

# Sushi

Kentaro Hashizume, Sushi Chef at Royal Vancouver Yacht Club

Kent offers Vancouver's freshest sushi grade fish Wednesday to Sunday  
12 pm to 2 pm / 5 pm to last call at 830 pm

## TUNA POKE

RIPE AVOCADO, MARINATED TUNA, CRISPY WONTON 10

## ROLLS

**AVOCADO ROLL** RIPE AVOCADO \$5

**CHOPPED SCALLOP ROLL**

SCALLOPS, TOBIKO MARINADE, CUCUMBER 6

**VEGETABLE ROLL** 6

**CALIFORNIA ROLL**

POLLOCK, AVOCADO, MAYO 6

**SPICY TUNA ROLL** 7

**SALMON AVOCADO ROLL**

SOCKEYE SALMON, AVOCADO 7

**ALASKA ROLL**

CUCUMBER, AVOCADO, TOBIKO,  
SOCKEYE SALMON, MISO SESAME SAUCE 13

**CLUBHOUSE ROLL**

TUNA, SALMON, CHOPPED SCALLOP,  
AVOCADO, CUCUMBER TOBIKO 15

**RAINBOW ROLL**

CALIFORNIA ROLL WITH TUNA, SALMON, AVOCADO 17

**DUNGENESS CRAB ROLL**

PACIFIC CRAB, AVOCADO, MAYO \$17

## SASHIMI PLATTERS

ATLANTIC, SALMON SOCKEYE SALMON, TUNA

3 PC EACH \$18

4 PC EACH \$21

5 PC EACH \$24

## NIGIRI SUSHI

2 PIECE TUNA 4

2 PIECE SOCKEYE SALMON 5

2 PIECE ATLANTIC SALMON 4

2 PIECE CHOPPED SCALLOP 4

2 PIECE MACKEREL 5

## MAKI COMBO

BITE-SIZED TUNA AND SALMON ROLLS 7

## VEGGIE COMBO

VEGGIE ROLL, CUCUMBER MAKI, AVOCADO MAKI 12

## ROLL COMBO

DUNGENESS ROLL, MAKI COMBO 22

## NIGIRI SUSHI PLATTER

2 PC EACH MACKEREL, SOCKEYE SALMON,  
ALBACORE TUNA, CHOPPED SCALLOP 16

## OCEAN COMBO

DUNGENESS ROLL, 2 PC SALMON, 2 PC TUNA,  
2 PC CHOPPED SCALLOP 25

## ABURI SUSHI

FLAME-SEARED PRESSED SUSHI, WITH A UNIQUE FLAVOUR

**MACKEREL** 6PC \$10

**Salmon** 6PC \$12

## LUNCH

### SOUPS

BOSTON CLAM CHOWDER 5

DAILY SOUP 4

LOBSTER BISQUE 8

### FOR SHARING

#### SMOKED SALMON TERRINE

MARBLE RYE TOAST, CREAM CHEESE,  
CAPERS 13

#### APPETIZER PLATTER

CHICKEN WINGS, SPRING ROLLS,  
WONTON PRAWNS 15

#### BAKED CHICKEN DRUMETTES

HOT SAUCE OR HONEY GARLIC ON THE SIDE 10

#### RVYC SPRING ROLLS

PORK, SEAFOOD, HIGHLANDER SAUCE 8

#### CALAMARI AND PRAWNS

BREADED CRISPY, TZATZIKI 12

#### SHELLFISH POTS

MUSSELS OR CLAMS OR BOTH  
LIME, GINGER, LEMONGRASS AND  
COCONUT BROTH 16  
WITH FRIES 20

## NEAPOLITAN PIZZAS

OUR PIZZAS ARE AVAILABLE  
MONDAY TO FRIDAY FROM 2 PM  
SATURDAY AND SUNDAY FROM 11:30 AM

#### MARGHERITA PLANT BASED

SAN MARZANO TOMATO SAUCE, BURRATA, FRESH BASIL 12

#### MEDITERRANEAN VEGETABLE PLANT BASED

ROASTED BELL PEPPERS, WILD MUSHROOMS,  
MARINATED ARTICHOKE, ROASTED ONION, MOZZARELLA 14

#### PEPERONI E SALAMINO PICANTE

PEPPERONI, SOPPRESSATA SALAMI, BURRATA, MOZZARELLA,  
ROASTED BELL PEPPERS, HOT BANANA PEPPERS 15

#### FUNGHI PLANT BASED

SAUTÉED WILD MUSHROOMS, TRUFFLE OIL,  
GARLIC CREAM CHEESE, BURRATA, FRESH ARUGULA 15

#### SICILIANO

ITALIAN SAUSAGE, PROSCIUTTO, SOPPRESSATA SALAMI,  
ROASTED ONIONS, BURRATA, MOZZARELLA 16

#### SALMON

SMOKED SALMON, GARLIC CREAM CHEESE,  
Capers, ARUGULA 15

#### SPANISH TAPAS

MANCHEGO CHEESE, SPANISH CHORIZO, MEDITERRANEAN OLIVES,  
ROASTED BELL PEPPERS, FRESH BABY SPINACH 16

## LUNCH

### SALADS

ADD CHICKEN BREAST OR TOFU 6

ADD BABY SHRIMP, PRAWNS OR SALMON 8

#### CAESAR SALAD PLANT BASED

ROMAINE, PARMESAN CHEESE, CROUTONS,  
CREAMY CAESAR DRESSING 8

#### 6 OZ TENDERLOIN SALTSpring SALAD

STERLING SILVER BEEF, MIXED GREENS, GOAT CHEESE,  
TOMATO, CUCUMBER, SUNFLOWER SEEDS,  
WHITE BALSAMIC VINAIGRETTE 26

### SANDWICHES

ADD CHEDDAR, BACON, MUSHROOMS, AVOCADO 1.5

#### BEEF BURGER

ALL-BEEF PATTY, BRIOCHE BUN, TOMATO, ICEBERG  
LETTUCE, RED ONION, MAYO, DILL PICKLE,  
FRENCH FRIES 14

#### CHICKEN BURGER

BONELESS BREAST OF CHICKEN, BRIOCHE BUN,  
TOMATO, ICEBERG LETTUCE, RED ONION, MAYO,  
DILL PICKLE, FRENCH FRIES 14

#### BEYOND MEAT BURGER PLANT BASED

PEA PROTEIN ISOLATE, CANOLA OIL, AND  
REFINED COCONUT OIL,  
ORGANIC LETTUCE, TOMATO, MAYO, RED ONION RELISH,  
FRENCH FRIES 14

#### PHILLY BEEF DIP

SHAVED PRIME RIB, ROASTED GARLIC AIOLI,  
SWISS CHEESE, CARAMELIZED ONIONS, MUSHROOMS,  
AU JUS, FRENCH FRIES 17

#### TWO SLICE CLUBHOUSE SANDWICH

YOUR CHOICE CAJUN CHICKEN BREAST OR DUNGENESS  
CRAB AND SHRIMP SALAD, BACON, TOMATO, AVOCADO,  
LETTUCE, CHIVE MAYONNAISE ON SOURDOUGH, RYE,  
MULTIGRAIN OR COUNTRY BREAD, FRENCH FRIES 17

## LUNCH

### SALTSpring SALAD

CHICKEN BREAST, MIXED GREENS, GOAT CHEESE,  
TOMATO, CUCUMBER,  
SUNFLOWER SEEDS, WHITE BALSAMIC VINAIGRETTE 16

#### CRAB AND SHRIMP SALAD

AVOCADO, ASPARAGUS, TOMATO, EGG, CUCUMBER,  
TARRAGON MAYONNAISE 18

#### ALBACORE TUNA Niçoise SALAD

SESAME-CRUSTED TUNA, GREEN BEANS, OLIVES,  
GRAPE TOMATOES, HARD-BOILED EGG, ANCHOVIES,  
POTATOES, DIJON VINAIGRETTE 16

### STAPLES

#### LOBSTER SPAGHETTI

CHUNKED LOBSTER, PARMESAN,  
CHILI FLAKES, GARLIC 28  
WITH JULIENNE VEGETABLES, NO LOBSTER 16

#### COD AND CHIPS

TWO PIECES OF COD, HOME CUT FRIES 16

#### CRAB CAKES

CAPER AIOLI, MIXED GREENS, HERB DRESSING 16

#### JUMBO PRAWN ALFREDO

MUSHROOM, SHALLOTS, GARLIC TOAST 25

#### FISH TACO

3 BREADED HADDOCK WITH PICO DE GALLO,  
CABBAGE 14  
WITH TOFU INSTEAD OF FISH 15