

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**

### **Healthy Start 24**

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 22**  
**traditional Canadian back bacon 24**  
**smoked salmon & buttered crab 28**

### **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 25**

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**

#### **We're Jammin 16**

peanut butter, raspberries, bananas, hemp hearts, oat milk

#### **Smooth Earl 16**

mangos, bananas, yogurt, earl grey tea, milk, vanilla whey

#### **Good Day Sunshine 16**

blueberries, blackberries, spinach, peach nectar, orange



## **BRUNCH**

**8:00am - 2:00pm**

### **Ocean7 Caesar Salad 21**

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 21**

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

**Enhancements: Free Run Chicken Breast 13   Garlic & Herb Prawns 19**  
**Arctic Char 16   Marinated Raw Yellowfin Tuna 15**

### **Wild Mushroom Flatbread 24**

Grana Padano, arugula, truffle aioli, confit garlic

### **Aqua Bistro Double Double 27**

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

### Watermelon & Rocket Salad 21

pickled red onion, goat feta,  
mint, roasted hazelnuts

### Ocean7 Caesar Salad 21

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

### West Coast Seafood Chowder 23

local seasonal fish, shellfish, bacon, Yukon gold potato, cream,  
fine herbs, baguette

### Soy Ginger Glazed Pork Belly 22

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 23

or

### Crispy Cauliflower & Kimchi Tacos 21

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

*choice of pommes frites or  
organic green salad*

### Pappardelle Bolognese 27

Prontissima pappardelle, ground Brant Lake Wagyu beef,  
charred baguette, parmesan mousse, basil

### Korean Fried Chicken Rice Bowl 28

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

### Wild Mushroom Flatbread 24

Grana Padano, arugula,  
truffle aioli, confit garlic

## **BISTRO BIG PLATES**

**2:00pm-9:00pm**

### **Aqua Bistro Double Double 27**

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*

### **Steak & Frites 40**

8 oz Brant Lake Wagyu flat iron, pommes frites,  
truffle aioli, chimichurri sauce, arugula

### **Cheese & Charcuterie Board 42**

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, kimchi, puffed tapioca

### **Ocean7 Caesar Salad 20**

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

### **Watermelon & Rocket Salad 21**

pickled red onion, goat feta,  
mint, roasted hazelnuts

### **Seared Yarrow Meadows Duck Breast 29**

foie gras torchon, brioche,  
cherry textures, walnut variations

### **Crispy Rice Sushi**

spicy mayo, pickled jalapeño,  
crispy garlic, sweet soy

### **Ahi Tuna Nigiri 29**

or

### **Brant Lake Wagyu Beef Striploin Nigiri 29**

## OCEAN7 MAIN COURSES

5:00pm-9:00pm

### Seafood Pasta 39

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

### Grilled Lions Mane & Maitake Mushroom 31

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

### Crispy Skin Arctic Char 43

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

### Seared Hokkaido Scallops 49

morel mushroom, English peas, shaved asparagus, truffle sacchetti, 64-degree egg, sauce soubise, XO sherry vinegar

### Vancouver Island Sous-Vide Rack of Pork 39

textures of beetroot, Yukon gold potato dumpling, smoked crème fraîche, pickled mustard seed, beetroot gastrique

## DESSERTS

11:00am-9:00pm

### Cheesecake 14

peach curd & gel, almond crumble, meringue kisses

### Crème Brûlée 14

Tahitian vanilla, Italian cookies, seasonal berries

### International Cheese Board 33

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 & Tomato Sauce**

**Chicken Fingers**

**Grilled Cheese**

### **Includes a Side**

*(Choose one)*

#### **Green Salad**

**Fries**

**Veggies and Dip**

## **KIDS BEVERAGES**

juice, milk, pop 3



## BEVERAGES

### SPARKLING WINE

Haywire The Bub – **(Pinot Noir/Chardonnay)** –  
Summerland, BC  
750ml – **62**

### WHITE WINE

Santa Margherita – **Pinot Grigio** – Valdadige, IT  
375ml – **35**

Delas Freres – **Viognier** –  
Pays d’Oc Languedoc-Roussillon, FR  
750ml – **58**

True Myth – **Chardonnay** – Edna Valley, CA  
750ml – **62**

### RED WINE

Masi Campofiorin –  
**(Corvina/Rondinella/Molinara)** – Veneto, IT  
375ml – **30**

Summerhill Winery Reserve Blend –  
**(Cabernet Franc/Cabernet Sauvignon/Merlot)**  
– Kelowna, BC  
750ml – **62**

Matsu El Recio – **Tempranillo** – Toro, ES  
750ml – **75**

### BEER - 9

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

### CIDER - 16

Raven’s Moon Apple 500ml - 8.5%

### BEVERAGES

Evian Sparkling Water 750ml - **8**

Evian Flat Water 750ml - **8**

Fresh Orange Juice 355ml - **9**

Tofino Blueberry Lavender Kombucha 355ml - **8**

Fever Tree Ginger Beer 200ml - **5**

Umbria Coffee 32oz Carafe - **10**