

AQUA
BISTRO & WINE BAR

Ocean7
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

Healthy Start 23

two free-range poached eggs, cherry tomato salad,
avocado, fresh fruit & berries,
choice of toast

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 24

brioche, berries, maple syrup

Breakfast Enhancements

Chicken Sausage 6

Double Smoked Bacon 7

Breakfast Potatoes 5

Gluten Free Toast 5

Toast 4

Fresh Fruit 8

Sliced Avocado 4

Canadian Back Bacon 6

Free-Range Egg 3

Sliced Fresh Tomato 4

Smoothies

Smooth Kale-ing 16

blueberries, kale, all greens, apricot rose kombucha

Chai Not? 16

mango, banana, almond milk, yogurt, chai tea, vanilla whey

Matcha Made In Heaven 16

kiwi, banana, matcha, white chocolate, oat 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 18

organic greens, baby kales, roasted squash,
confit cherry tomato, farro,
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 12 Garlic & Herb Prawns 18

Arctic Char 16 Marinated Raw Yellowfin Tuna 15

Wild Mushroom Flatbread 23

Grana Padano, arugula, truffle aioli, confit garlic

Aqua Bistro Double Double 26

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

Grilled & Marinated Endives 22

preserved lemon, whipped ricotta, roasted almonds,
blood orange vinaigrette

Ocean7 Caesar Salad 20

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

French Onion Soup 19

beef broth, red wine, caramelized onions, parmesan croutons, Gruyère

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 22

or

Crispy Cauliflower & Kimchi Tacos 20

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

*choice of pommes frites or
organic green salad*

Yarrow Meadows Duck Confit 31

Yukon gold potato & Gruyère perogies,
arugula, red onion marmalade,
thyme jus

Korean Fried Chicken Rice Bowl 28

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

Wild Mushroom Flatbread 23

Grana Padano, arugula,
truffle aioli, confit garlic

BISTRO BIG PLATES

2:00pm-9:00pm

Aqua Bistro Double Double 26

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

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 23

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 18

organic greens, baby kales, roasted squash,
confit cherry tomato, farro, choice of house dressings

Pickled Beet Salad 19

herb & goat cheese mousse, spiced pepitas,
beet textures, white balsamic vinaigrette

Tuna Two Ways 23

spiced & seared albacore, citrus & chili marinated ahi,
black garlic shoyu gel, tobiko, tuna mayo, avocado,
wakame seaweed salad, furikake spiced cracker

OCEAN7 MAIN COURSES

5:00pm-9:00pm

Seafood Pasta 39

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

Fall Squash Textures 29

purèed & sous-vide, brassicas, compressed apple, puffed farro, pumpkin seed crumble, cider gastrique

Crispy Skin Arctic Char 42

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

Seared Hokkaido Scallops 43

Yukon gold potato presse, celeriac two ways, house-cured & smoked pork belly, brassicas, apricot gel, apple cider glaze

Vancouver Island Sous Vide Rack of Pork 38

braised cabbage, carrots two ways, Yukon gold potato dumplings, pickled mustard seed, cider gastrique

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

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

Land & Sea Glacier **Cream Ale** 473ml -5%
Gladstone IPA 473ml -6.6%

CIDER -16

Raven's Moon Apple 500ml -8.5%

COCKTAILS 2oz/18

CEDAR ON THE OTHER SIDE

cedar gin, lillet blanc, jasmine,
lemon, grapefruit

INCENSE & PEPPERMINT

peppermint vodka, averill creek
vermouth, crème de cassis, lime,
blackberry preserve

THE BEES ARE BACK IN TOWN

prospector rye, diplomatico exclusiva rum,
antica formula, wayward depth charge, honey,
chocolate bitters

WINES 6oz/15 btl/58

Harper's Trail Field Blend
(Riesling/Pinot Gris/Chardonnay)
Kamloops, BC

Summerhill Winery Reserve Blend
**(Cabernet Franc/Cabernet
Sauvignon/Merlot)** Kelowna, BC

SPARKLING WINE Full bottle -62

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 Apricot Rose Kombucha 355ml -8

Fever Tree Ginger Beer 200ml -5

Umbria Coffee 32oz carafe - 10