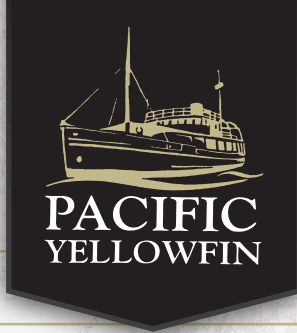


Pacific Yellowfin



SAMPLE MENU

at Bear Rainforest

ISLANDS

APPETIZERS

Butternut Squash Ravioli with Fresh Herb Butter and Asiago

Dungeness Crab Cakes with Fennel Slaw and Tomato Ginger Jam

Seared Scallops and Crispy Prosciutto with Passionfruit Drizzle on Cobb Lettuce Leaves

Prosciutto and Basil Wrapped Spot Prawns

Pacific Sashimi Towers

Ben's Famous Mussels in White Wine and Fresh Shoal Bay Herbs

Raw Desolation Sound Oysters on the Half Shell with Cucumber Mignonette and Baked Oysters Motoyaki

Housemade Gravalax with Vodka and Grainy Mustard on Crostini

Pepper and Lime Panko Coated Spot Prawns with Garlic Remoulade

SOUPS

Smoked Tomato Bisque

Malaysian Coconut and Seafood Pho

Whiskey Smoked Salmon Chowder

SALADS

Grilled Romaine Hearts with Classic Caesar Dressing and Asiago Crisps

New Spinach Leaves and Apple with Buttermilk Blue Cheese Dressing

Haricots Verts and Shaved Fennel with BC Hazelnut Vinaigrette

Butter Lettuce with Baby Vegetables, Candied Salmon, Champagne Vinaigrette

Baby Kale Romaine Caesar Salad with Polenta Croutons, Watermelon, Mint and Feta

DINNERS

LAMB

Rack of Saltspring Lamb on a bed of Celeric Root and Potato Gratin/Seasonal Veg

CORNISH HEN

Roast Butterflied Cornish Hen with Port and Balsamic Glaze with a side of Parmesan Potato Stacks/Seasonal Veg

SABELFISH

Panko Crusted Miso Sablefish with Asian Shitake Risotto/Seasonal Veg

NEW YORK STRIP LOIN

Grilled New York Strip Loin with Horseradish Creme Fraiche on a bed of Smashed Fingerling Potatoes, Caramelized Onion and Roast Garlic/Seasonal Veg

SOCKEYE SALMON

Grilled Sockeye Salmon Filet with Butternut Squash and Morel Risotto/Seasonal Veg

HALIBUT EN PAPILOTE

Asian Flavoured Halibut en Papillote with Wild Rice Pilaf/Seasonal Veg

DUNGENESS CRABS

Fresh Dungeness Crabs with Drawn Garlic Butter and Fresh Baguette Fresh BC Corn

HALIBUT CHEEKS

Halibut Cheeks with Potato Latkes and Garlic Aioli/Seasonal Veg

BURGERS FROM THE LAND AND SEA

BC Grass fed Angus Beef Burgers or BC Sockeye Salmon Burgers with Portobello and Walla Walla Onion Confit, Blue Cheese Crumbles, Back Bacon, Shoal Bay Lettuce and Tomatoes on Fresh Baked Foccacia Buns Yam Fries with Chipotle Mayo

SABLEFISH

Sablefish Gratin with Grape Tomato, Caper, Olive and Feta with Bistro New Potatoes in Shoal Bay Dill Butter/Seasonal Veg

ALL DIETARY STYLES OR RESTRICTIONS ARE AVAILABLE UPON REQUEST



All seafood options on this menu are recommended by the Vancouver Aquarium as ocean-friendly.

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