

# VFC MENU

## APPETIZERS

  Fresh Oysters \$AQ

daily selection, please ask your server, minimum order of 6

Garlic Bread Basket \$3.99

garlic herb butter, toasted baguette

  VFC Maple Walnut Prawns \$16.99

lightly fried VFC tempura prawns, Yuzu mayo, walnuts, toasted sesame, Togarashi

 Mussels \$28.99

Vancouver Island mussels, chorizo, creamed leeks, garlic toast

  Humboldt Squid \$16.99

buttermilk marinated, lightly fried, tomato, green onion, parmesan, squid ink aioli

 Crab & Shrimp Cakes \$18.99

roasted jalapeño aioli, corn salsa, apple cider pickled red onions

 Spicy Sambal Chili Prawns \$17.99

sambal chili, garlic butter, sliced green onions, garlic toast

## SOUPS & SALADS

  VFC Seafood Chowder \$9.99

fresh seafood & clams, bacon, thyme cream

Daily Soup \$8.99

Chef's market inspired

Caesar Salad \$10.99

chilled romaine hearts, bacon, crispy croutons, parmesan

 West Coast Superfood Salad \$11.99

kale, green leaf lettuce, radicchio, carrot, beets, cucumber, quinoa, almonds, sun-dried cranberries, sunflower seeds, apple cider pickled red onions, raspberry mint vinaigrette

**Add to your salad:**

avocado +\$2.99, chicken breast +\$9.99, prawns +\$13.99, Sockeye filet +\$14.99

## BOWLS & MAINS

 Poke Bowl

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

 Seafood Linguini \$28.99

fresh local seafood, prawns, mussels, sundried-tomato cream sauce, pesto, parmesan

Lobster Pappardelle \$30.99

Atlantic lobster meat, shrimp, mushrooms, spinach, brandy cream sauce, parmesan

 VFC Fish'n'Chips

Granville Island Honey Lager battered halibut, fries, cabbage & carrot slaw, mustard vinaigrette, tartar  
one piece \$18.99 two piece \$25.99 **Add:** one piece +\$8.99

VFC Burger \$17.99

1/2 lb ground chuck, crisp lettuce, dill pickle, roasted tomato relish, dill pickle & dijon mayo, cheddar  
**Add:** bacon +\$1.99

 Sockeye Salmon Burger \$18.99

wild Sockeye salmon, beer-battered onion ring, crisp lettuce, chipotle tartar

 Seafood Hot Pot \$38.99

Dungeness crab, prawns, clams, mussels, salmon, halibut, saffron tomato fennel broth, roasted potatoes, garlic toast

 Striploin \$36.99

10 oz striploin, garlic mashed potatoes, onion rings, organic vegetables, mushroom jus

## MARKET SEAFOOD

All market fish are 6 oz, gluten free, simply grilled, and served with garlic roasted potatoes, organic vegetables and beurre blanc.

  Trio of Fish \$31.99

Chef's selection of three of our market fish

  Sockeye Salmon \$32.99

Haida Gwaii, flavourful, oily, moist, best cooked medium-rare

  Halibut \$35.99

Haida Gwaii, firm, lean, large white flakes, best cooked medium

  Sablefish \$38.99

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

  Mixed Grill \$37.99

grilled Sockeye Salmon, seared scallops, grilled prawns

  Scallops \$32.99

Nova Scotia, firm, sweet briny flavour, best cooked rare

 Poached Lobster \$AQ

1.5 lb live Atlantic lobster, rich, succulent, poached in sea-salted water, drawn butter

  Crab Dinner

*Dungeness Crab* \$AQ

2.5 lbs. sweet, delicate, poached in sea-salted water, drawn butter

*Snow Crab* \$70.99

1 lb. snow crab legs, garlic roasted potatoes, seasonal vegetables, beurre blanc

*King Crab* \$78.99

1 lb. king crab legs, garlic roasted potatoes, seasonal vegetables, beurre blanc



## PLATTERS

  Chilled Seafood Towers

*One Tier* \$63.99

snow crab legs, poached prawns, oysters, dressed mussels

*Two Tiers* \$109.99

chilled half lobster, snow crab legs, poached prawns, oysters, dressed mussels, crab & shrimp salad, marinated Ahi tuna

*Three Tiers* \$188.99

whole 1 lb lobster, snow crab legs, poached prawns, oysters, dressed mussels, crab & shrimp salad, marinated Ahi tuna, 1/2 lb king crab, 1/2 lb Dungeness crab

  Seafood Platter \$99.99

seared sashimi-grade Ahi tuna, Sockeye salmon, prawns, scallops, 1/2 Dungeness crab, garlic roasted potatoes, sushi rice, organic seasonal vegetables, wasabi, soy, grilled lemon, drawn butter

  Surf & Turf Platter \$139.99

10 oz grilled striploin, prawns, scallops, 1/2 Dungeness crab, 1 lb lobster, garlic confit whipped potatoes, organic 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 +\$13.99

 - Gluten Free menu

 **Ocean Wise** | Recommended by the Vancouver Aquarium as ocean-friendly.

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

THE

VANCOUVER  
FISH COMPANY

RESTAURANT & BAR

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

   @vanfishco

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