

SANDBAR BISTRO

SMALL PLATES

HOUSE FRIES • 10

house cut kennebec fries served with bay sauce

CHILLED PRAWNS • 16

6 poached prawns served
with spicy thousand island

CRISPY CAULIFLOWER • 17

chili carrots, cashew hummus, sesame dukkah

CRISPY SQUID • 18

humboldt squid, spiced dill salt,
preserved lemon aioli

BOWLS & SALADS

HOUSE SALAD • 11/19

mixed greens, cucumber, tomato, goat feta,
maple balsamic vinaigrette

SOBA NOODLE BOWL • 23

soba noodles, pickled carrots, cucumber,
edamame, daikon, ginger tahini dressing, crispy
tofu, crispy shallots

add chicken • 10

add crispy tofu • 8

add chilled prawns • 12

add avocado • 4

CHICKEN STRIPS • 25

5 gluten free chicken strips, house cut fries,
plum sauce

FISH & CHIPS

ONE PIECE • 21 or TWO PIECES • 30

gluten free beer batter, local ling cod, house cut
fries, coleslaw, tartar sauce, lemon

TUNA STACK • 21

marinated albacore tuna, edamame, avocado,
wasabi tamari, radish sprouts, nori potato crisps

POUTINE • 15

house cut kennebec fries, cheese curds,
smoked chicken gravy

QUESO DIP • 13

corn chips

KOREAN LETTUCE WRAPS • 20

crispy pork belly or tofu, pickled carrot, peanuts,
daikon, cucumber, gochujang bbq sauce

HAND HELDS

all served with house cut fries
substitute salad • 2

COX BAY BURGER • 26

BEEF or CHICKEN

aged cheddar, bay sauce, pickles, onion relish,
shredded lettuce

sub vegan cheese • 1

add bacon • 2.5

add avocado • 4

SALMON BURGER • 25

dill caper wild salmon patty, preserved lemon
aioli, pickled carrot, smashed avocado,
shredded lettuce

BLACK BEAN BURGER • 24

black bean corn patty, cashew hummus,
onion relish, smashed avocado, shredded lettuce

REUBEN • 26

slow smoked spiced brisket, spicy thousand
island dressing, house make sauerkraut,
provolone, multigrain bread

KID'S MEAL • 15

served with fries or salad

chicken strips [3] or hamburger with ketchup or
battered lingcod

ICE CREAM BARS

assorted flavors

SANDBAR BISTRO

B.C. CIDER

lass chance 355ml • 8
apple | pear | peach | haskap

nomad cider
apple semi dry 473ml • 11

BEER ON TAP

16oz • 9 | 20oz • 11
tofino brewing lager
phillips solaris summer ale

CANS

tofino lager 355 ml • 7
tofino brewing blonde ale 473ml • 9
tofino brewing ethereal ipa 473ml • 9
tofino brewing feature 473ml • 9
hoayne brewing italian pilsner 473ml • 9
superflux feature 473 ml • 11
whistler forager gluten free 355 ml • 8

NON-ALCOHOLIC

phillips iota n/a 355ml • 8
pilsner ale | hazy ipa | pale ale | peach wheat ale

ones+ sparkling red 8oz • 11
ones+ sparkling white 8oz • 11

pop 355ml • 3.50
chateau sparkling water 355ml • 5 750ml • 8

orange or apple juice 355ml • 4
tofino kombucha • 7

B.C. BY THE GLASS

5oz | 8oz | bottle

WHITE

white blend
stone road • 9 | 14 | 45
nv okanagan valley

pinot gris
quails gate “field & flight” • 14 | 20 | 65
okanagan valley

sauvignon blanc
winemakers cut • 16 | 23 | 75
okanagan valley

ROSE

unsworth rose • 15 | 21 | 70
vancouver island

RED

red blend
stone road • 9 | 14 | 45
nv okanagan valley

pinot noir
quails gate “field & flight” • 16 | 23 | 75
okanagan valley

merlot / cabernet franc
wine makers cut “bohemian” • 16 | 23 | 75
okanagan valley

COCKTAILS

sandbar lime margarita 2oz • 16

aperol spritz • 16

caesar 473ml • 9

the strait & narrow pacific coast cocktails
“assorted flavors” 355ml • 8