

## APPETIZERS

### Escargot Stuffed Mushrooms

drenched in garlic & parsley butter with Asiago cheese 11.95

### Pulled Chicken Tacos

house-smoked pulled chicken, fresh guacamole, crumbled feta 11.95

### Onion Rings **V**

crispy onion rings served with lemon truffle aioli 9.95

### Fire Roasted Chicken Wings

Parmesan bacon, hot or bourbon glaze  
8pc 13.95 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, carrot & asparagus in a light crispy batter with  
wasabi aioli & citrus soy 10.95

### Prime Rib Yorkies

shaved, slow roasted prime rib, horseradish aioli, au jus,  
crispy onions 16.95

### Steak Bites

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

### Ahi Tuna Tataki

wasabi aioli, togarashi, daikon radish, fresh chilies, edamame &  
soy garlic lime vinaigrette 17.95

### Crab Cakes

with a corn flake crust, served with chipotle lime aioli 14.95

### Chili Garlic Prawns

sautéed prawns in white wine & brandy with warm ciabatta &  
caramelized lemon 15.95

### Lobster, Scallop & Gorgonzola Dip

with mushrooms, served with focaccia crostini 17.95

## STARTERS

### Caesar Salad

house-baked focaccia croutons, Grana Padano 9.95

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

with basil honey 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 Salmon <sup>GC</sup>

butternut squash purée & arugula pesto, served with herb quinoa & fresh seasonal vegetables 31.95

### Maple Bourbon Haddock

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

### Lobster Linguine

chunks of lobster, fresh torn basil, capers & chillies in a lightly smoked tomato sauce 27.95

### Ahi Tuna <sup>GC</sup>

lightly 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

lightly seared ahi tuna, arugula & quinoa, miso dressing, wasabi-avocado purée 19.95

### Chop Salad

bacon, medium boiled eggs, herbed goat cheese, avocado, basil, tomatoes & fresh greens, dressed in red wine vinaigrette  
Chicken <sup>GC</sup> 19.95     Steak 21.95

### The Chop Burger

100% Canadian fresh ground chuck, smoked white cheddar, bacon, tomato jam & Dijon mayo on a toasted brioche bun, served with Chop cut fries 18.95  
Gluten-free bun available, add 1.50

### Tomato Basil Linguine <sup>V</sup>

with capers & fresh chillies in a lightly smoked tomato sauce 17.95  
Add chicken for 5.95     Add prawns for 9.95  
Vegan upon request

### Oven Roasted Chicken

with basil lemon pan jus, served with wild rice pilaf & fresh seasonal vegetables 26.95

### Hunter Chicken

in a rich mushroom sauce with tomatoes & fresh tarragon, served with mashed potatoes & fresh seasonal vegetables 27.95

### Smoked Baby Back Ribs <sup>GC</sup>

served with mashed potatoes & fresh seasonal vegetables  
Full Rack 32.95     Half Rack 25.95

### Chicken & Ribs

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**

<sup>V</sup> 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 <sup>GC</sup> 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 Chop cut fries, plus seasonal vegetables.

#### Prime Rib

petite, slow roasted in rock salt, cracked pepper & fresh herbs 8 oz 40.95

**Top Sirloin** 7 oz 35.95

**Teriyaki Top Sirloin** 7 oz 37.95

#### Filet Mignon

with a red wine reduction 6 oz 45.95

**New York Striploin** 12 oz 45.95

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## 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.

**chop**  
STEAKHOUSE BAR

## 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 hand shaved fresh horseradish & au jus.

**Petite** 8 oz 32.95      **Medium** 11 oz 34.95      **Large** 13 oz 37.95

**Add the Chop Experience for 8**

## STEAKS

**GC** Ask your server how we can make your steak Gluten Conscious.

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

**Add the Chop Experience for 8**

**Top Sirloin** 7 oz 27.95

**Teriyaki Top Sirloin** 7 oz 29.95

**Mushroom Sirloin**

rich mushroom demi glaze 7 oz 31.95

**Filet Mignon**

with a red wine reduction 6 oz 37.95

**Blue Cheese Filet**

in a red wine reduction 6 oz 39.95

**New York Striploin** 12 oz 37.95

**Peppercorn New York**

with Madagascar peppercorn brandy sauce 12 oz 39.95

**Rib Eye** 14 oz 42.95

**Smoked Rib Eye**

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

**Bone-In Rib Eye**

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

## SURF + TURF

**Sirloin Oscar**

prawns, roasted peppers & sliced asparagus in a béarnaise sauce 7 oz 34.95

**Steak & Prawns**

top sirloin, sautéed garlic prawns 7 oz 37.50

**Steak & King Crab**

top sirloin, 1/2 lb of succulent king crab 7 oz 47.95

**Steak & Lobster**

top sirloin, tender lobster tail brushed with garlic butter 7 oz 48.95

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## GREAT WITH STEAKS

Enhance your steak experience with one of our favourite additions:

**Sautéed Mushrooms** **V** **GC** 5.95

**Garlic Prawns** **GC** 9.95

**Asparagus** **V** **GC** 7.50

**King Crab** **GC** 21.95

**Truffle Scalloped Potatoes** **V** 7.95

**Lobster Tail** **GC** 22.95

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