

# OCEAN7

## RESTAURANT

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Nestled within a coastal forest on Vancouver Island's eastern shore, Aqua Bistro & Wine Bar offers creative casual dining alongside fine wines and signature cocktails, while, Ocean7 Restaurant specializes in West Coast seafood, grain-fed meats, and fresh organic produce sourced from local sustainable growers and suppliers.

Our venues, Aqua Bistro & Wine Bar and Ocean7 Restaurant, are named to reflect both the serene ambiance and stunning views of the Salish Sea and Coastal Mountains. Inspired by a commitment to culinary diversity spanning all seven continents, we strive to craft menus that celebrate local, wild, and sustainable ingredients.

Working closely with local growers, producers, fishermen, and farmers, we prioritize freshness and quality in every dish we serve. We invite you to experience our passion for farm-to-plate cuisine against the backdrop of panoramic vistas.

We look forward to welcoming you and crafting memorable dining experiences that reflect our dedication to quality and sustainability.

We hope you enjoy what our creative team has specially prepared for your enjoyment.

*WC Brandes*

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### Starters

**Shucked Local Oysters dozen 41 1/2 dozen 24**  
cucumber mignonette, fresh horseradish, lemon

**West Coast Seafood Chowder 25**  
local seasonal fish, shellfish, bacon, Yukon gold potato,  
cream, fine herbs, baguette

**100% Canadian Steak Tartare 25**  
shallot, cornichon, Dijon mustard,  
parsley, quail egg, baguette

**Crispy Panisse 22**  
baba ghanoush, peperonata,  
spiced brassica, roasted pine nuts, salsa verde

**Charred Spanish Octopus 24**  
soy ginger glazed pork belly, black sesame purée,  
yuzu gel, pickled radish, kimchi, puffed tapioca

**Ahi Tuna Crispy Rice Sushi 29**  
spicy mayo, pickled jalapeño,  
crispy garlic, sweet soy

**Seared Yarrow Meadows Duck Breast 29**  
foie gras torchon, brioche,  
cherry textures, walnut variations

**Ocean7 Caesar Salad 22**  
romaine hearts, prosciutto, Grana Padano,  
caper berries, confit garlic, crostini

**Caprese Salad 23**  
heirloom tomato textures, fior di latte,  
basil sorbet, balsamic

**Watermelon & Rocket Salad 22**  
pickled red onion, goat feta,  
mint, roasted hazelnuts

\*The consumption of RAW oysters poses an increased risk of foodborne illness.  
A cooking step is needed to eliminate potential bacterial or viral contamination. ~ Medical Health Officer  
Consuming raw or under cooked meat, seafood or eggs may increase your risk of food borne illness.

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### Main Courses

#### Seafood Pasta 42

prawns, scallops, assorted seasonal shellfish,  
peas, fennel, shallots, Prontissima fettuccine,  
white wine cream sauce

#### Crispy Skin Arctic Char 44

seared scallops, soubise, potato gnocchi, melted leeks,  
compressed apple, caramelized honey gastrique

#### Seared Hokkaido Scallops 51

cauliflower risotto, spiced red wine gel,  
roasted cauliflower, hazelnut,  
brown butter emulsion, summer truffles

#### Cultivated & Foraged Mushroom 34

asparagus, beetroot textures, pickled mustard seed,  
kombu "beurre blanc"

#### Sweet Soy Glazed Gindara Sablefish 44

crispy onigiri, yuzu, pickled hon shimeji mushrooms,  
chili fried gai lan, black garlic shoyu, smoked kombu dashi

#### Vancouver Island Free Range Chicken Breast 41

potato pressé, balsamic eggplant, summer squash, natural jus,  
pea purée

#### Lamb Rack 56

crispy panisse, baba ghanoush, peperonata,  
spinach, black garlic lamb jus

#### 100% Canadian Cattle

textures of onion, spinach, asparagus, sous-vide carrot,  
pommes purée, egg yolk jam, black garlic veal jus

#### 5 oz 24 Hour Sous-Vide Bison Short Rib 47

#### 8 oz AAA Striploin 52

#### 6 oz Tenderloin 58

### Sides

Parmesan Potato Gnocchi 14

Cauliflower Risotto 15

Domestic & Foraged Mushrooms 14

Crispy Brussels Sprouts, Egg Yolk Jam 14

Seared Hokkaido Scallops 25

Garlic & Herb Argentinian Prawns 17

Truffled Cheese & Garlic Loaf 17

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### Desserts

#### **Twisted Black Forest Cake 16**

flourless chocolate sponge cake,  
sour cherry compote, cherry liqueur jellies

***Recommended pairing: M. Chapoutier Bila Haut Banyuls Grenache***

#### **Lemon Tart 15**

lemon cream, meringue kisses,  
seasonal fruit

***Recommended pairing: Clos du Soleil - Saturn***

#### **Crème Brûlée 15**

Tahitian vanilla, Italian cookies,  
seasonal berries

***Recommended pairing: Chateau D'Orignac Pineau des Charentes***

#### **Honey Cheesecake 15**

strawberry compote,  
almond biscuit, seasonal berries

***Recommended pairing: Lustau East India Solera - Sherry***

#### **Mango "Shortcake" 16**

cashew coconut mousse, textures of mango, oat milk sponge,  
vegan meringue

***Recommended pairing: Brigitte Bardot Coffee***

#### **International & Regional Cheese Board 35**

daily selection, stewed apricots, iced grapes, assorted nuts,  
quince paste, fruit & seed crisps

***Recommended pairing: Penfolds Grandfather Rare 20yr - Tawny***

#### **House Churned Ice Cream & Sorbets 15**

ask your server for details

#### **House Made Macarons 8 for 17**

seasonal flavours

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