

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 26

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 23
traditional Canadian back bacon 25
smoked salmon & buttered crab 29

Two Eggs Breakfast 21

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 26

brioche, berries, maple syrup

Breakfast Enhancements

Chicken Sausage 7

Double Smoked Bacon 8

Breakfast Potatoes 5

Gluten Free Toast 6

Toast 4

Fresh Fruit 9

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, green apple, 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 17

Wild Mushroom Flatbread 24

Grana Padano, arugula, truffle aioli, confit garlic

Aqua Bistro Double Double 28

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

2:00pm-9:00pm

West Coast Seafood Chowder 24

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

Soy Ginger Glazed Pork Belly 23

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

Pappardelle Wagyu Bolognese 29

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

Korean Fried Chicken Rice Bowl 29

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

Wild Mushroom Flatbread 24

Grana Padano, arugula,
truffle aioli, confit garlic

Aqua Bistro Double Double 28

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*

Wagyu Steak & Frites 43

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

Cheese & Charcuterie Board 44

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 21

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

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 40

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

Grilled Lions Mane & Maitake Mushroom 33

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

Crispy Skin Arctic Char 44

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

Seared Hokkaido Scallops 51

black winter truffle risotto, spiced red wine gel, Brussels sprouts, roasted hazelnut, brown butter emulsion

Pine Nut Crusted Lamb Saddle 54

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

DESSERTS

11:00am-9:00pm

Cheesecake 15

lemon curd & gel, almond crumble, meringue kisses, mint Chantilly cream

Crème Brûlée 15

Tahitian vanilla, Italian cookies, seasonal berries

International Cheese Board 34

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

6oz/9oz/btl

Villa Sandi Il Fresco **Prosecco** Glera Veneto, IT
15/22/58

WHITE WINE

6oz/9oz/btl

Carmel & Joseph Villa Blanche **Chardonnay**
Languedoc-Roussillon, FR
15/22/58

Poplar Grove Haynes Creek **Vignier** Penticton, BC
16/23/62

JoieFarm Winery Noble Blend
(**Gewurztraminer/Riesling/Auxerrois/ Pinot
Blanc**) Naramata, BC
16/23/62

Beaufort **Pinot Gris** Comox Valley, BC
16/23/62

Tommasi Le Fornaci **Lugana** Veneto, IT
17/25/69

RED WINE

6oz/9oz/btl

Rotating Feature **Pinot Noir**
MP

La Posta Pizzella **Malbec** Mendoza, AG
15/22/58

Narrative **Cabernet Franc** Summerland, BC
15/22/58

Chateau Coupe Roses Bastide Minervois
(**Carignan/Grenache/Syrah**) Languedoc-
Roussillon, FR
15/22/58

Summerhill Winery Reserve Barrel Red (**Cabernet
Franc/Cabernet Sauvignon/ Merlot**) Kelowna,
BC
16/23/62

BC BEER & IMPORT BEER

btl/can

Asahi **Super Dry Lager** 355ml -5.2%
8

Hoyne **Dark Matter** 355ml -5.3%
8

Grolsch **Pilsner** 450ml -5%
9

Driftwood Blackstone **Porter** 473ml -5%
9

Ace F Bomb **Sour** 473ml -5.5%
9

Love Shack Livin' the Dream **Hazy Pale** 500ml -
5.4%
13

CIDER

btl/can

Valley Cider **Love Potion** 355ml -6.5%
12

Raven's Moon **Apple** 500ml -8.5%
16

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

AQUA
BISTRO & WINE BAR

*Ocean*7
restaurant

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.