

## 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

  One Tier

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

 Two Tier

chilled half lobster, poached prawns, snow crab legs, crab & shrimp salad, oysters, marinated 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, 1 lb lobster, garlic confit whipped potatoes, seasonal vegetables, red wine jus, grilled lemon, drawn butter \$139.99

**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

### MARKET SEAFOOD

All market fish are 6 oz, gluten free, simply grilled, and served with garlic roasted potatoes, spring 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

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

THE  
VANCOUVER  
FISH COMPANY  
RESTAURANT & BAR

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