

LUNCH MENU

APPETIZERS

Oysters

daily selection, please ask your server \$AQ

Garlic Bread Basket

garlic herb butter, toasted baguette \$3.99

Tuna Tataki Tacos

marinated tuna & avocado, radish, green onion, jalapeño salsa, crispy shallots, fresh lime \$13.99

Add: one taco +\$3.99

VFC Buttermilk Chicken

boneless thighs, house-made buttermilk ranch dip \$13.99

VFC Maple Walnut Prawns

lightly fried VFC tempura prawns, creamy spicy sauce, walnuts, toasted sesame, Togarashi \$16.99

Mussel & Clam Bowl

fresh Salish Sea mussels & clams, coconut chipotle lime broth, garlic bread \$24.99

Humboldt Squid

Vancouver Island, buttermilk marinated, lightly fried, sorrel, tomato, green onion, parmesan, black garlic & squid ink aioli \$15.99



PLATTERS

Seafood Platter

seared sashimi-grade Ahi tuna, Sockeye salmon, prawns & scallops, Dungeness crab, lemon thyme roasted potatoes, steamed rice, seasonal vegetables, wasabi, soy, grilled lemon, drawn butter \$89.99

Surf & Turf Platter

2 AAA tenderloins, prawns, scallops, Dungeness crab, garlic confit whipped, seasonal vegetables, green peppercorn sauce, grilled lemon, drawn butter \$99.99

Forno Roasted Fish Platter

whole roasted local rock fish, lemon thyme roasted potatoes, grilled Hannah Brook Farm vegetable skewers, grilled lemon, beurre blanc \$64.99

Add to any platter:

2.5 lb Dungeness crab +\$AQ, 1.5 lb live lobster +\$AQ, scallops +\$18.99, prawns +\$12.99

VFC SIGNATURES

VFC Fish'n'Chips

GI Honey Lager battered rock fish, famous fries, cabbage & carrot slaw, citrus ginger vinaigrette, famous tartar \$14.99

Add: one piece +\$6.99

Salmon & Shrimp Poke Bowl

sashimi-grade miso-marinated wild sockeye salmon, poached baby prawns, steamed rice, house shoyu, avocado, green onion, pickled ginger, crispy shallots, wasabi mayo, seaweed salad \$18.99

VFC Burger

house-ground short-rib & chuck, crisp iceberg lettuce, roasted tomato relish, dill pickle dijon mayo, cheddar \$15.99

Add: bacon steak +\$2.99

Sockeye Salmon Burger

wild Sockeye salmon, beer battered onion ring, fresh arugula, chipotle tartar \$17.99

Lobster Mac 'n Cheese

Nova Scotia lobster, green peas, corn, carrots, bacon steak, Fontina béchamel \$24.99

Wild Mushroom Gnocchi

house-made potato pasta, wild mushroom sauté, fresh arugula, radish salad, Porcini crumble \$21.99

Add: prawns +\$12.99, blackened chicken +\$8.99

SOUPS & SALADS

VFC Seafood Chowder

fresh seafood & clams, bacon, thyme cream
Bowl \$12.99 | Cup \$9.99

Cioppino

fresh local seafood, mussels, spicy tomato & fennel broth, saffron aioli, garlic bread

Bowl \$12.99 | Cup \$9.99

Caesar Salad

chilled romaine hearts, bacon, crispy croutons, parmesan, fresh lemon

Large \$13.99 | Small \$8.99

West Coast Superfood Salad

Hannah Brook Farm greens, carrot, cucumber, dried blueberries, almonds, hemp hearts, pine nuts, apple chips, carrot citrus vinaigrette

Large \$14.99 | Small \$9.99

Blackened Chicken Salad

free-range chicken, grilled corn & red onion, black beans, cucumber, tomato, avocado, spicy pepitas, crispy tortillas, Monterey jack cheese, tomatillo-lime vinaigrette \$18.99

Caesar & Chowder

VFC seafood chowder, Caesar salad, garlic bread \$15.99

Add to your salad:

avocado +\$2.99, chicken breast +\$8.99, prawns +\$12.99, Sockeye filet +\$13.99

MARKET SEAFOOD

All market fish are 6 oz, gluten free, simply grilled, and served with lightly scented Kaffir lime & ginger Basmati rice, Hannah Brook Farm vegetables, and beurre blanc.

Trio of Fish

Chef's selection of three of our market fish
\$29.99

Haidacore Tuna

Haida Gwaii, rich, flavourful, fall-caught, best cooked blue-rare \$29.99

Ahi Tuna

Pacific waters, firm, medium-mild flavour, best cooked blue-rare \$31.99

Sockeye Salmon

Bowen Island, flavourful, oily, moist, best cooked medium-rare \$29.99

Rock Fish

Haida Gwaii, firm, lean, mild, best cooked medium-well \$26.99

Halibut

Haida Gwaii, firm, lean, large white flakes, best cooked medium \$34.99

Sablefish

Pacific Northwest, rich & buttery flavour, best cooked medium-well \$36.99

Pacific Scallops

Pacific Northwest, firm, sweet briny flavour, best cooked rare \$31.99

Poached Lobster

1.5 lb live lobster, rich, succulent, poached in sea-salted water, drawn butter \$AQ

Dungeness Crab

2.5 lb Dungeness crab, sweet, delicate, poached in sea-salted water, drawn butter \$AQ

Add to your market seafood:

prawns +\$12.99, scallops +\$18.99, mixed grill +\$16.99, 2.5 lb Dungeness crab +\$AQ, 1.5lb live lobster +\$AQ

 Recommended by the Vancouver Aquarium as ocean-friendly.

 = Gluten Free menu items

*The consumption of RAW oysters poses an increased risk of food borne illness. A cooking step is needed to eliminate potential bacterial or viral contamination. - Medical Health Officer

Executive Chef - John McManus

Sous Chef - Justin Wilson

Gratuity of 18% added to parties of 8 or more.

THE
**VANCOUVER
FISH COMPANY**
RESTAURANT & BAR

Managing Director / GM - Stephen Duyzer

   @vanfishco

604 559 FISH (3474) · www.vanfish.com