



BRUNCH

MUSHROOM HASH • 19

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

smoked meat • 6

SMOKED BEET RANCHEROS • 19

house smoked beets, black rice, guacamole, 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 hash browns, herb, green onions or warm black rice, 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 tomatoes, toast, choice of house smoked ham, bacon or chicken-apple sausage

substitute 6oz sirloin steak • 12

SALMON BENNY • 23

local cold smoked salmon, spinach, dill, 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 "BLT" SANDWICH • 20

smoked bacon or smoked beets, fried egg, oven roasted tomato, chunky avocado, arugula, red pepper aioli, toasted bun

add cheddar • 2

CRISPY CHICKEN SANDWICH • 23

crispy buttermilk chicken, house hot sauce, shaved lettuce, dill pickles, parmesan ranch

cheddar • 2

bacon • 4

SWEET WAFFLE • 20

strawberry compote, vanilla cream cheese whip, toasted coconut (*may contain nuts*)

crispy chicken • 12

PLAIN WAFFLE • 12

served with maple syrup (*may contain nuts*)

crispy chicken • 12

LONG BEACH BOWL • 19

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

VEGAN YOGURT BOWL • 15

coconut 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, mustard vinaigrette

crispy chicken • 12

smoked salmon • 7

HOUSE OATMEAL • 12

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

BAGEL AND LOX • 14

wild cold smoked salmon, dill caper cream cheese, pickled onion, 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

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



BRUNCH

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

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 beefeater gin, lime juice, pacific brine, horseradish, olive, pickled green bean

MIMOSA

unsworth "charme de l'île" and orange juice, cranberry or grapefruit juice • 14

WINE

5oz | *8oz* | *bottle*

FEATTURE WINES

random red & white • 9 | 14 | 45

WHITE

viogner 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