

VFC MENU

APPETIZERS

Fresh Oysters \$AQ
daily selection, please ask your server

Garlic Bread Basket \$3.99
garlic herb butter, toasted baguette

VFC Maple Walnut Prawns \$16.99
lightly fried tempura prawns, Yuzu mayo, spiced walnuts,
toasted sesame, Togarashi

Tuna Tataki Tacos \$14.99
marinated tuna & avocado, radish, jalapeño salsa, crispy shallots
Add: one taco +\$3.99

Cajun Fried Oysters \$16.99
louie dressing, scallions, jalapeño salsa, fresh lemon

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

Crab & Spinach Artichoke Dip \$18.99
rock & blue crab, spinach, mascarpone & cream cheese,
artichokes, warm French baguette

Mussels \$25.99
Vancouver Island mussels, chorizo, creamed leeks, garlic toast

Humboldt Squid \$15.99
Vancouver Island, buttermilk marinated, lightly fried,
tomato, green onion, parmesan, squid ink aioli

SOUPS & SALADS

VFC Seafood Chowder \$9.99
fresh seafood & clams, bacon, thyme cream

Daily Soup \$8.99
Chef's market inspired

Caesar Salad \$9.99
chilled romaine hearts, bacon, crispy croutons, parmesan

West Coast Superfood Salad \$12.99
quinoa, broccoli, kale, baby spinach, almonds, hemp hearts,
sun-dried cranberries, carrot citrus vinaigrette

Soup & Salad \$16.99
VFC seafood chowder (or) daily soup &
Caesar salad (or) green salad, garlic bread

Add to your salad:
avocado +\$2.99, chicken breast +\$8.99,
prawns +\$12.99, Sockeye filet +\$13.99



PLATTERS

Chilled Seafood Tower
One Tier \$59.99
snow crab legs, poached prawns, oysters, marinated mussels
Two Tiers \$109.99
half lobster, snow crab legs, poached prawns, oysters,
crab & shrimp salad, marinated mussels, tuna bites

Seafood Platter \$99.99
seared sashimi-grade Ahi tuna, Sockeye salmon, snow crab legs,
prawns & scallops, lemon thyme roasted potatoes, sushi rice,
seasonal vegetables, wasabi, soy, grilled lemon, drawn butter

Surf & Turf Platter \$139.99
10 oz grilled striploin, prawns, scallops, snow crab legs,
1 lb lobster, garlic confit whipped potatoes, seasonal vegetables,
red wine jus, grilled lemon, drawn butter

Add to any platter:
live Dungeness crab +\$AQ, *1.5 lb live lobster* +\$AQ,
scallops +\$18.99, *prawns* +\$12.99

BOWLS & MAINS

VFC Burger \$15.99
ground chuck, crisp lettuce, dill pickle,
roasted tomato relish, dill pickle aioli, cheddar
Add: smoked bacon +\$2.99

Sockeye Salmon Burger \$17.99
wild Sockeye salmon, beer battered onion ring,
kale, chipotle tartar

Blackened Ahi Tuna Burger \$18.99
seared blackened yellow-fin tuna, wasabi aioli,
roma tomatoes, romaine lettuce, brioche bun

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

VFC Fish 'n' Chips
GI Honey Lager battered halibut, famous fries, cabbage &
carrot slaw, citrus ginger vinaigrette, famous tartar
one piece \$16.99 two piece \$24.99

Poke Bowl
steamed sushi rice, poached baby prawns, avocado,
green onion, mango, pickled ginger, crispy shallots,
corn, wasabi mayo, seaweed salad, Tamari soy sauce
sashimi grade Ahi Tuna \$24.99 (or)
Nova Scotia lobster meat \$28.99

Seafood Linguini \$27.99
fresh local seafood, prawns, mussels,
pesto, sundried-tomato cream sauce, parmesan

Seafood Hot Pot \$32.99
Dungeness crab, fresh local seafood, corn, clams,
mussels, prawns, roasted potato, tomato fennel broth

VFC Sablefish \$38.99
oven-roasted sablefish, Kennebec hash,
butter-wilted spinach, chorizo, mussel & clam broth

Striploin \$34.99
10 oz striploin, garlic confit whipped potatoes,
Klippers Farm organic vegetables,
onion rings, mushroom jus

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

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

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

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

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

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

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

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

Add to your market seafood: prawns +\$12.99,
scallops +\$18.99, live 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