

SANDBAR BISTRO

SMALL PLATES

TUNA TOSTADA • 20

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

CHICKEN LETTUCE CUPS • 18

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

SHRIMP ROLLS • 20

sustainably sourced white shrimp, pickled fennel,
onion, dill, lemon, smoked kelp aioli, garlic butter bun

CHILLED PRAWNS • 20

8 poached prawns served with charred jalapeno crema

CRISPY SQUID • 18

humboldt squid, cajun salt, malt vinegar aioli

CRISPY CAULIFLOWER • 16

pickled carrots, cajun salt, cashew hummus

CHIPS & CORN SALSA • 9

corn chips, black bean and corn salsa

QUESO DIP • 13

corn chips

HOUSE FRIES • 11

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

BOWLS & SALADS

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 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

HOUSE SALAD • 19

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

HAND HELDS

all served with house cut fries or substitute salad • 2

COX BAY BURGER • 25

BEEF or CAJUN CHICKEN

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

add bacon • 2.5 add avocado • 4

PULLED PORK BURGER • 22

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

CRISPY FISH BURGER • 24

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

VEGGIE BURGER • 24

spiced bean patty, aged cheddar, corn salsa, charred
jalapeno crema, pickles, shredded lettuce
sub vegan cheese • 1

KID'S MEAL • 15

served with fries or salad

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

ICE CREAM

ask server for details


long beach lodge
RESORT

SANDBAR BISTRO

CIDER

broken ladder 355ml • 7
apple
rose (apples & cherries)

nomad cider
apple semi dry 500ml • 14

BEER ON TAP

16oz • 9 | 20oz • 11

tofino brewing lager
phillips solaris summer ale

CANS

tofino brewing blonde ale 473ml • 9
tofino brewing ethereal ipa 473ml • 9
hojne brewing italian pilsner 473ml • 9
driftwood white bark witbier 473ml • 9
superflux feature 473 ml • 11
phillips dinosaur stonefruit sour 355 ml • 7
glutenberg gf 473ml • 11

COCKTAILS

sandbar lime margarita 2oz • 14
aperol spritz • 14
caesar 473ml • 9
the strait & narrow pacific coast
gin cocktails “assorted flavors” • 7

BC BY THE GLASS

5oz | 8oz | bottle

WHITE

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

sauvignon blanc
winemakers cut • 16 | 23 | 75
2021 okanagan valley

pinot gris
ramification cellars • 14 | 20 | 65
2022 okanagan valley

ROSE

unsworth rose • 14 | 20 | 65
2021 vancouver island

RED

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

chianti piazzano • 13 | 18 | 60
2022 tuscan Italy

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

NON-ALCOHOLIC

BEER

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

WINE

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

pop 355ml • 3
earth bottle water 473ml • 4
sparkling water • ask for flavours and pricing
orange or apple juice 355ml • 3.5
tofino kombucha • 3