

LUNCH 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 \$14.99

Add: one taco +\$3.99



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



Mussels
fresh 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



Tuna Bites
Togarashi & panko crusted yellow-fin tuna, soy ginger marinade,
pea shoot salad, orange sesame dressing \$18.99

SOUPS AND SALADS



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

Daily Soup

Chef's market inspired \$8.99

Caesar Salad

chilled romaine hearts, bacon, crispy croutons,
parmesan, fresh lemon \$9.99



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

Caesar & Chowder

VFC seafood chowder, Caesar salad, garlic bread \$16.99

Daily Soup & Salad

soup of the day, greens salad, garlic bread \$15.99

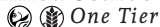
Add to your salad:

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

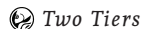


PLATTERS

Chilled Seafood Tower



snow crab, poached prawns, oysters, marinated mussels \$59.99



Two Tiers
chilled lobster tails, poached prawns, snow crab,
crab & shrimp salad, oysters, mussels, tuna bites \$109.99



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



Surf & Turf Platter
tenderloin roast, prawns, scallops, snow crab, garlic confit
whipped potatoes, seasonal vegetables, red wine jus,
grilled lemon, drawn butter \$109.99

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

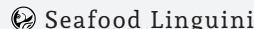
BOWLS & MAINS



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



Lobster Poke Bowl
Nova Scotia lobster, poached baby prawns,
steamed sushi rice, corn, mango, green onion,
pickled ginger, crispy nori, wasabi mayo,
seaweed salad, Tamari soy sauce \$28.99



Seafood Linguini
fresh local seafood, prawns, mussels,
sundried-tomato cream sauce, parmesan \$26.99



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

Add: one piece +\$8.99

VFC Burger

AAA ground chuck, crisp lettuce, roasted tomato
relish, dill pickle dijon mayo, cheddar \$15.99

Add: smoked bacon \$2.99



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



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

Crispy Chicken Burger

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



Seafood Salad
grilled Sockeye salmon, crab, shrimp, louie dressing,
bacon, tomato, cucumber, avocado \$29.99



Steak Salad
Sterling Silver sirloin, power-house greens,
roma tomatoes, cucumber, sweet onion dressing,
extra virgin olive oil \$25.99

MARKET SEAFOOD

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



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



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



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



Rockfish
Haida Gwaii, firm, lean, mild,
best cooked medium-well \$26.99



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

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

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

THE
VANCOUVER
FISH COMPANY
RESTAURANT & BAR



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