



Celiac Friendly Menu

DISCLAIMER: Though we make EVERY EFFORT to stop any gluten traces from reaching your food, we are an extremely busy commercial kitchen that also deals in many wheat-based products and cannot guarantee that your meal will be 100% gluten free. If you have celiac disease or extreme gluten intolerance or allergy, we need you to know that there is risk of cross contamination in our restaurant, regardless of what product you order. That being said, we will do our BEST to ensure your safe dining satisfaction through practices such as dedicated pans, cutting boards, areas, etc.

We have a number of items on our menu that are deep fried that many people with milder gluten intolerance can handle, as the only cross contamination comes from frying in the same oil as wheat-based products. Some examples include french fries, yam fries, corn tortillas, chicken wings, etc. If a gluten free item on this menu is fried in the same oil as wheat-based products it will have the following symbol next to it so you can make an informed choice according to your level of intolerance: 

Appetizers

Calamari

Lightly floured in corn starch, seasoned and tossed with fresh bell peppers, red onion and jalapeno slices. Served with house cocktail sauce & tzatziki

Tiger Prawn Appy

Ten succulent Selva black tiger prawns grilled with garlic butter, lemon pepper or Cajun.

12 Cod Bites

Rice flour pan-fried Pacific Cod bites served with salsa or tartar sauce

Pacific Mussels & Clams 13

A west coast classic in a savory white wine butter sauce

10 Pacific Oyster Appy 10

Four pan grilled Pacific oysters served with house cocktail sauce

Sweet Potato Fries 7

A delicious & low glycemic alternate to the traditional french fry. Served with our house Chipotle Aioli

Soups & Salads

Caesar Salad

Crisp romaine, garlic, and fresh shredded Parmesan cheese

Starter Size

Meal Size

Add Shrimp 4 | Add Chicken 5 | Add Smkd Salm 3

6

10

Greek Salad

Cucumber, tomato, peppers, red onion, Kalamata olives and feta cheese tossed in our house greek dressing

RC Salad

Lettuce, shredded beets, carrots, red cabbage, mushrooms, cheddar cheese, tomato & cucumber

Starter Size

Meal Size

10 Soup of the Day

Please ask your server for today's selection. ALWAYS GLUTEN FREE!

Cup

Bowl

4

6

Salad dressing choices: House, Creamy Dill, Ranch, 1000 Islands, Blue Cheese, Sundried Tomato, Italian, Raspberry Vinaigrette or Balsamic Vinaigrette

6

10



Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice which means well managed and abundant stocks, little to no by-catch and strong resilience to fishing pressure. From boat to table, everyone wins!

Prices subject to applicable taxes. A 15% gratuity will be added to tables of 10 or more.

Fish

This is what put us on the map. It's the bread and butter of our trade and we strive to do it like no other. We are fierce believers in sustainable fishing practices and we make sure our menu reflects that. Not only can you enjoy the wonderful taste of our fresh seafood but you can feel good eating it, knowing that the habitats and stocks are healthy, abundant and well managed. *From boat to table, everyone wins.*

1 Pc Pacific Cod

Huge fillet of Pacific Cod caught off the coast of the Pacific Northwest. Pan fried with rice flour

2 Pc Pacific Cod

Huge fillets of Pacific Cod caught off the coast of the Pacific Northwest. Pan fried with rice flour

15 1 Pc Sockeye Salmon

 A generous portion of Pacific Sockeye salmon pan fried with rice flour

20 2 Pc Sockeye Salmon

 A generous portion of Pacific Sockeye salmon pan fried with rice flour

17 1 Pc Halibut

 Wild caught off the coast of the Pacific Northwest. Pan fried with rice flour 

22 2 Pc Halibut

 Wild caught off the coast of the Pacific Northwest. Pan fried with rice flour 

RC Fish Tacos

We're proud of our fish tacos and strive to give you a fantastic flavour experience. We've evolved and refined our regular recipe to include loads of fish, shredded leaf lettuce, fresh salsa & fresh chopped cilantro. Served with your choice of sweet chipotle or mango habanero sauce in a hard corn tortilla 



With Pacific Cod 16



With Halibut 20

Fish & Prawns

5 jumbo white tiger prawns served with a single piece of fish pan fried with rice flour

 With Cod 17
 With Halibut 23

All fish orders come with your choice of the following two half or one full side: Fries, Coleslaw, Yam Fries, Rice Pilaf, RC Salad, Caesar Salad, Greek Salad or Soup  du Jour

Add gluten free house gravy to your side order for 1.5



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Burgers

Wild Sockeye Burger 17^{1/2}

Pan fried wild caught Pacific Sockeye salmon with tomato, lettuce, red onion and tartar sauce

Pacific Halibut Burger 20^{1/2}

Pan-fried wild caught Pacific halibut fillet, tomato, lettuce, red onion and tartar sauce

Bay Burger 15^{1/2}

6 oz. sirloin burger patty with tomato, lettuce, red onion, relish & mayo

Deluxe Bay Burger 18^{1/2}

6 oz. sirloin burger patty with crispy bacon, pan-fried mushrooms, cheddar cheese, tomato, lettuce, red onion, relish & mayo

RC Chicken Burger 15^{1/2}

Char-grilled chicken breast, tomato, lettuce, red onion & mayo

RC Fish Burger 17^{1/2}

Pan-fried wild caught Pacific Cod, cream cheese, baby shrimp, red onion, tomato, lettuce & tartar sauce

All Celiac Friendly burgers are served on Gluten-Free Udi's Buns.

All burger orders come with your choice of the following two half or one full side: Fries, Coleslaw, Yam Fries, Rice Pilaf, RC Salad, Caesar Salad, Greek Salad or Soup  du Jour

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Entrées

- R.C. Butter Curry**  **17**
Your choice of pan-fried prawns, grilled jumbo Pacific oysters or char-grilled chicken breast topped with our house rich citrus butter curry & garnished with fresh cilantro then served over rice pilaf
- Wild Pacific Sockeye Salmon**  **18**
Generous fillet of wild caught pan-grilled Pacific Sockeye salmon served over rice pilaf with your choice of vegetables or RC or Caesar salad
- Indonesian Hot Pot**  **18**
Seafood medley of Pacific mussels and clams, Pacific cod & vegetables simmered in a house mild red curry and served over rice pilaf with toasted coconut & fresh cilantro garnish
- Pan Fried Tiger Prawns**  **18**
Twelve succulent jumbo white tiger prawns pan-fried in your choice of Cajun spice or garlic butter then served over rice pilaf with your choice of RC or Caesar salad
- Grilled Pacific Oysters**  **20**
Six jumbo Pacific oysters pan fried then topped with candied salmon, fresh bell peppers, crispy bacon & lime cream sauce then served over rice pilaf with your choice of RC or Caesar salad

Pastas

- Smoked Salmon Fusili Carbonara**  **17**
Smoked Salmon compliments our garlic, Parmesan & bacon Carbonara in this savoury and delicious pasta.
- Chicken or Prawn Fusili Alfredo**  **16**
Our rich and savoury garlic & Parmesan alfredo sauce with your choice of char-grilled chicken or pan-fried jumbo white tiger prawns

Kids Meals

- Fishy Bits**  **8** **Sockeye Salmon**  **9**
Fresh Rock Cod bites pan-fried with rice flour and served with one of the following: Fries, coleslaw, yam fries, rice pilaf, RC Salad, Caesar Salad or Soup du Jour  Pan fried wild caught Sockeye salmon served with one of the following: Fries, coleslaw, yam fries, rice pilaf, RC Salad, Caesar Salad or Soup du Jour 

All kids meals come with small milk, juice or pop



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