



long beach lodge
RESORT

BRUNCH

8:00 am – 12:00 pm

call 250-725-2442 or extension 505 to order

MUSHROOM HASH • 17

crispy potato polenta, roasted mushrooms and peppers, arugula, two poached eggs, pepper jam, hollandaise
add smoked meat • 4

SMOKED BEET RANCHEROS • 16

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

DAILY OMELETTE • 16

chef inspired creation, house made toast

BAGEL AND LOX • 11

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

items below with choice of herb and parmesan hash browns or warm black rice and yam salad

substitute fruit • 2.50

tofu scramble for eggs • 2

SURF'S UP BREAKFAST • 17

two eggs, toast, choice of bacon, ham or chicken-apple sausage

FOCACCIA BENNY

salmon • 17

local cold smoked salmon, spinach, dill, pickled fennel

classic • 17

house smoked ham, bacon jam

vegetarian • 16

mushroom, spinach, truffle garlic spread, crispy shallots

BREAKFAST SANDWICH • 15

house smoked back bacon, red pepper jam, guacamole, fried egg, buckwheat bagel

SWEET WAFFLE • 15

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

PLAIN WAFFLE • 10

served with maple syrup (*may contain nuts*)

LONG BEACH BOWL • 16

roasted yams, mushrooms, avocado, grape tomato, tofu scramble, hummus, pumpkins seeds

VEGAN POWER BOWL • 14

toasted almonds, chia, cashews, seeds, dried fruit, granola, banana, fresh berries

HOUSE OATMEAL • 12

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

DAILY SMOOTHIE • 7

chef inspired flavor while quantities last

BAKERY

croissant • 5

daily muffin • 5

toasted buckwheat bagel • 5

with butter, cream cheese, preserves

toast, butter, preserves 4

EXTRAS AND SIDES

smoked salmon • 6

fresh fruit • 5

avocado • 4

bacon or cured ham • 4

two chicken-apple sausage • 4