

# DINNER 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

 Mussels

Vancouver Island mussels, house-made chorizo, creamed leeks, garlic toast \$25.99

  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 Albacore tuna, Sockeye salmon, prawns, scallops, Dungeness crab, garlic roasted potatoes, sushi 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

**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 halibut, famous fries, cabbage & carrot slaw, citrus ginger vinaigrette, famous tartar \$24.99

  Tuna & Shrimp Poke Bowl

sashimi-grade marinated Albacore tuna, poached baby prawns, steamed rice, house shoyu, avocado, green onion, pickled ginger, crispy shallots, wasabi mayo, seaweed salad \$24.99

 Miso Sablefish

miso & sake marinated Pacific Northwest sablefish, sauteed Shimeji mushrooms, organic vegetables, yuzu beurre blanc \$38.99

 Tenderloin

AAA beef tenderloin, garlic confit whipped potatoes, organic vegetables, green peppercorn sauce \$35.99

## SOUPS & SALADS

  VFC Seafood Chowder

fresh seafood & clams, bacon, thyme cream  
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

quinoa, broccoli, kale, baby spinach, almonds, avocado, hemp hearts, dried blueberries, carrot citrus vinaigrette

Large \$17.99 | Small \$12.99

**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 garlic roasted potatoes, Klippers Farm organic vegetables and beurre blanc.

  Trio of Fish

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

  Albacore Tuna

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

  Sockeye Salmon


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

  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, 2.5 lb Dungeness crab +\$AQ, 1.5 lb 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

THE  
VANCOUVER  
FISH COMPANY

RESTAURANT & BAR

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