



## BRUNCH

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### MUSHROOM HASH • 19

crispy potato polenta, roasted mushrooms and peppers, arugula, two poached eggs, pepper jam, hollandaise

*add smoked meat • 6*

### SMOKED BEET RANCHEROS • 19

house smoked beets, black rice, chunky avocado, poached eggs, chipotle black crema, pickled onions, tortilla crumble

### GREATROOM OMELETTE • 21

oven roasted tomatoes, arugula, basil pistou, goat feta, served with pickled beet, cucumber and pea shoot salad, and your choice of toast

*items below with choice of parmesan and green onion hash browns or warm black rice and yam with green onions*

*substitute fruit or green salad • 2.50*

*tofu scramble for eggs • 2*

### SURF'S UP BREAKFAST • 22

two free run eggs, oven roasted tomato, toast, choice of house smoked ham, bacon or chicken-apple sausage

### SALMON BENNY • 23

local cold smoked salmon, spinach, dill, cream cheese, pickled fennel, house made focaccia

### CLASSIC BENNY • 22

house smoked ham, bacon jam, house made focaccia

### VEGETARIAN BENNY • 20

mushroom, spinach, truffle garlic spread, crispy shallots, house made focaccia

### BREAKFAST SANDWICH • 20

smoked bacon or smoked beets, fried egg, pickled onions, chunky avocado, arugula, red pepper aioli, toasted bun  
*add cheddar • 2*

### CRISPY CHICKEN SANDWICH • 23

crispy buttermilk chicken, house hot sauce, arugula, dill pickles, parmesan ranch  
*add cheddar • 2*  
*add bacon • 4*

### SWEET WAFFLE • 20

served with maple syrup, strawberry compote, vanilla cream cheese whip, fresh strawberries, toasted coconut (*may contain nuts*)

### PLAIN WAFFLE • 12

served with maple syrup (*may contain nuts*)

*add crispy chicken • 12*

### LONG BEACH BOWL • 19

roasted yams, mushrooms, avocado, oven roasted tomato, tofu scramble, cashew hummus, pumpkin seeds

### VEGAN YOGURT BOWL • 15

cocofino yogurt, mango passionfruit puree, shattered raspberries, banana, strawberries, cocoa chia & flax seeds, granola, toasted coconut

### GREEN SALAD • 10 • 19

arugula, pea shoots, cucumber, dried cranberries, goat feta, pumpkin seeds, pickled beets, mustard vinaigrette

*add crispy chicken • 12*

*add local cold smoked salmon • 7*

### HOUSE OATMEAL • 12

served hot, apple cinnamon compote, maple syrup, toasted almonds

### BAGEL AND LOX • 14

local cold smoked salmon, dill caper cream cheese, pickled onion, toasted buckwheat bagel

### DAILY SMOOTHIE • 7

chef inspired flavor, limited quantities

### BAKERY

daily muffin • 6

toasted buckwheat bagel • 7

with butter, cream cheese, preserves

toast with butter, preserves • 5

### EXTRAS AND SIDES

local cold smoked salmon • 7

egg of your choice • 2.50 | roasted tomato • 4

fresh fruit • 7 | avocado • 4 | bacon • 7

house smoked ham • 6

two chicken-apple sausages • 7

herb and parmesan hash browns • 6

most items can be modified to accommodate vegetarian, vegan, or gluten-free preferences



## BRUNCH

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### HOT BEVERAGES

*substitute soy or oat milk* • 1

*make it iced* • 1

**foggy bean drip coffee** • 3.75

**mighty leaf teas** • 3.75

**hot chocolate** • 6

**americano** • 4.5

**cappuccino** • 5.50

**latte** • 6

**vanilla latte** • 7

**chai latte** • 7

**mocha** • 7.50

### SPECIALTY COFFEE

*1oz* • 9 *2oz* • 16

**blueberry tea** disaronno, grand marnier, orange pekoe tea

**bailey's coffee** bailey's irish cream, espresso

**irish coffee** jameson's irish whiskey, espresso

**b52** bailey's irish cream, grand marnier, kahlua, espresso

**spanish coffee** kahlua, brandy, espresso

**juice** • 5 *orange, grapefruit, cranberry, apple or pineapple*

**tofino kombucha** • 7 *lemon ginger or raspberry*

### CAESARS

*2oz* • 14

*served with clamato juice, tabasco & worcestershire*

**folklore** sheringham akvavit, lemon juice, pacific brine, pickled green bean

**fearless** tofino distillery jalapeno vodka, lime juice, pacific brine, banana pepper, green bean

**london boy** befeater gin, lime juice, pacific brine, horseradish, olive, pickled green bean

### MIMOSA

**narrative** bubbles *served with orange juice, cranberry or grapefruit juice* • 14

**feature bottle of narrative** served with choice of juice *designed for up to 8 people, minimum 2 people* • 48

### WINE

*5oz | 8oz | bottle*

**feature red & white** *server has details* • 9 | 14 | 45

### WHITE

**vioigner la frenz 2022** (*naramata, okanagan*) • 16 | 24 | 80

**pinot gris alderlea 2022** (*cowichan bay, vancouver island*) • 15 | 22 | 70

**sauvignon blanc winemaker's cut 2022** (*oliver, okanagan*) • 15 | 22 | 70

**chardonnay pedroncelli 2021** (*dry creek, sonoma valley, california*) • 14 | 21 | 65

### ROSÉ

**unsworth 2022** (*mill bay, vancouver island*) • 14 | 21 | 67

**SPARKLING** *5oz | bottle*

**unsworth "charme de l'île" nv** (*cowichan valley, vancouver island*) • 14 | 70

### RED

**pinot noir quails'gate "estate" 2022** (*west kelowna, okanagan*) • 16 | 23 | 75

**syrah hester creek 2020** (*oliver, okanagan*) • 14 | 21 | 70

**cabernet franc burrowing owl 2019** (*oliver, okanagan*) • 18 | 26 | 86

**merlot da silva 2019** (*penticton, okanagan*) • 18 | 26 | 86