

AQUA
BISTRO & WINE BAR

Ocean 7
restaurant

Room Service Menu



All room services orders will incur a \$5.00 delivery fee, auto-gratuity of 15% & applicable taxes. Please advise room service of any food sensitivities or severe allergies. Not all ingredients are listed.

To Order Dial 863

BRUNCH

8:00am - 2:00pm

Early Riser 19

house made banana loaf, local honey,
Tree Island yogurt, fresh fruit & berries

Eggs Benedict

two free-range poached eggs, toasted English muffin, hollandaise, breakfast potatoes

grilled tomato & avocado 21

traditional Canadian back bacon 24

smoked salmon & buttered crab 27

Two Eggs Breakfast 20

two free-range eggs any style, breakfast potatoes,
choice of Canadian back bacon, double smoked bacon, or chicken sausage,
choice of toast

Hazelnut Crusted Brioche French Toast 22

brioche, berries, maple syrup

Breakfast Enhancements

Chicken Sausage 6

Double Smoked Bacon 7

Breakfast Potatoes 5

Gluten Free Toast 5

Toast 4

Fresh Fruit 7

Sliced Avocado 4

Canadian Back Bacon 6

Free-Range Egg 3

Sliced Fresh Tomato 4

Smoothies

Razmataz 15

raspberries, mint, apple juice, lime, agave

Super Power 15

blueberries, kale, whey, raspberry kombucha

Bananarama 15

banana, mango, peach nectar, yogurt, honey, almond milk



BRUNCH

8:00am - 2:00pm

Ocean7 Caesar Salad 20 Half Portion 17

romaine hearts, prosciutto, Grana Padano,
caper berries, confit garlic, crostini

Seasonal Organic Green Salad 17

Pattison Farms organic greens, shaved vegetables, crispy garnishes
choice of house dressings

Pacific Mist Spa Bowl 20

short grain rice, cucumber, marinated kale, carrots & beets, hemp hearts,
house pickled vegetables, tahini dressing

Enhancements: Free Run Chicken Breast 11 Garlic & Herb Prawns 15

Arctic Char 16 Marinated Raw Yellowfin Tuna 15

Wild Mushroom Flatbread 21

Grana Padano, arugula, truffle aioli, confit garlic

Aqua Bistro Double Double 25

ground chuck, American cheddar, bourbon & red onion marmalade
honey cured bacon, bistro sauce, crispy onions, brioche bun
choice of pommes frites or organic green salad

BISTRO SMALL PLATES

2:00pm-9:00pm

Arugula & Watermelon Salad 19

goat's milk feta, mint, hazelnut
pickled red onion, citrus vinaigrette

Ocean7 Caesar Salad 20

romaine hearts, prosciutto, Grana Padano, caper berries, confit garlic, crostini

Crispy Chicken Wings 21

house crafted hot sauce,
black pepper caramel or spicy sweet & sour

Soy Ginger Glazed Pork Belly 21

green papaya salad, mango gel,
shaved jalapeño, crispy onion, crispy onigiri, spicy sweet & sour sauce

BISTRO BIG PLATES

2:00pm-9:00pm

Marinated Raw Yellowfin Tuna Tacos 21

or

Crispy Cauliflower & Kimchi Tacos 19

avocado, chili vinaigrette, marinated cabbage, black sesame, scallion,
white corn tortilla

*choice of pommes frites or
organic green salad*

Two Piece Crispy Cod & Frites 24

crispy battered ling cod, pommes frites,
sauce rémoulade

1 piece 20

Korean Fried Chicken Rice Bowl 27

sticky rice, kohlrabi kimchi, yuzu mayo, cucumber, julienne carrots, scallion, cilantro

Wild Mushroom Flatbread 21

Grana Padano, arugula,
truffle aioli, confit garlic

BISTRO BIG PLATES

2:00pm-9:00pm

Aqua Bistro Double Double 25

ground chuck, American cheddar,
bourbon & red onion marmalade
honey cured bacon, bistro sauce,
crispy onions, brioche bun
*choice of pommes frites or
organic green salad*

100% Canadian Beef Steak & Frites 39

8oz striploin, pommes frites, truffle aioli,
chimichurri sauce, arugula

Two Rivers Sausage Platter 26

seasonal selection, house made sauerkraut & pickles, grainy mustard, baguette,
stout & Gruyère fondue

Cheese & Charcuterie Board 40

daily selection of cured meats & cheeses,
house pickled vegetables, baguette,
seed crackers, grainy mustard, stewed apricots, frozen grapes

Round of Beer for the Kitchen 10

OCEAN7 STARTERS

5:00pm-9:00pm

Charred Spanish Octopus 22

soy ginger glazed pork belly, black sesame purée, yuzu gel, pickled radish, kohlrabi kimchi, puffed tapioca

Ocean7 Caesar Salad 20

romaine hearts, prosciutto, Grana Padano, caper berries, confit garlic, crostini

Seasonal Organic Green Salad 17

Pattison Farms organic greens, shaved vegetables, crispy garnishes, choice of house dressings

Roasted Beetroot Tartare 19

horseradish crema, golden beet textures, hazelnut crumble, seeded crisps

Torched Rare BC Albacore Tuna 21

furikake spiced, crispy onigiri, ponzu gel, pickled radish, spicy mayo, crispy garlic

OCEAN7 MAIN COURSES

5:00pm-9:00pm

Seafood Pasta 39

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

Charred Cauliflower 31

confit king oyster mushroom, pickled grapes, truffle crumble, crispy shallots, hazelnuts, salsa verde

add Seared Hokkaido Scallops 20

Crispy Skin Arctic Char 42

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

Seared Hokkaido Scallops 43

white truffle gnocchi, puréed and buttered fava beans, spiced red wine, truffle crumble

Hecate Straight Halibut 42

English pea & goat's cheese agnolotti, asparagus, pickled shimeji mushroom, English pea textures, guanciale, Preserved lemon, white wine butter sauce

DESSERTS

11:00am-9:00pm

Raspberry Cheesecake 14

almond crumble, crisp meringue, Chantilly cream, raspberry gel

Meyer Lemon Tart 14

meyer lemon curd & gel, torched meringue, lavender ice cream

International Cheese Board 32

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



KIDS MENU

12 years & under

BREAKFAST

8:00am-11:00am

Honey Yogurt, Berries & Banana Bread 12

French Toast 12

bacon or sausage

Scrambled Eggs 12

choice of toast and bacon or sausage

LUNCH & DINNER

11:00am-9:00pm

Kids Mains 15

(Choose one)

Kids Burger

Fettuccine & Cheese Sauce

Chicken Fingers

Grilled Cheese

Includes a Side

(Choose one)

Green Salad

Fries

Veggies and Dip

KIDS BEVERAGES

juice, milk, pop 3

BEVERAGES

BEER -8

Gladstone **Pilsner** 473ml -5.5%
Mt Arrowsmith Salish Sea **Pale Ale** 473ml -5%
Four Winds Juxtapose **Wild IPA** 473ml -6.5%
Twin Sails **Raspberry Wheat** 473ml -5.1%

CIDER -12

Valley Cider Bon Dri 330ml -6.5%

COCKTAILS 2oz/17

SLOE & STEADY

sloe gin, aperol, rosemary reduction,
pineapple, lime

PEACHING TO THE CHOIR

toasted almond bourbon, amaro
montenegro, peach nectar, honey, lemon

SILVER FOX

casamigos mezcal, coffee aperitif,
averna amaro, aztec chocolate bitters,
orange bitters

WINES 6oz/15 btl/58

Lock & Worth Winery
(Sauvignon Blanc/Semillon) Naramata, BC

Foxtrot Vineyards Foxly Rose
(Pinot Gris/Zwiegelt) Naramata, BC

Blue Grouse Quill **Pinot Noir**
Cowichan Valley, BC

SPARKLING WINE half bottle -29

Ruffino Brut **Glera** Prosecco, Veneto, IT

SPARKLING WINE full bottle -58

Summerhill Winery Cipes Brut
(Pinot Blanc/Chardonnay) Kelowna, BC

BEVERAGES

Evian Sparkling Water 750ml -8

Evian Flat Water 750ml -8

fresh orange, fresh grapefruit 355ml -9

Tofino Raspberry Kombucha 355ml -8

Royal Jamaican Ginger Beer 355ml -5

Umbria Coffee 32oz carafe - 10