



# Dinner

## APPETIZERS

- gf WEST COAST SEAFOOD CHOWDER 8 / 14
- ATLANTIC LOBSTER BISQUE 8 / 13
-  BANG BANG CAULIFLOWER *sweet & spicy Korean sauce* 11
- CRISPY CALAMARI - tzatziki + cusabi dips 15
- Our Famous* CRAB CAKES *sweet pepper chutney* 17
- 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
- MUSSEL STEAMER POT *coconut green curry or garlic white wine* 18 + Fries 4
- WAGYU BEEF CARPACCIO 18  
*peppercorn-crust, dijon aioli, capers, grana padano + crostinis*
-  PARMESAN PORTOBELLO MUSHROOM FRIES + BASIL DIP 12
-  ITALIAN LARGE MIXED OLIVES *our house blend* 8

## SALADS

- gf  CARAMELIZED BEET & STRAWBERRY SALAD *arugula, pistachio brittle, creamy Dijon dressing* 14
- gf  WEST COAST SALAD *corn, sprouts, carrot, daikon, cucumber, baby tomatoes with a wild passion fruit vinaigrette* 7 / 12
- BACON CAESAR SALAD 8 / 14    Add • *Atlantic lobster meat* 14 • *salmon* 11 • *grilled prawns* 8 • *chicken* 8 • *½ avocado* 4

## ENTRÉE SALADS

- gf BLACKENED AHI TUNA 18.5  
*blackened ahi tuna seared rare in cajun spice, on mixed leaf salad dressed with remoulade sauce*
- gf WILD SALMON & SHELLFISH SALAD 26.5  
*crab, prawns, scallops, shrimp, cajun salmon, lemon basil balsamic vinaigrette*
- gf CRAB, SHRIMP, MANGO & AVOCADO STACK 19.5  
*spicy honey-red pepper drizzle*

## CASUAL

All burgers served with hand cut russet fries

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

THE "BETTY BURGER" 18  
*a special recipe with 3 different cuts beef + bacon, cheddar cheese, lettuce, sweet pickle, onion, tomato, bacon, mustard & ketchup on a brioche bun*  
ADD *guacamole* 1.5    *mushrooms* 1.5

WEST COAST SURF & TURF BURGER 19  
*cajun chicken breast, crispy prosciutto, garlic prawns, red pepper goat cheese spread + arugula & tomato jam*

VOODOO CHICKEN SANDWICH 17.5  
*butter milk fried chicken breast, sweet & spicy Korean sauce, served on a toasted Portuguese roll, with a lime, ginger sour cream sauce*

gf  COCONUT CURRY RICE BOWL 18.5  
*wild bc mushrooms, broccolini, bell peppers sauteed in garlic & ginger in a coconut curry sauce, served on 5 grain pilaf rice topped with black bean salsa & toasted almonds.*  
ADD: • *prawns* 8 • *chicken* 8 • *salmon* 11

FRESH BAKED BREAD LOAF 4.5

## SEAFOOD BAR

- FRESH SHUCKED OYSTERS  
*From government certified oyster beds*
- OYSTER 12 PACK 36  
*6 premium + 6 superior*    OYSTER 6 PACK 19.5  
*3 premium + 3 superior*
- CRISPY FRIED OYSTERS 16  
*with cucumber wasabi mayo topped with pickled carrot*
- AHI POKE TOWER 16.5
- gf PRAWN COCKTAIL 16
- gf SUSHI CHEF'S SASHIMI PLATE 19.5  
*Coho Salmon, Ahi Tuna, tomago, Yellowtail, Scallop*
- gf LOBSTER & CRAB ENTRÉES 
- Entrées below served with 5 grain rice & vegetables
- 1½ LB NOVA SCOTIA LOBSTER 55
- 1 LB ALASKAN KING CRAB LEGS 67
- 1½ LB LOCAL DUNGENESS CRAB 52

# Dinner

## PRIME ANGUS STEAKS, GRAIN FED, AGED 38 DAYS

### GREAT WITH STEAK

- gf PROSCIUTTO ASPARAGUS 6
- gf SWEET POTATO FRIES 9
- gf SAUTEED MUSHROOMS 7
- gf GRILLED PRAWNS 9
- gf GRILLED SCALLOPS 14
- gf LOBSTER TAIL 19.5
- gf ½ LB ALASKA KING CRAB LEGS 28

### ADD YOUR FLAVOUR

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

### CLASSIC PRIME STEAKS

- gf PETIT NEW YORK STRIP LOIN 6 oz. 30
- gf NEW YORK STRIP LOIN 10 oz. 39.5
- DELMONICO RIB EYE 14 oz. *Most flavourful cut + bordelaise sauce* 47.5
- gf THICK CUT FILET MIGNON 6 oz. *The tenderest of steak cuts* 38.5
- TOMAHAWK 53 oz. *Bone in rib eye ~ Most flavourful cut* 98

### MIXED GRILL

- MOROCCAN LAMB CHOPS 38.5  
*mildly spiced trio of lamb chops, red pepper hummus, prosciutto asparagus, creamy potatoes*
- gf NEW YORK 6 oz. & (5) BOURBON PRAWNS 36.5
- gf NEW YORK 6 oz. & (5) GRILLED SCALLOPS + TOMATO JAM 39.5
- gf FILET MIGNON 6 oz. & BAKED CARIBBEAN LOBSTER TAIL 52.5
- CALIFORNIA CUT NY, CRAB CAKE & PRAWNS 42.5  
*6 oz. New York, prosciutto wrapped asparagus, creamy Yukon gold potatoes & shiraz reduction*
- gf PETIT NEW YORK STRIP LOIN 6 oz. + ½ lb KING CRAB 49
- WILD COHO SALMON & SCALLOPS 38.5  
*finished with lemon caper butter sauce*

## 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

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

## SEAFOOD PLATES

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

Fresh Catch Of The Day  
*MKT*  
Please ask your server

gf FRESH HALIBUT TRIO 38  
*local halibut - 3 portions, individually topped, strawberry & pomegranate salsa, lemon dill butter + sauteed wild BC mushrooms*

SHELLFISH COMBO 38.5  
*Caribbean lobster tail with grilled prawns + our famous crab cake, + steamed 5 grain pilaf rice*

gf WEST COAST PAELLA 31  
*atlantic cod, BC salmon, scallops, bistro prawns, chorizo sausage, peppers, onions, mussels, with a spicy creole 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*

### gf WEST COAST PLATTER FOR TWO

**choice of:** 1½ lb whole Atlantic lobster or 1½ lb whole Dungeness crab  
+ ½ lb King crab legs, bay scallops, prawns, wild salmon, local mussels & crab stuffed portobello mushroom served with seasonal vegetables, buttermilk mash & drawn butter  
crab 142 lobster 145

## BRITISH COLUMBIA NATIVE STYLE SEAFOOD 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.

gf CEDAR PLANK MAPLE MUSTARD WILD COHO SALMON 34  
*glazed with grainy mustard, maple syrup, grilled lemon slices, served with asparagus, 5 grain pilaf rice*

gf ALDER PLANK HALIBUT 38  
*roasted corn & carrot puree, succotash, brussels sprouts, zucchini + bacon jam with roasted potatoes*



gf = GLUTEN FREE

WE SUPPORT LOCAL & SUSTAINABLE WHEN AVAILABLE

 = VEGETARIAN

  
Executive Chef - Adam Hunter



  
Executive Sous Chef - Marcie Guerin



\* 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.