

A Fine Kettle O' FISH



Fresh Seafood Deli & Grill

Phone: 250-545-5665

Toll Free: 1-877-545-5665

Fax: (250) 545-6070

Email:

finekettleofish@shawbiz.ca

**3408 31st Avenue,
Vernon BC V1T 7L3**

Follow us on Instagram

@afinekettle



CUSTOM TAKE-OUT SEAFOOD DINNERS

FISH Snapper, Sole or Cod fillet (bone out skin off)
Salmon (skin on)
Halibut or Arctic Char (skin on)

\$11.95 } Half-size portions
\$12.95 } **\$7.95 and up**
\$12.95 }

Pan-fried, baked, steamed or poached, served with:

Mashed potatoes, roasted potatoes or rice:

Your choice of broccoli, carrots, green beans; or mixed corn, carrots and green beans

PASTA Single serving in homemade Alfredo Sauce

\$9.95 and up

Choose from: Smoked Salmon, Shrimp, Scallops or Real Crab Meat
Served with your choice of vegetables: broccoli, carrots or green beans

WILD SALMON BURGER or SAUSAGE

\$12.95

Served with your choice of : mashed potatoes, roasted potatoes or rice and
Your choice of broccoli, carrots, green beans or mixed corn, carrots and green beans

STUFFED POTATOES

\$8.95 and up

Salmon in Wild Mushroom Sauce or
Shrimp and broccoli in Alfredo Sauce; or
Halibut in Cacciatore Sauce or Smoked Octopus

SEAFOOD OR OYSTER POT PIE

\$10.95 and up

An Assortment of Seafood or Oysters with vegetables in a creamy sauce

CAJUN SHRIMP ALFREDO

\$19.95

Sauteed Shrimp in a Cajun Alfredo Sauce served with fettuccine and broccoli

SEAFOOD GUMBO

\$22.95 and up

Assorted Seafood served on brown rice with smoked cheese and cilantro

PASTA BAKE

\$19.95

Crab and vegetables in a creamy Alfredo Sauce served over linguine

SEAFOOD CREPES

Scallops, Shrimp, Salmon and vegetables in a creamy white sauce

\$19.95**YELLOW SEAFOOD CURRY**

Jasmine rice with mixed vegetables and seafood, topped with Coconut Curry Sauce

\$19.95**MANICOTTI**

Made with your choice of a red or white sauce and an assortment of quality seafood

\$19.95**PAELLA**

Prawns, Shrimp, Mussels, Clams, Scallops, Salmon and Halibut in saffron rice with vegetables

\$19.95**JAMBALAYA**

Lamb Chorizo, Chicken and Shrimp served with Cajun rice

\$19.95**TUNA CASSEROLE**

Ahi Tuna in a 3 cheese sauce served on shell noodles

\$19.95**SEAFOOD PIES**Halibut Curry with broccoli
Creamed Salmon with asparagus
Chunky fish with mixed vegetables
Smoked Black Cod with cauliflower and snow peas**\$21.95****CRAB and POTATO AU GRATIN**

Layers of Crab and sliced potatoes baked in a provolone sauce

\$21.95**LOBSTER MAC N' CHEESE**

Lobster Meat and macaroni noodles smothered in cheese sauce

\$38.95 and up Large
\$17.95 Small**CLAM MARINARA LINGUINE**

Clams and Linguine noodles topped with Marinara sauce

\$19.95**SOLE NEPTUNE**

Layered with Baked Sole, Swiss Cheese sauce, sauteed Vegetables and Crab

\$21.95**LASAGNA**Seafood Lasagna
Prawns, Shrimp, Scallops
And Crab. Layered with
Vegetables and your choice
White or Red sauce**Single \$16.95 2-4 people \$34.95 6-9 people \$59.95**Gluten Free Lasagna
Prawns, Shrimp, Scallops
And Crab. Layered with
Sole and Vegetables with
a Red sauce.Smoked Salmon
Smoked Salmon
layered with vegetables
in a creamy white sauce.**Custom Dinner Packages to suit your dietary needs***(salt, gluten, garlic, herbs or sauces)*

*Dinners are made and frozen for pick-up at your convenience.

*Please specify whether you will be reheating in an oven or microwave for packaging purposes.

*Entrée sizes made with you in mind - Senior-sized portions, etc.

*Delivery is available with added fee -Please order in advance





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SUSHI MENU

Every Wednesday & Friday

Phone: (250) 545-5665 or 1 877-545-5665

SUSHI Trays:

\$ 42.95 tray and up	for 3 rolls, approx. 30 pieces
\$ 54.95 tray and up	for 5 rolls, approx. 50 pieces
\$ 69.95 tray and up	for 7 rolls, approx. 70 pieces

All tray prices approximate and subject to change according to the price of the SUSHI Roll chosen

Nigiri SUSHI:

SALMON	\$ 4.50 each
AHI TUNA	\$ 4.50 each
PRAWN	\$ 3.50 and up
SMOKED OCTOPUS	\$ 4.50 each

Varieties of SUSHI Available:

\$9.00	CALIFORNIA Kamaboko Stick
\$9.00	LOBSTER Kamaboko
\$9.00	SHRIMP
\$9.00	DYNAMITE Tempura Shrimp
\$9.00	CAJUN SHRIMP or CRAB
\$11.00	SMOKED OCTOPUS
\$9.00	REAL CRAB CALIFORNIA 100% Fresh Crab with Roe
\$9.00	B.C. ROLL Raw Salmon/100% Fresh Crab/Roe
\$11.00	BROILED EEL Unagi
\$9.00	SCALLOP with Roe
\$9.00	SPICY SCALLOP
\$8.00	SPICY CARROT
\$8.00	VEGETARIAN Regular or Spicy
\$9.00	SPICY TUNA
\$9.00	NEGI TORO
\$9.00	RAW TUNA
\$9.00	RAW SALMON
\$9.00	SMOKED SALMON with Cream Cheese
\$9.00	SMOKED LOX with Cream Cheese
\$9.00	TERIYAKI SALMON
\$9.00	TERIYAKI CHICKEN
\$9.00	TROPICAL B.C. ROLL Raw Salmon
\$9.00	SPICY SALMON

Sushi rolled with traditional white rice or brown rice..special orders upon request

Minimum orders of 5 rolls required on non-SUSHI days, with one variety of rice.
Please order at least 1-2 days in advance. All trays come with Wasabi, Pickled Ginger and Soya Sauce.

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SEAFOOD PARTY TRAYS & APPETIZERS

ASSORTED SEAFOOD TRAYS

A selection of seafood appetizers, which includes Thai or Boston Crab Cakes, Grilled Scallops, Grilled Shrimp, Salmon Curry Cakes and Cajun Oysters.

**Your choice of cocktail, sweet Thai chili, or wasabi mayonnaise*

Tray for 2...	\$29.95
Tray for 4...	\$39.95
Tray for 8...	\$72.95
Tray for 12....	\$95.00

COCKTAIL SHRIMP PLATTER

Grilled Garlic Shrimp, served with cocktail sauce. Size of platter depends on the size of party.

\$85.00 and up

SHRIMP EXPLOSION

A large platter of medium-sized grilled or steamed shrimp, served along with fruit or cheese.

Market Price

SELECTED SMOKED FISH EXTRAVAGANZA

Smoked Herring, Tuna, Halibut and whole Mackerel, Smoked Eulichans, Sockeye Lox, Smoked Pate, assorted flavours of Bob's Smoked Canadian Salmon, Swedish Gravlox and Smoked Salmon Jerky

\$99.95 and Up

WHOLE BUTTERFLY OR HALF SALMON

Cooked and ready to serve. Maple, Herb or Wasabi Crusted Sockeye or Spring Salmon.

Market Price

COLD FRESH OYSTERS ON THE HALF SHELL

Varieties from the East and West Coast, shucked and ready to eat.

Market Price

VIETNAMESE SALAD ROLLS

Crab.....	\$2.50each
Shrimp.....	\$2.25 each
Vegetarian.....	\$1.95 each

Create your own tray with any of the three varieties.