

VFC MENU

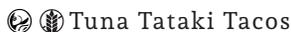
APPETIZERS



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

Chicken Wings

beer-marinated, cornmeal crusted
(Frank's Red Hot & butter or S&P) \$13.99



VFC Maple Walnut Prawns
lightly fried VFC tempura prawns, Yuzu mayo, 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,
tomato, green onion, parmesan, squid ink aioli \$15.99



Smoked Trout Dip
apple wood smoked lake trout, spinach, mascarpone,
house-pickled vegetables, corn tortillas \$17.99

SOUPS & SALADS



VFC Seafood Chowder
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



West Coast Superfood Salad
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



PLATTERS

Appy Platter

buttermilk fried chicken, chorizo & creamed leek mussels,
maple walnut prawns, fried squid,
famous fries, romaine hearts \$38.99



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 potatoes, seasonal vegetables,
red wine jus, 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

BOWLS & MAINS



Tuna & Shrimp Poke Bowl
sashimi-grade marinated Albacore tuna, poached
baby prawns, steamed rice, avocado, green onion,
pickled ginger, crispy shallots, wasabi mayo,
seaweed salad, Tamari soy sauce \$24.99

Butter Chicken Bowl

Baljit's famous butter chicken, rice pilaf,
pappadum, micro salad \$21.99



Seafood Linguini
fresh local seafood, prawns, mussels,
sundried-tomato cream sauce, parmesan \$24.99



VFC Fish'n'Chips
GI Honey Lager battered halibut, famous fries, cabbage &
carrot slaw, citrus ginger vinaigrette, famous tartar \$15.99
Add: one piece +\$7.99

VFC Burger

VFC Burger
house-ground short-rib & chuck, crisp 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,
kale, chipotle tartar \$17.99

Crispy Chicken Burger

Crispy Chicken Burger
spicy fried chicken breast, cajun coleslaw,
1000 islands \$16.99



Tenderloin
AAA beef tenderloin, garlic confit whipped potatoes,
Klippers Farm organic vegetables, mushroom sauté,
onion rings, red wine jus \$35.99



Beef Short Rib
slow-smoked Alberta beef, fontina mashed potatoes,
Klippers Farm organic vegetables, short rib jus \$28.99

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



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

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

THE
VANCOUVER
FISH COMPANY
RESTAURANT & BAR

@vanfishco

604 559 FISH (3474) · www.vanfish.com