

## FRESHLY SQUEEZED

Grapefruit Soda fresh squeezed grapefruit juice, grapefruit simple syrup, soda	4.75
Lemonade house-made with fresh squeezed lemons	4.75

## STARTERS

French Onion Soup	10.95
Caesar Salad croutons, Grana Padano	9.95
Chicken Wings hot or salt & pepper	15.95
Steak Bites sweet Dijon bbq dip, horseradish aioli	17.95
Vegetable Tempura <b>V</b> broccolini, squash & mushrooms, togarashi mayo, tamari lime vinaigrette	10.95
Crab Cakes basil aioli	15.95
Ahi Tuna Tataki <b>GC</b> chilies, edamame, togarashi mayo, tamari lime vinaigrette	16.95
Escargot Stuffed Mushrooms garlic & parsley butter, Asiago cheese	12.95
Chili Garlic Shrimp white wine & brandy, warm ciabatta	14.95
Lobster, Scallop & Gorgonzola Dip roasted tomato sauce, crostini	17.95

## LUNCH PLATES

Seafood Chowder <b>GC</b> variety of fish & shellfish in a creamy broth with sweet corn & tarragon, warm ciabatta	16.95
Tomato Basil Linguine <b>V</b> fresh torn basil, capers, chilies, lightly smoked tomato sauce Vegan upon request Add chicken for 6.50	18.95

## GREENS

Blue Cheese Wedge Salad <b>GC</b> iceberg wedge, crumbled bacon, blue cheese dressing	11.95
Chicken Caesar Salad croutons, crumbled bacon, Grana Padano	17.95
Chop Salad bacon, boiled egg, aged white cheddar, avocado, tomatoes, red wine vinaigrette	Chicken <b>GC</b> 19.95 Steak 22.95
Tuna Salad seared rare ahi tuna, arugula & quinoa, edamame, miso dressing	21.95
Avocado Super Bowl <b>GC</b> fresh vegetables, quinoa, baby kale, crispy chickpeas, candied pumpkin seeds, avocado lime vinaigrette Vegan or soy protein available upon request <b>V</b>	Chicken 19.95 Salmon 22.95

## STEAK & FRITES

Served with French fries & arugula

Substitute sweet potato fries, onion rings or  
soup for 3.50

Steak Sandwich top sirloin, beefsteak tomatoes, crispy onion rings	7 oz	25.95
Prime Rib horseradish & au jus	8 oz	25.95
Top Sirloin	7 oz	25.95
Filet Mignon	6 oz	34.95
Centre Cut New York	11 oz	35.95
Smoked Rib Eye	13 oz	39.95

**GC** Ask your server how we can make your  
steak gluten conscious

Mussels & Frites white wine cream sauce, grape tomatoes, chilies, basil	18.95
Miso Glazed Salmon <b>GC</b> Jail Island salmon, wild rice pilaf, arugula	29.95
Oven Roasted Chicken free-run chicken, basil lemon pan jus, wild rice pilaf, arugula	23.95

**chop**  
STEAKHOUSE BAR

# LUNCH

## HANDHELDS

Served with a choice of French fries, caesar  
salad or artisan greens

Substitute sweet potato fries, onion rings or  
soup for 3.50

Care Bakery gluten-free, vegan bun, add 2.00

Prime Beef Dip slow roasted prime rib, French baguette, horseradish, au jus	19.95
Chicken Avocado BLT bacon, arugula, tomatoes, basil aioli, rustic ciabatta	16.95
Nashville Chicken Sandwich buttermilk fried chicken, aged white cheddar, mayo, sweet & spicy sauce, quick dill pickles, toasted brioche bun	17.95
Lunch Combo ½ Chicken Avocado BLT or ½ Prime Beef Dip + choice of side	14.95
Beyond Meat Burger <b>V</b> plant based patty, aged white cheddar, special sauce, sautéed mushrooms, toasted brioche bun	16.95

The Chop Burger 100% Canadian ground chuck, aged white cheddar, bacon, special sauce, toasted brioche bun	18.95
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## TASTE WITHOUT COMPROMISE

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

