


long beach lodge
RESORT

SANDBAR BISTRO

12:00pm to sunset

SMALL PLATES

HOUSE FRIES • 9

house cut french fries served with bay sauce

CHILLED PRAWNS • 19

8 poached prawns served with turmeric tahini emulsion

CRISPY CAULIFLOWER • 15

citrus chili carrots, togarashi salt, hummus

THAI CHICKEN • 18

fried chicken thighs, chili cucumbers, fish sauce caramel, smoked kelp, baby romaine

TUNA TOSTADA • 19

crispy corn tortilla, marinated tuna, miso dashi aioli

QUESO DIP • 13

corn chips

LEMONGRASS SQUID • 18

crispy humboldt squid, citrus salt, cilantro, green onion, lemongrass aioli

BOWLS & SALADS

HOUSE SALAD • 11 • 19

mixed greens, cucumber, tomato, goat feta, sunflower seeds, blackberry balsamic vinaigrette

add chicken • 10
add crispy tofu • 8
add chilled prawns • 12
add avocado • 4
add halloumi • 8

HIPPY BOWL • 22

grilled halloumi *or* tofu, chili carrots, cucumber, avocado, roasted corn, hummus, turmeric tahini emulsion, quinoa, brown rice

CRISPY BEEF NOODLES • 24

udon noodles, cabbage, red pepper, green onion, cilantro, sesame sweet soy, spicy peanut sauce

CHICKEN STRIPS • 22

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

HAND HELDS

served with house cut fries
substitute fries for salad • 2

COX BAY BURGER • 24

BEEF *or* CAJUN CHICKEN

6 oz patty, aged cheddar, bay sauce, pickles, onion relish, shredded lettuce, bun
plant based patty or vegan cheese • 2

add bacon • 2.50

add avocado • 4

PULLED PORK SANDWICH • 21

12 hour smoked pork shoulder, smoked apple aioli, dill pickle slaw, house bbq sauce, french baguette

FISH CAKE BAHN MI • 22

house made fish cakes, cilantro, cucumbers, cabbage, pickled carrots, lemongrass aioli

RUEBEN SANDWICH • 24

12 hour braised pastrami, sauerkraut, swiss cheese, russian dressing, french baguette

KID'S MEAL • 14

served with house fries or salad

hamburger *or* 3 piece chicken strips
or battered ling cod

FROZEN TREATS

minion, cyclone, firecracker • 4

king cones • 5.50

magnum bars • 6

giant cookie sandwich • 6.50

vanilla sandwich • 5.50



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SANDBAR BISTRO

12:00pm to sunset

happy hour 3:00pm -5:00pm

\$2 off any draught beer, margaritas, and wine by the glass

CIDER

5oz | 8oz | bottle

nomad cider semi dry apple 500 ml • 14

BEER ON TAP

16oz • 9 | 20oz • 11

tofino lager *or* philips feature

CANS

tall can 473 ml • 9

superflux feature 473 ml • 11

glutenberg gf 473ml • 11

partake n/a blonde ale 355 ml • 9

walters caesar extra spicy 473ml • 9

pop 355 ml • 3

earth bottle water 473ml • 4

minute maid orange juice • 3.5

minute maid apple juice • 3.5

BC BY THE GLASS

WHITE

stone road white blend • 9 | 14 | 45

nv okanagan valley

alderlea pinot gris • 14 | 21 | 67

2021 cowichan valley, vancouver island

random white *ask the server for details*

ROSE

sea star intertidal • 14 | 21 | 67

2021, pender island

RED

kettle valley merlot • 11 | 16 | 53

2019 naramata bench, okanagan

lighting rock pinot noir • 15 | 22 | 70

2019 oliver okanagan

random red *ask the server for details*

COCKTAILS

lime margarita 2oz • 14

served on the rocks