cheddar, special sauce, sautéed mushrooms, toasted brioche bun, served with French fries 17.95

Chicken Avocado BLT

bacon, arugula, tomatoes, basil aioli, rustic ciabatta, served with French fries 17.95

Prime Beef Dip

slow roasted prime rib, French baguette, horseradish, au jus, served with French fries 19.95

The Chop Burger

100% Canadian fresh ground chuck, aged white cheddar, bacon, special sauce on a toasted brioche bun, served with French fries 19.95



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

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

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

OLD SCHOOL

Moscow Mule (2oz)
Ketel One vodka, Fever-Tree ginger beer, fresh lime 12½

Old Fashioned (2oz)
George Dickel Tennessee whisky, peach & Angostura bitters, Demerara, Taylor 10 13

Smoked Old Fashioned (2oz)
Lot No. 40 rye whisky, Angostura & orange bitters, Demerara, smoked to order with Canadian cedar 14

Negroni (2¼oz)
Beefeater gin, Cinzano, Campari 12

Whiskey Smash (2oz)
Bulleit bourbon, pineapple juice & syrup, lemon juice, fresh mint 12½

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 12

Aperol Spritz (2oz)
Aperol, sparkling wine, soda 11

BOTTLES 330ml - 500ml

Nova Scotia Spirit Co.,
New Glasgow, NS 9

Garrison Pucker Up
Sour, Halifax, NS 10½

Corona, MEX 8

Heineken, NLD 8

Guinness, IRL 9

Strongbow Cider, UK 8½

Heineken 00, NLD
Non - Alcoholic 6½

MODERN

Hendrick's Gin & Tonic (1oz)
Hendrick's gin, 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 9

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 8¼

Well spirits by **Barrelling Tide Distillery**
Port Williams, NS

DRAFT 16oz

Big Life Amber, BC 8¾

Big Life Euro, BC 8¾

Black Horse Lager, NL 8¾

Alexander Keith's IPA, NS 8¾

Coors Light, CAN 8¼

Belgian Moon, USA 8¾

Stella Artois, BEL (50cl) 9¾

Local Rotating Taps MP

Garrison Brewing Company

Nine Locks Brewing Company

Big Spruce Brewing

Propeller Brewing CO

Alexander Keith's

WHITE WINE

	5oz	8oz	Bottle
100 Sparkling, Henkell Trocken Dry, DEU (200 ml)	12	-	-
101 Prosecco, Il Mionetto, ITA	-	-	49
104 Sparkling, Benjamin Bridge Nova 7, NS	-	-	56
105 Champagne, Moët & Chandon, FRA	-	-	155
110 Champagne, Dom Pérignon Brut, FRA	-	-	420
121 Moscato, Jacob's Creek, AUS	8¼	11½	35
122 Riesling, Relax, DEU	-	-	40
125 Tidal Bay, Domaine de Grand Pré, NS	10¼	14¾	45½

RED WINE

	5oz	8oz	Bottle
200 Pinot Noir, Mirassou, California, USA	8¾	12¼	38
202 Pinot Noir, Matua, NZL	-	-	55
204 Pinot Noir, Meiomi, USA	-	-	65
208 Pinot Noir, Erath, Oregon, USA	-	-	79
240 Merlot, Jackson-Triggs, CAN	7½	10½	-
242 Merlot, Charles Smith The Velvet Devil, USA	-	-	49¾
250 Zin, Smoking Loon, California, USA	10½	15¼	47½
252 Zin, 7 Deadly Zins, USA	-	-	63
236 Red Blend, Lockett Vineyards, NS	12½	18¼	56
228 Rioja, Campo Viejo Reserva, SPA	-	-	55
261 Bordeaux, Mouton Cadet Rouge, FRA	-	-	50
264 Bordeaux, Roc de Château Tifayne, FRA	-	-	75
234 Châteauneuf-du-Pape, Ogier Héritages, FRA	-	-	110
222 Ripasso, Folonari, ITA	11½	16¾	52
235 Chianti, Santa Margherita Classico, ITA	-	-	57
340 Amarone, Masi Costasera, ITA	-	-	95
341 Barolo, Batasiolo DOCG, ITA	-	-	85
346 Barolo, Fontanafredda Serralunga D'Alba, ITA	-	-	125

	5oz	8oz	Bottle
120 Dry Rosé, Mercator Compass Rosé, NS	9¾	14	44
130 Pinot Grigio, Montalto, ITA	8¼	11½	35
134 Pinot Gris, J Vineyards, California, USA	-	-	56
140 Sauv Blanc, Santa Carolina Reserva, CHI	8¼	11½	36
144 Sauv Blanc, Matua Valley, NZL	-	-	54
150 Chardonnay, Jackson-Triggs, CAN	7½	10½	-
151 Chardonnay, Sterling, USA	9¾	14	44
154 Chardonnay, Caymus Mer Soleil Silver, USA	-	-	69

	5oz	8oz	Bottle
342 Brunello di Montalcino, Antinori, ITA	-	-	130
272 Shiraz, 19 Crimes, AUS	11½	16¾	52
274 Shiraz, Peter Lehmann The Barossan, AUS	-	-	60
280 Carmenere, Casa Silva, CHI	-	-	48
372 Petite Sirah, McManis, California, USA	-	-	48
302 Cab Sauv, Montalto, ITA	8¼	11½	35
306 Cab Sauv, Carmen Reserva 1850, CHI	-	-	39
307 Cab Sauv, Beringer, California, USA	9¼	13¼	40
314 Cab Sauv, The Show, California, USA	11½	16¾	52
300 Cab Sauv, Torres Gran Coronas Reserva, SPA	-	-	56
312 Cab Sauv, Liberty School, Paso Robles, USA	-	-	64
316 Cab Sauv, J. Lohr Seven Oaks, USA	-	-	66
318 Cab Sauv, Beringer Knights Valley, USA	-	-	85
319 Cab Sauv, Caymus, Napa Valley, USA	-	-	165
322 Cab Sauv, Silver Oak, Alexander Valley, USA	-	-	251
350 Malbec, Trapiche Broquel, ARG	9½	13¾	42
354 Malbec, Trivento Reserve, ARG	-	-	38