

Lunch



ABURI OSHI SUSHI

pressed sushi prepared using our famous flame-searing technique and signature sauces | we are proud to be the trailblazers of Aburi sushi in Canada.

Salmon Oshi (GF)	18
pressed BC wild sockeye salmon, jalapeño, Miku sauce	
Ebi Oshi	18
pressed prawn, lime zest, ume sauce	
Saba Oshi (GF)	18
pressed house cured mackerel, miso sauce	
Oshi Sampler	18
two pieces each of salmon, ebi, and saba oshi	

SIGNATURE SUSHI ROLLS

Bluefin Redwave Roll	24
bluefin tuna, rock crab, mayo, avocado, cucumber, daikon oroshi, arare, yuzu skin, wasabi pickles	
Ocean Roll	24
BC wild sockeye salmon, chutoro filling, cucumber, grilled asparagus, shio kombu, chilli Aburi sauce, deep fried shiraga negi	
Champagne Roll (GF)	22
Hokkaido scallop, salmon, cucumber, golden tobiko, Miku sauce	

SUSHI LUNCH SELECTION

“Tokyo-style” sushi. A traditional method of preparing sushi rice, artfully-combined with neta (fresh seafood). Served with miso soup.

Sashimi Lunch	33
chef’s selection of sashimi, 9pcs	
Premium Sashimi Lunch With Chutoro Tataki Don	46
chef’s selection of sashimi with chutoro tataki don, 7pcs	
Edomae	34
traditional nigiri selection with hosomaki, 14pcs	
Premium Select	36
traditional and Aburi nigiri, roll, and oshi, 12pcs	
Aburi Chirashi Tart	29
layers of sushi rice, spicy poke, avocado, sockeye salmon, Miku sauce, flame seared and topped with prawn, scallop, maguro, tobiko, and ikura	

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NIGIRI

For Aburi nigiri, add \$0.25

	nigiri each	sashimi 6pcs
Iwate A5 Wagyu	12	-
Otoro	12	55
Chutoro (gunkan style available)	10	45
Tai / Seabream	7.5	37.5
Ikura / Salmon Roe 🍣	6	-
King Salmon	6.5	28.5
Kanpachi / Amberjack	6.5	28.5
Hotate / Hokkaido Scallop	6.5	28.5
Maguro / Red Tuna	8	35
Hamachi / Yellowtail	6	26
Unagi / BBQ Eel 🍣	6.5	-
Bincho / Albacore Tuna	5.5	24
Sake / Sockeye Salmon	5.5	24
Ebi / Prawn	5	-
Botan Ebi / BC Spot Prawn	MP	MP
Uni / Sea Urchin	MP	MP
Avocado (VEG) (GF)	3.5	-
Eggplant (VEG) (GF)	3.5	-
Shiitake Mushroom (VEG) (GF)	3.5	-
Sweet Red Pepper (VEG) (GF)	3.5	-

MINAMI GOZEN

Minami Zen	47
selection of signature dishes with chef's choice of sashimi, sushi, miso soup and dessert	
Sablefish Lunch	37
Saikyo miso sablefish, gomoku rice, tsukemono, sous vide egg, served with miso soup	
Kaisen Soba Peperoncino	32
Hokkaido scallops, prawns, squid, arugula, shiitake, bell peppers, bok choy, cherry tomatoes, jalapeño, garlic-soy	
Aburi Chicken	29
grilled chicken thigh, roasted seasonal vegetables, peppercorn-garlic soy, yuzu kosho, served with steamed rice and miso soup	
Aburi Butler Steak	35
AAA sterling silver butler steak, roasted seasonal vegetables, wasabi chimichurri, served with steamed rice and miso soup	



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SMALL PLATES

Miso Soup (GF)	5
daily garnish	
Seasonal Goma-ae (VEG) (GF)	10
umami sweet sesame soy	
Steamed Edamame (VEG) (GF)	8
kosher salt	
Spicy Sesame Edamame (VEG) (GF)	10
chili-garlic tamari soy, shallot crisps	
Brussel Sprout Chips (VEG)	10
togarashi-lemon pepper salt (add naturally smoked hickory bacon +\$3)	
Miso Baked Tofu Salad (VEG)	21
organic baby greens, miso tofu, crispy tempeh, pickled carrot and daikon, avocado, cherry tomatoes, umami soy vinaigrette	
Tomato Salad (VEG) (GF)	16
Greek yogurt stuffed tomato, shiso basil pesto, yuzu honey glaze	
Ebi Fritters (V)	20
tiger prawns, harissa aioli, soy balsamic reduction, Asian slaw, chili-lime vinaigrette	
Chicken Nanban	19
sweet and sour glaze, house made tartar sauce, achara	

*We strive to accommodate most allergies, please notify your server prior to ordering.
Please note, it may not be possible to guarantee dishes allergen free due to our open kitchen.
VCH advises that consuming raw oysters poses an increased health risk.*

(GF) gluten-free option available

(VEG) vegetarian option available

 Ocean Wise™ recommended | We always carry Ocean Wise™ products when available

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DESSERT

*Discover our selection of house-made desserts
created by Head Pastry Chef, Nikki Tam*

Green Tea Opera	16
green tea génoise, matcha buttercream, dark chocolate ganache, azuki bean cream, hazelnut wafer, matcha ice cream	
Pineapple Coconut Cheesecake	16
pretzel graham crust, brown sugar coconut cream, mango mint sauce, salted macadamia nut crumble, pineapple shiso compôte, mango espuma, coconut tuile, coconut pineapple sorbet	
Blueberry Peach Tart	16
blueberry lime cream, peach basil compôte, vanilla diplomat, basil mint sauce, peach gel, blueberry biscotti, white peach lime sorbet	
Cardamom Chamomile Panna Cotta	16
meyer lemon gelée, cardamom crumble, apricot amaretto coulis, orange compôte, meyer lemon curd, cardamom cream, apricot granita	

HOUSE MADE ICE CREAM & SORBET

	sgl	dbl
Ice Cream	4.5	8
Mango Banana, Rosemary Vanilla, Black Sugar Kinako		
Sorbet	4.5	8
Honey Lemon Shiso, Blood Orange Jasmine Tea, Strawberry Mint		

(Add mochi or brownie to your ice cream or sorbet +\$1)