

OCEAN7

RESTAURANT

Framed by sweeping views of the Salish Sea and Coastal Mountains, our dining venues are shaped by both location and perspective. The refined Ocean7 Restaurant and the relaxed AQUA Bistro & Wine Bar take their names from the ocean's depth and breadth — and from a culinary philosophy inspired by all seven continents.

Our culinary team blends skill, tradition, and imagination to create menus rooted in the wild, seasonal bounty of Vancouver Island. Each dish reflects a deep respect for local ingredients and culture, while embracing global influences in thoughtful, creative ways.

Our wine list presents a curated balance of British Columbia's most compelling vineyards alongside a remarkable bottle selection from around the world, thoughtfully chosen by our Sommelier and delivered by our passionate team.

At the bar, cocktails are crafted with intention — a mix of coastal character, house made infusions, local botanicals and a hint of daring, resulting in drinks that are as expressive as they are refined.

As our Chefs prepare every plate with care, we invite you to relax with a glass in hand and sink into the moment. This is a place to linger, to taste slowly.

We invite you to try something new and to let a conversation spark: every ingredient has a story, and we are here to share it with you!



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Starters

Shucked BC Oysters **dozen 41 | 1/2 dozen 24**

Cucumber Mignonette, Horseradish,
Charred Lemon

Ceviche Mixto 34

Octopus, Hokkaido Scallops, Prawns, Clams,
Salt Spring Island Mussels, Leche de Tigre, Peruvian Corn

Ahi Tuna Crispy Nigiri 32 Spicy Kewpie, Pickled Jalapeño, Crispy Garlic, Sweet Soy

H2OMelon Salad 23

Watermelon, Feta, Watermelon Radish, Mint,
Cucumber, Kalamata Olives, Roasted Hazelnuts,
Forvm Vinaigrette

Caesar Salad 23

Baby Romaine, Crispy Pancetta, Caesar Emulsion, Grana Padano,
Poached Free Range Egg, Tempura Anchovy, Crostini

Mushroom Velouté 24

Seared Mushrooms, Summer Truffles,
Crème Fraiche, Truffle Oil

Beef Tartare 26

Premium Canadian Beef, Shallot, Cornichon, Dijon Mustard,
Parsley, Quail Egg, Crispy Capers, Chives, Crostini

Gnocchi Alla Romana 29

Pan Seared In-House Gnocchi, Crispy Sage,
Pickled Locally Sourced Mushrooms,
Parmesan Textures

Vegan Szechuan Kabocha Squash 23

Basil Pesto, Smoked Paprika Pepitas,
Aki Miso, Charred Corn, Micro Cilantro

Duck Breast 38

Fermented and Charred Mushrooms, Leek,
Tare Soy, Furikake, Yuzu Reduction, Kombu Oil

Taxes not included

Consuming raw or under cooked meat, seafood or eggs may increase your risk of food borne illness.

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Main Courses

Black Truffle Risotto 43

Seasonal Black Truffles, Acquerello Carnaroli,
White Wine Butter, Parmigiano,
Active Charcoal Tuile, Borage Blossoms

West Coast Sablefish 46

Green Tea Noodle, Brassicas, Locally Sourced Mushrooms,
Umeboshi Pickled Radish, Sudachi Dashi, Bubu Arare

Pacific Spring Salmon 43

Fingerling Potatoes, Roasted French Beans,
English Pea Beurre Blanc, Pernod Fennel Salad

Vegan Roasted Cauliflower Steak 39

Fingerling Potatoes, Brassicas, Beet Purée,
Soy Glaze, Pistachios, Raisin Condiment

Spaghettini Fruits de Mer 44

Seasonal Regional Shellfish, Wild Prawns, Hokkaido Scallops,
Fennel, Alliums, Spaghettini, White Wine, Gremolata
Choice of: San Marzano Tomato or Cream Sauce

Vancouver Island Free Range Chicken - 2 Ways 46

Roasted Breast and Confit Leg, Truffled Congo Potato,
Charred Endive, Micro Waldorf, Asparagus,
Seasonal Truffle, Jus Gras

Ovation Lamb Rack 59

New Zealand Lamb, Organic Polenta, House made Ricotta,
Brassicas, Smoked Date, Noble XO Jus

Premium Canadian Beef

8 oz Striploin 53

6 oz Tenderloin 59

5 oz 24 Hour Bison Short Rib 48

Pomme Boulangère, Earl Grey Tea Parsnip,
Heirloom Baby Carrot, Chlorophyll, Spinach, Jus

60 oz Tomahawk for 2 - 249

Crispy Potato Pavé, Peas à la Française,
Brassicas, Jus, Chimichurri

Sides

Truffled Cheese and Confit Garlic Demi-Baguette 18

Roasted Mixed Mushrooms 16

Adobo Brussels Sprouts 14

Mac N' Cheese, Dukkah Gratinée 14

Seared Hokkaido Scallops (1 pc) 8

Arancini (2 pc) 12

Garlic & Herb Wild Prawns (5 pc) 15

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Desserts

Strawberry Cheesecake 18

Mascarpone Cream, Strawberry Compote,
Almond Crumble, Honeycomb Tuille

Hazelnut Dark Chocolate Cake 17

Dacquoise, Hazelnut Dark Chocolate Diplomat Crème,
Caramelized Hazelnuts

Vanilla Crème Brûlée 15

Tahitian Vanilla Bean,
Seasonal Fruits

Vegan Oatmilk Sponge Cake 16

Coconut Cashew Mousse, Mango Coulis,
Mango Sorbet, Vegan Meringue

Café Gourmand 18

Tonka Bean Brûlée, Crèmeux au Chocolat,
Chocolate Macaron, Brownie,
Espresso Martini

House Churned Ice Cream & Sorbets 15

Ask your server for details

House Made Macarons 17

Seasonal Flavours, Fresh Berries
Take Home Box (3 pc) 7 (8 pc) 17

International & Regional Cheese Board 35

Daily Selection – Ask your server for details
Fresh Fruit, Preserves, Crackers, Crostini

Dessert Wine By The Glass

CedarCreek Platinum Ice Wine

12 (1 oz) 18 (2 oz)

Penfolds Grandfather Rare 20yr Tawny Port

12 (1 oz) 18 (2 oz)

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