

Dinner

APPETIZERS

- GF WEST COAST SEAFOOD CHOWDER 8 / 14
ATLANTIC LOBSTER BISQUE 8 / 13
-
- WAGYU BEEF CARPACCIO 17.75
peppercorn-crust, dijon aioli, capers, grana padano + crostinis
- CRISPY CALAMARI - TZATZIKI + CUSABI DIPS 14.7
- BLUE CRAB BRIOCHE ROLLS 14.5
- ✓ PARMESAN PORTOBELLO MUSHROOM FRIES + BASIL DIP 11
- Our Famous** CRAB CAKES 16.75
sweet pepper chutney
- HOT CRAB DIP + PARMESAN CROSTINIS 14.95
- GF STANDING FORKS scallops & prawns wrapped in prosciutto 16.9
- LOBSTER TACO TRIO 15.5
- ESCARGOT & MUSHROOMS ON TOAST in Madeira cream 15
- COCONUT CURRY PRAWNS 14.7
- MUSSEL STEAMER POT coconut green curry or garlic white wine 17.5 + Fries 4
- PRAWN SUSHI CONES avocado, spicy mayo & tobiko 9.5

SEAFOOD BAR

- FRESH SHUCKED OYSTERS
From government certified oyster beds
- OYSTER 6 PACK 18.95
3 premium + 3 superior
- OYSTER 12 PACK 34.95
6 premium + 6 superior
- CRISPY FRIED OYSTERS 16
with cucumber wasabi mayo topped with pickled carrot
- AHI POKE TOWER 16.5
- PRAWN COCKTAIL 15.5 GF
- GF **SUSHI CHEF'S SASHIMI PLATE** 19.5
Coho Salmon, Ahi Tuna, tomago, Yellowtail, Scallop
- GF **LOBSTER & CRAB ENTRÉES** 
- Entrées below served with wild & jasmine rice & vegetables
- 1½ LB NOVA SCOTIA LOBSTER 52.5
- 1 LB ALASKAN KING CRAB LEGS 67
- 1½ LB LOCAL DUNGENESS CRAB 49.5

SALADS

- GF BLACKENED AHI TUNA 17.95
blackened ahi tuna seared rare in cajun spice, on mixed leaf salad dressed with remoulade sauce
- GF WILD SALMON & SHELLFISH SALAD 24.95
fresh greens, crab, prawns, scallops, shrimp, cajun salmon, lemon basil balsamic vinaigrette
- GF CRAB, SHRIMP, MANGO & AVOCADO STACK 18.75
spicy honey-red pepper drizzle
- ✓ CAMELIZED BEET & STRAWBERRY SALAD arugula, pistachio brittle, creamy Dijon dressing 13.5 GF
- ✓ WEST COAST SALAD corn, beets, sprouts, carrot, daikon, cucumber, baby tomatoes with a wild passion fruit vinaigrette 7 / 11 GF
- BACON CAESAR SALAD 8 / 14 Add • *Atlantic lobster meat* 14 • salmon 11 • grilled prawns 8 • chicken 7 • ½ avocado 3

CASUAL

All burgers served with hand cut russet fries

BEEF SHORT RIB SANDWICH 19.5
on a Portuguese bun with pomegranate, braised onions & horseradish roasted garlic aioli + arugula

BACON CHEESE BURGER 18
cheddar cheese, lettuce, sweet pickle, onion, tomato, bacon, mustard & ketchup on a brioche bun
ADD guacamole 1.5 mushrooms 1.5

SURF & TURF BURGER 18.5
cajun chicken breast, crispy prosciutto, garlic prawns, red pepper goat cheese spread + arugula & tomato jam

UMAMI BURGER 17.5
pineapple ginger glazed chicken breast, teriyaki garlic shiitaki mushroom, pineapple ring, mayo + pea shoots

ENTRÉES

FISH & CHIPS GF Atlantic Cod • 1 piece 17 • 2 piece 22

STEAK & MUSHROOM PIE 24.95
tenderloin & striploin steak, wild BC mushrooms, carrots, rosemary in a rich red wine gravy capped with puff pastry

CRAB & SHRIMP PAN ROAST CHICKEN 27.95
chicken breast stuffed with crab & shrimp, roasted garlic, asiago cheese, oven roasted potatoes, seasonal vegetables & apricot compote

SCALLOP LINGUINI 26.5
bay scallops, parmesan cheese, grape tomatoes, shiitake mushrooms, pine nuts, English green peas & arugula pesto

PAD THAI 24.5
sauteed vegetables, spiced creamy peanut sauce, pickled ginger carrots, fresh basil & pea shoots with scallops & prawns

SEAFOOD LINGUINI 28.95
prawns, bay scallops, coho salmon, pacific cod, mushrooms & scallions in a rich lobster cream, with local mussels & shaved parmesan

✓ **COCONUT CURRY RICE BOWL** 18.5 GF
wild bc mushrooms, broccolini, bell peppers sauteed in garlic & ginger in a coconut curry sauce, served on wild & jasmine rice topped with black bean salsa & toasted almonds.

ADD: • prawns 8 • chicken 7 • salmon 11

FRESH BAKED BREAD LOAF 4

GF = GLUTEN FREE

WE SUPPORT LOCAL & SUSTAINABLE WHEN AVAILABLE

✓ = VEGETARIAN



Executive Chef - Adam Hunter



Executive Sous Chef - Marcie Guerin



Dinner

PREMIUM **ANGUS STEAKS** GRAIN FED, AGED 38 DAYS

All steak entrées served with roasted garlic & rosemary butter + buttermilk mash & seasonal vegetables.

GREAT WITH STEAK

- SWEET POTATO FRIES 9
- SAUTEED MUSHROOMS 7 GF
- GRILLED PRAWNS 8 GF
- GRILLED SCALLOPS 14 GF
- LOBSTER TAIL 22 GF
- ½ LB ALASKA KING CRAB LEGS 28 GF

ADD YOUR FLAVOUR

- PEPPERCORN BRANDY SAUCE 3
- BOURBON CREAM SAUCE 3 GF
- BORDELAISE SAUCE 3

CLASSIC PRIME STEAKS

- PETIT NEW YORK STRIP LOIN 6 oz. 29.5 GF
- NEW YORK STRIP LOIN 10 oz. 38.9 GF
- DELMONICO RIB EYE 14 oz. Most flavourful cut + bordelaise sauce 47.5
- CHEF'S CUT DELMONICO RIB EYE 28 oz. 72
Most flavourful cut + bordelaise sauce Allow 25 minutes. Cooked to a maximum of medium
- CEDAR PLANK FILET OF BEEF WELLINGTON 6 oz. 45
thick cut angus filet brushed with dijon & parmesan, wild BC mushroom & onion compote with a puff pastry cap & seasonal vegetables and bordelaise sauce
- THICK CUT FILET MIGNON 6 oz. The tenderest of steak cuts 38.5 GF

MIXED GRILL

- NEW YORK 6 oz. & (5) BOURBON PRAWNS 36.5 GF
- NEW YORK 6 oz. & (5) GRILLED SCALLOPS + TOMATO JAM 38.5 GF
- FILET MIGNON 6 oz. & BAKED CARIBBEAN LOBSTER TAIL 48.5 GF
- CALIFORNIA CUT NY, CRAB CAKE & PRAWNS 41.5
6 oz. New York, prosciutto wrapped asparagus, creamy Yukon gold potatoes & shiraz reduction
- PETIT NEW YORK STRIP LOIN 6 oz. + ½ lb KING CRAB 49 GF

HOW WE COOK OUR STEAKS

- | | | | | | |
|------------------------------------|--------------------------------|---------------------------------------|------------------------------|--|-------------------------------|
| blue
seared, cool centre | rare
red cool centre | medium rare
red warm centre | medium
pink centre | medium well
slightly pink centre | well
cooked through |
|------------------------------------|--------------------------------|---------------------------------------|------------------------------|--|-------------------------------|

SEAFOOD PLATES

WEST COAST PLATTER FOR TWO GF

choice of: 1½ lb whole Atlantic lobster or 1½ whole Dungeness crab
+ ½ lb King crab legs, bay scallops, prawns, wild salmon, local mussels & crab stuffed portabello mushroom
served with seasonal vegetables, buttermilk mash & drawn butter
crab 140 lobster 145

WILD BC COHO SALMON 33 GF
baby carrots, hickory smoked
potatoes, asparagus, brown butter sauce

WEST COAST PAELLA 31 GF
atlantic cod, BC salmon, scallops, bistro prawns,
chorizo sausage, peppers, onions, mussels,
spicy creole rice served in a copper pan

ARCTIC CHAR 31 GF
pan seared with a blueberry & ginger compote,
crispy yukon potatoes & seasonal vegetables.

SHELLFISH COMBO 38
Caribbean lobster tail with grilled
prawns + our famous crab cake,
+ steamed wild & jasmine rice



SEAFOOD HOT POT 37.5
salmon, scallops, prawns, cod, lobster
& mushrooms in creamy lobster sauce,
topped with a puff pastry in a crock pot

BRITISH COLUMBIA NATIVE STYLE ENTRÉES

From time immemorial, people from the coastal communities of British Columbia have enjoyed the contents of these types of dishes in some form or another. It is with great pride that Nautical Nellies presents our take on traditional foods from coastal BC, so that you too can experience true West Coast cuisine.

CEDAR PLANK MAPLE MUSTARD WILD COHO SALMON 34 GF
glazed with grainy mustard, maple syrup, grilled lemon
slices, served with asparagus, wild & jasmine rice



ALDER PLANK ARCTIC CHAR 32 GF
roasted corn & carrot puree, succotash, brussels
sprouts, zucchini + bacon jam with potato fritters



* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.
For our guests with food allergies, please alert your server prior to ordering.

18% Gratuity will be added for parties of 7 or more people.