



APPETIZERS

NASHVILLE CHICKEN WINGS ^(N)

crispy breaded wings, Nashville spice, quick pickles, buttermilk ranch 19

BIRRIA SPRING ROLLS ^(N)

braised beef, cilantro lime crema, adobo broth for dipping 15

STEAMED MUSSELS

white wine cream sauce, grape tomatoes & torn basil, ciabatta 23

CRAB CAKES

hand-picked red crab, basil aioli 24

STEAK BITES

golden mustard, horseradish aioli 22

CHILI GARLIC SHRIMP

white wine & brandy, warm ciabatta 17

WILD MUSHROOM & GOAT CHEESE DIP ^(V)

truffle honey, garlic crostini 22

AHI TUNA TATAKI ^(GC)

togarashi mayo & tamari lime vinaigrette 19

ESCARGOT STUFFED MUSHROOMS

garlic & parsley butter, parmesan breadcrumbs 15

COMMUNITY BREAD ^(V)

Served with whipped brown butter 3

For every order of Winnipeg rye bread, we donate one meal to your local food bank.

STARTERS

BEET & GOAT CHEESE SALAD ^{(V) (GC) (N)}

pickled golden beets, roasted squash, candied pumpkin seeds, crumbled goat cheese 13

CAESAR SALAD

house-made croutons, fried capers 13

ARTISAN GREENS ^{(V) (GC)}

avocado lime vinaigrette 13

BLUE CHEESE WEDGE SALAD ^(GC)

crumbled bacon, blue cheese dressing 13

FRENCH ONION SOUP

Swiss cheese crust, filone crostini 13

FEATURE SOUP

ask your server for today's creation 11

MAINS

OVEN ROASTED CHICKEN

with basil lemon pan jus, wild rice pilaf, fresh seasonal vegetables 34

BABY BACK RIBS

BBQ glazed, French fries, fresh seasonal vegetables
Half Rack 29 Full Rack 39

AVOCADO SUPER BOWL ^(GC)

fresh greens, cauliflower rice, crispy chickpeas, candied pumpkin seeds, avocado lime vinaigrette
Chicken 26 Shrimp 28

CHOP SALAD ^(GC)

bacon, egg, crumbled blue cheese, avocado, basil, tomatoes, lemon vinaigrette
Chicken 26 Steak 28

CHOP BURGER

100% Canadian fresh ground chuck & brisket, crispy bacon, aged white cheddar, pickled red onions, toasted brioche bun, French fries 25

Substitute Caesar salad, artisan greens, soup or sweet potato fries for burger, add 3

SEAFOOD

PAN ROASTED HALIBUT ^(GC)

avocado salsa, cauliflower rice, chimichurri, fresh seasonal vegetables 46

SEAFOOD LINGUINE

hand-picked red crab, shrimp & mussels, basil, capers, chilies, lightly smoked tomato sauce 33

PISTACHIO CRUSTED COD

lemon tarragon cream, wild rice pilaf, fresh seasonal vegetables 36

MISO GLAZED SALMON

served with wild rice pilaf, fresh seasonal vegetables 37

PLANT BASED ^(V)

GRILLED TOFU STEAK ^(GC)

miso glazed, cauliflower rice, fresh seasonal vegetables 26

BEYOND MEAT BURGER

aged cheddar, mushrooms, pickled red onions, toasted brioche bun, French fries 24

Substitute Caesar salad, artisan greens, soup or sweet potato fries for burger, add 3

AVOCADO BOWL WITH MISO TOFU ^(GC)

fresh greens, cauliflower rice, crispy chickpeas, candied pumpkin seeds, avocado lime vinaigrette 24

TOMATO BASIL LINGUINE

fresh torn basil, capers, chilies, smoked tomato sauce 23

Plant based menu items can be vegan with a few modifications.

^(V) Vegetarian menu item. | ^(N) New 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.

chop
STEAKHOUSE & BAR



THE CHOP EXPERIENCE | Add a starter soup or salad to any steak or prime rib entrée 10

PRIME RIB

Slow roasted with rock salt, cracked pepper, fresh rosemary & thyme, served with horseradish & au jus, fresh seasonal vegetables, plus your choice of side.

Regular 41 Large 47



THE MAKING OF A GREAT STEAK

Our steaks are sourced from Canadian ranchers. Seasoned with Old Chicago steak spice & seared in our 1800°F Montague grill to create a perfect crust. Dunked in beef tallow, then topped with French sea salt & cracked pepper, served with fresh seasonal vegetables, plus your choice of side.

STEAK ^{GC}

SELECT YOUR FAVOURITE CUT:

TOP SIRLOIN 7oz 36

TOP SIRLOIN 10oz 41

FILET MIGNON 7oz 48

CENTRE CUT NEW YORK 11oz 47

RIB EYE 13oz 56

SMOKED RIB EYE 13oz 57

ADD A STEAK TOPPER 3½

Classic Béarnaise

Chimichurri

Blue Cheese

Peppercorn Sauce

Roasted Garlic & Shallots

Sauce Trio ^N 10
béarnaise, chimichurri, peppercorn

CHOOSE A SIDE

Yukon Gold Mashed Potatoes ^V ^{GC}

Wild Rice Pilaf

Baked Potato ^V ^{GC}

French Fries ^V

Cauliflower Rice ^V ^{GC} 3

BONE-IN RIB EYE FOR TWO 32oz 119

served with fresh seasonal vegetables & your choice of side



STEAK & SEAFOOD ^{GC}

Served with fresh seasonal vegetables, plus your choice of side.

STEAK OSCAR 7oz

top sirloin, hand-picked red crab, béarnaise 48

STEAK & LOBSTER 7oz

top sirloin, Atlantic lobster tail, garlic butter 50

STEAK & SHRIMP 7oz

top sirloin, sautéed garlic shrimp 49

GREAT WITH STEAKS

LOADED MASHED POTATOES ^{GC}

green onions, bacon & sour cream 9

GARLIC SHRIMP ^{GC} 15

LOBSTER MAC & CHEESE 20

SAUTÉED MUSHROOMS ^V ^{GC} 8

STEAMED BROCCOLINI ^V ^{GC} 9

ONION RINGS ^V 12

FURIOUS FRIES 13

ATLANTIC LOBSTER TAIL ^{GC} 15

CRAB OSCAR ^{GC} 14

STEAK DONENESS

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.

SUSTAINABLE PRACTICES

As a member of the Canadian Roundtable for Sustainable Beef (CRSB), we proudly support local ranchers and our environment through certified sustainable sourcing. *At least 30% of our beef is from certified sustainable sources that meet CRSB standards. crsb.ca.



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Stephen Clark, *Executive Chef*