

APPETIZERS

Escargot Stuffed Mushrooms

drenched in garlic & parsley butter, with Asiago cheese 12.95

Onion Rings **V**

served with basil aioli 9.95

Chicken Wings

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

Vegetable Tempura **V**

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

Steak Bites

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

Steamed Mussels **GC**

white wine cream sauce, grape tomatoes, chilies & torn basil 14.95

Ahi Tuna Tataki **GC**

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

Crab Cakes

served with basil aioli 15.95

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

STARTERS

Caesar Salad

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

Seafood Chowder **GC**

variety of fish & shellfish in a creamy broth with sweet corn & tarragon 11.95

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.**

SEAFOOD

Miso Glazed Salmon ^{GC}

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 ^{GC}

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

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

FAVOURITES

Avocado Super Bowl ^{GC}

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

Vegan or soy protein available upon request ^V

Chicken 19.95 Salmon 22.95

Chop Salad

bacon, boiled egg, aged white cheddar, avocado, basil, tomatoes & fresh greens, red wine vinaigrette

Chicken ^{GC} 19.95 Steak 22.95

Tomato Basil Linguine ^V

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 ^V

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 ^{GC}

served with French fries & fresh seasonal vegetables

Full Rack 33.95 Half Rack 26.95

CHOP only serves

**FREE-RUN
CANADIAN
CHICKEN**

**ALWAYS FREE
from added
HORMONES
OR STEROIDS**

The Chop Burger

100% Canadian ground chuck, aged white cheddar, bacon, special sauce on a toasted brioche bun, served with French Fries 18.95

Care Bakery gluten-free, vegan bun, add 2.00

Chop supports sustainable beef production in Canada. crsbcertified.ca



^V Vegetarian menu item.

- Soy protein option available upon request.

Stephen Clark, *Executive Chef*

THE MAKING OF A GREAT STEAK

1 THE SOURCE

- Sourced only from Canadian ranchers
- Aged a minimum of 35 days
- Cut to our exact specifications



2 THE TECHNIQUE

- Cooked in our Montague broiler, reaching 1800°F
- High heat sear results in a flavourful crust
- Seasoned with Chop's signature steak spice

3 THE FINISH

- Finished with house garlic butter
- Topped with French sea salt, cracked pepper, and chives
- Resting steaks ensure they are always juicy



Chop's signature
Smoked Rib Eye

4 SUSTAINABLE PRACTICES

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. crsb.ca



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

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 side.

10 oz 34.95 **14 oz** 38.95

chop
STEAKHOUSE BAR



Proudly serving premium
Canadian beef

STEAKS GC 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 side.

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

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 fresh Atlantic half lobster brushed with garlic butter, top sirloin 7 oz 47.95

**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 6

SIDES

French Fries V

Yukon Gold Mashed Potatoes V GC

Wild Rice Pilaf GC

Loaded Baked Potato GC

GREAT WITH STEAKS

Sautéed Mushrooms V GC 6.50

Asparagus V GC 7.95

Garlic Shrimp GC 10.95

Seared Scallops GC 12.95

Fresh Atlantic Half Lobster GC 19.95

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