

# Dinner

## SHARING ... First things, FIRST!

- gf WEST COAST SEAFOOD CHOWDER 8 / 14
- ATLANTIC LOBSTER BISQUE 8 / 13
- FRENCH ONION SOUP AU GRATIN 14
- ✓ BANG BANG CAULIFLOWER sweet & spicy Korean sauce 12
- CRISPY CALAMARI - tzatziki + cusabi dips 15
- Cur 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-crusteD, dijon aioli, capers, grana padano + crostinis
- ✓ PARMESAN PORTOBELLO MUSHROOM FRIES + BASIL DIP 12.5
- ✓ ITALIAN LARGE MIXED OLIVES our house blend 8
- SCALLOPS GRATINÉES + caramelized pernod & onion 16.5

## CRUNCHY ITEMS

- gf ✓ CAMELIZED 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 8 / 12
- BACON CAESAR SALAD 8 / 14 Add • salmon 11 • grilled prawns 8 • chicken 8 • ½ avocado 4

## The cool ALTERNATIVES

- 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" 18.5  
a special recipe with 3 different cuts beef + bacon, cheddar cheese, lettuce, sweet pickle, onion, tomato, bacon, mayonnaise, mustard & ketchup on a brioche bun  
ADD guacamole 1.5 mushrooms 1.5
- WEST COAST SURF & TURF BURGER 19.5  
cajun chicken breast, crispy prosciutto, garlic prawns, red pepper goat cheese spread + arugula & tomato jam
- VOODOO CHICKEN SANDWICH 17.5  
buttermilk fried chicken breast, sweet & spicy Korean sauce, served on a toasted Portuguese roll, with a lime, ginger sour cream sauce

## ENTRÉES

- gf FISH & CHIPS Atlantic Cod • 1 piece 17 • 2 piece 22
- gf HALIBUT & CHIPS • 1 piece 19.5 • 2 piece 29.5
- PROSCIUTTO WRAPPED FARM CHICKEN 27.5  
prosciutto, mushrooms, garlic, goat cheese & pinenuts, with a pesto bacon jam cream sauce, crush potato + seasonal vegetables
- SCALLOP LINGUINI 28.5  
bay scallops, parmesan cheese, grape tomatoes, shiitake mushrooms, pine nuts, English green peas & arugula pesto
- PRIME STEAK & WILD MUSHROOM PIE 25.5  
tenderloin & striploin steak, wild BC mushrooms, carrots, rosemary in a rich red wine gravy capped with puff pastry
- SEAFOOD LINGUINI 29.5  
prawns, bay scallops, coho salmon, pacific cod, mushrooms & scallions in a rich lobster cream, with local mussels & shaved parmesan

- 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

gf = GLUTEN FREE

WE SUPPORT LOCAL & SUSTAINABLE WHEN AVAILABLE

✓ = VEGETARIAN

  
Executive Chef - Adam Hunter

  
Chef - J.C. Faustino

## 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 17
- gf PRAWN COCKTAIL 16.5
- 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
- FRESH BAKED BREAD LOAF 4.5

## SOME SERIOUS STUFF ... PRIME ANGUS STEAKS

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

### STEAK TOPPERS

- 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

### SAUCES

### MAKE IT PERFECT

- PEPPERCORN BRANDY SAUCE 3
- gf BOURBON CREAM SAUCE 3
- HUNTER 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 48.5
- 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

- BRAISED LAMB SHANK + CHORIZO MASH 29.5  
served with assorted local vegetables, with an au jus sauce
- gf NEW YORK 6 oz. & (5) BOURBON PRAWNS 38.5
- 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

## 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 32  
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



\* 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.