

LUNCH MENU

APPETIZERS



daily selection, please ask your server \$AQ

Garlic Bread Basket

garlic herb butter, toasted baguette \$3.99



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

Add: one taco +\$3.99



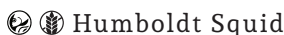
boneless thighs, house-made buttermilk ranch dip \$13.99



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



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



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



PLATTERS



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



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



GI Honey Lager battered halibut, famous fries, cabbage & carrot slaw, citrus ginger vinaigrette, famous tartar \$15.99

Add: one piece \$7.99



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

VFC Burger

house-ground short-rib & chuck, crisp lettuce, roasted tomato relish, dill pickle dijon mayo, cheddar \$19.99



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

SOUPS & SALADS



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

Daily Soup

Chef's market inspired
Bowl \$10.99 | Cup \$7.99

Caesar Salad

chilled romaine hearts, bacon, crispy croutons, parmesan, fresh lemon
Large \$13.99 | Small \$8.99



quinoa, broccoli, kale, baby spinach, almonds, avocado, hemp hearts, dried blueberries, carrot citrus vinaigrette
Large \$17.99 | Small \$12.99

Caesar and Chowder

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

Daily Soup & Salad

soup of the day, greens salad, garlic bread \$14.99

Add to your salad:

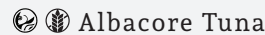
avocado +\$2.99, chicken breast +\$8.99, prawns +\$12.99, Sockeye filet +\$13.99

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.



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



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



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



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



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



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



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



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

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