

## SANDBAR BISTRO

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### SMALL PLATES

**HOUSE FRIES • 6 | 11**

house cut french fries served with bay sauce and malt vinegar aioli

**CHILLED PRAWNS • 20**

8 poached prawns served with charred jalapeno crema

**CRISPY CAULIFLOWER • 16**

pickled carrots, cajun salt, cashew hummus

**CRISPY SQUID • 18**

humbolt squid, cajun salt, malt vinegar aioli

### BOWLS & SALADS

**HOUSE SALAD • 11 | 19**

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

**HIPPIE BOWL 2.0 • 22**

mixed greens, quinoa, pickled carrots, tomato, black bean salsa, pickled onion, charred jalapeno crema, tortilla crunch

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

**CHICKEN LETTUCE CUPS • 18**

crispy chicken thighs, spicy caramel, black bean salsa, iceberg, charred jalapeno crema

**TUNA TOSTADA • 20**

crispy tortilla cup, albacore tuna, ponzu, miso aioli, avocado, radish

**QUESO DIP • 13**

corn chips

**CHIPS & CORN SALSA • 9**

corn chips, black bean and corn salsa

### HAND HELDS

**all served on a classic bun with house cut fries or substitute salad • 2**

**COX BAY BURGER • 25**

**BEEF or CAJUN CHICKEN or VEGGIE**  
aged cheddar, bay sauce, pickles, onion relish, shredded lettuce, bun  
*sub vegan cheese • 1*

add bacon • 2.5 add avocado • 4
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**CRISPY FISH BURGER • 24**

crispy halibut and lingcod cake, malt vinegar aioli, pickles, shredded lettuce

**PULLED PORK BUN • 22**

12 hour smoked pork shoulder, smoked apple aioli, pickles, house bbq sauce, shredded lettuce

**LAMB BURGER • 26**

house merguez patty, mint chimichurri aioli, caramelized tomato, goat feta, pickled onion

### OTHER

**KID'S MEAL • 15**

*served with fries or salad*

chicken strips [3] or hamburger with ketchup or battered ling cod

**ICE CREAM**

melona • 3

giant cookie sandwich • 6.5

  
long beach lodge  
RESORT

SANDBAR BISTRO

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CIDER

broken ladder 355ml • 8  
apple  
apple & hops  
rose (apples & cherries)

nomad cider semi dry 473 ml • 14

BEER ON TAP

16oz • 9 | 20oz • 11

tofino brewing lager  
phillips solaris summer ale

CANS

tofino brewing blonde ale 473 ml • 9  
tofino brewing ethereal ipa 473 ml • 9  
hojne brewing italian pilsner 473ml • 9  
superflux feature 473 ml • 11  
glutenberg gf 473ml • 11

NON ALCS

phillips iota n/a pilsner ale 355 ml • 7  
phillips iota n/a pale ale 355 ml • 7

pop 355 ml • 3  
earth bottle water 473ml • 4  
sparkling water • ask for what is avail  
orange or apple juice 355 ml • 3.5

BC BY THE GLASS

5oz | 8oz | bottle

WHITE

white blend

stone road • 9 | 14 | 45  
*nv okanagan valley*

chardonnay

lightning rock • 16 | 23 | 75  
*2021 okanagan valley*

pinot gris

ramification cellars • 14 | 20 | 65  
*2022 okanagan valley*

ROSE

haywire rose • 14 | 20 | 65  
*2021 oliver, okanagan*

RED

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

chianti fattoria valacchi • 13 | 18 | 60  
*2019 tuscan Italy*

pinot noir quails gate • 16 | 23 | 75  
*2021 oliver, okanagan*

COCKTAILS

sandbar lime margarita 2oz • 14  
walters caesar 473ml • 9

the strait & narrow pacific coast gin cocktails • 7  
grapefruit rosemary  
pear rhubarb  
peach elderflower  
lemon lavender