

DINNER 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

🍷 VFC Buttermilk Chicken

boneless thighs, house-made buttermilk ranch dip \$13.99

🍷🍷 VFC Maple Walnut Prawns

lightly fried VFC tempura prawns, creamy spicy sauce, walnuts, toasted sesame, Togarashi \$16.99

🍷 Mussel & Clam Bowl

fresh Salish Sea mussels & clams, coconut chipotle lime broth, garlic bread \$24.99

🍷🍷 Humboldt Squid

Vancouver Island, buttermilk marinated, lightly fried, sorrel, tomato, green onion, parmesan, black garlic & squid ink aioli \$15.99



PLATTERS

🍷🍷 Seafood Platter

seared sashimi-grade Ahi tuna, Sockeye salmon, prawns & scallops, Dungeness crab, lemon thyme roasted potatoes, steamed rice, seasonal vegetables, wasabi, soy, grilled lemon, drawn butter \$89.99

🍷🍷 Surf & Turf Platter

2 AAA tenderloins, prawns, scallops, Dungeness crab, garlic confit whipped, seasonal vegetables, green peppercorn sauce, grilled lemon, drawn butter \$99.99

🍷🍷 Forno Roasted Fish Platter

whole roasted local rock fish, lemon thyme roasted potatoes, grilled Hannah Brook Farm vegetable skewers, grilled lemon, beurre blanc \$64.99

Add to any platter:

2.5 lb Dungeness crab +\$AQ, 1.5 lb live lobster +\$AQ,
scallops +\$18.99, prawns +\$12.99

VFC SIGNATURES

🍷 VFC Fish'n'Chips

GI Honey Lager battered rock fish, famous fries, cabbage & carrot slaw, citrus ginger vinaigrette, famous tartar \$21.99

🍷 Ahi Tuna Niçoise

seared sashimi-grade Ahi tuna, new potatoes, beets, French beans, olives, tomato, Panko-fried egg, olive oil, Dijon aioli, green onion, cilantro \$26.99

🍷 Miso Sablefish

miso & sake marinated Pacific Northwest sablefish, sautéed Shiméji mushrooms, bok choy, tempura vegetables, yuzu beurre blanc \$38.99

🍷 Tenderloin

AAA beef tenderloin, garlic confit whipped potatoes, Hannah Brook Farm vegetables, green peppercorn sauce \$35.99

Wild Mushroom Gnocchi

house-made potato pasta, wild mushroom sauté, fresh arugula, radish salad, Porcini crumble \$21.99

Add: prawns +\$12.99, blackened chicken +\$8.99

SOUPS & SALADS

🍷🍷 VFC Seafood Chowder

fresh seafood & clams, bacon, thyme cream
Bowl \$12.99 | Cup \$9.99

🍷 Cioppino

fresh local seafood, mussels, spicy tomato & fennel broth, saffron aioli, garlic bread

Bowl \$12.99 | Cup \$9.99

Caesar Salad

chilled romaine hearts, bacon, crispy croutons, parmesan, fresh lemon

Large \$13.99 | Small \$8.99

🍷 West Coast Superfood Salad

Hannah Brook Farm greens, carrot, cucumber, dried blueberries, almonds, hemp hearts, pine nuts, apple chips, carrot citrus vinaigrette

Large \$14.99 | Small \$9.99

Add to your salad:

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

MARKET SEAFOOD

All market fish are 6 oz, gluten free, simply grilled, and served with lightly scented Kaffir lime & ginger Basmati rice, Hannah Brook Farm vegetables, and beurre blanc.

🍷🍷 Trio of Fish

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

🍷🍷 Haidacore Tuna

Haida Gwaii, rich, flavourful, fall-caught, best cooked blue-rare \$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

🍷🍷 Rock Fish

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

🍷🍷 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

🍷🍷 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,
mixed grill +\$16.99, 2.5 lb Dungeness crab +\$AQ,
1.5 lb live lobster +\$AQ