



Tidal Café



At Tidal Café, we make almost everything from scratch. Our ingredients, including LOCAL free-range eggs, are thoughtfully sourced from Vancouver Island and the Comox Valley whenever possible.*

BENNIES

Bennies come on a house-made buttermilk biscuit and include a rösti potato with microgreens*. Sub side fruit or green salad | 2

SALMON BENNY | 20.5

Two poached eggs with wild smoked salmon lox, caramelized onion and herb cream cheese, lemony kale, fried capers, pickled onion and hollandaise

SOUTHERN BENNY | 20.5

Two poached eggs with double-smoked bacon and lemony kale covered with our house-made sausage country gravy

CLASSIC BENNY | 19

Two poached eggs with back bacon topped with hollandaise

VEGGIE BENNY | 19

Two poached eggs with roasted tomato, caramelized onion and herb cream cheese, sautéed mushrooms, lemony kale and hollandaise

CHIPOTLE MAPLE BACON BENNY | 19.5

Two poached eggs with double smoked bacon on mini buttermilk pancakes topped with chipotle hollandaise and served with real maple syrup

VEGAN BENNY | 21.5

Sourdough toast with sautéed smoked tofu, roasted tomato, basil garlic aioli, sautéed mushrooms, lemony kale and vegan hollandaise

CLASSICS

THE MONTREALER | 21.5

Montreal smoked meat, sautéed mushrooms, arugula, microgreens, swiss cheese, basil garlic aioli and an over easy egg on a brioche bun. Comes with a rösti potato

CAFÉ BREAKFAST | 20

2 eggs any style, oven rösti potato, roasted tomato, baked beans, sautéed mushrooms, 2 strips double-smoked bacon, 1 house-made sausage patty and choice of buttered toast

PANCAKE BREAKFAST | 19

2 eggs any style, 2 buttermilk pancakes, 2 strips bacon, 1 house-made sausage patty, real maple syrup and butter

BREAKFAST SANDWICH | 18

Two eggs omelette style, bacon, cheddar cheese, sliced tomato, lettuce and basil-garlic aioli on a brioche bun. Comes with a rösti potato
Add avocado 2.5

AVO TOAST | 17

Multigrain toast, basil-garlic aioli, avocado smash, avocado, poached egg, parmesan, tomato and microgreens. Served with a side salad
Add smoked salmon 3 Sub smoked tofu 2 Extra egg 2.5

CINNAMON ROLL PANCAKES | 18

Three fluffy buttermilk pancakes swirled with cinnamon and drizzled with cream cheese icing. Served with butter, real maple syrup and fresh seasonal fruit salad

FRENCH TOAST | 18

Bread pudding style, full of raspberries with cream cheese and drizzled with cream cheese icing. Served with real maple syrup and fresh seasonal fruit salad. (GF option available)

BOWLS

SMOKED MEAT HASH | 22

Oven rösti potato, roasted yam, two poached eggs, Montreal smoked meat, onions, peppers, microgreens, hollandaise and choice of buttered toast

CHEESY POTATO | 21.5

Oven rösti potatoes, cheese curds, and two scrambled eggs topped with country gravy (or hollandaise), bacon and microgreens. Choice of buttered toast

MO-JO | 21

Oven rösti potatoes, sautéed mushrooms, onions and peppers, two scrambled eggs, hollandaise, microgreens and choice of buttered toast

RANCHERO | 19

House-made black bean patties, two scrambled eggs, avocado smash, roasted tomato, jalapeño jack cheese, Southwest corn salsa, chipotle crema, pickled onion, microgreens, tostada (GF)

TAMAGO GOHAN | 19

Brown Japanese sticky rice topped with two soft poached eggs, nori strips, pea microgreens, avocado, sliced cucumber, toasted sesame seeds, pickled onions and a drizzle of tamari sesame dressing (GF)
Add smoked salmon 3

FRITTATA

Our open-face three egg omelettes are topped with dressed arugula, microgreens and fresh herbs. Comes with a side salad and choice of buttered toast. Add a rösti potato 3.5

SMOKED SALMON | 21.5

Wild smoked salmon, roasted yams, pepper jack cheese and scallions

DOUBLE BACON AND CHEESE | 21.5

Double-smoked bacon *plus* back bacon, cheese curds and scallions

COMOX | 20

Peppers, onions, mushrooms, Swiss and cheddar cheese
Add ham 2

LUNCH (AFTER 11AM)

SMOKED MEAT SANDWICH | 21.5

Montreal smoked meat served on a brioche bun with Dijon, basil garlic aioli, sauerkraut and Swiss cheese. Comes with side soup or salad

GRILLED BLT SANDWICH | 18

Fresh tomato, lettuce, double-smoked bacon and basil garlic aioli. Choice of bread. Comes with side soup or salad
Sub smoked tofu 2 Add avocado 2.5 Add cheese 2

GRILLED MUSHROOM AND SWISS SANDWICH | 18

Sautéed mushrooms, Swiss cheese and basil garlic aioli. Choice of bread. Comes with side soup or salad
Sub vegan cheese 1 Add Bacon 4 Add Egg 2.5

* SUBSTITUTIONS UNLESS OTHERWISE NOTED 1.5

* ASK YOUR SERVER ABOUT GLUTEN FREE AND VEGAN OPTIONS



HOT DRINKS

Locally roasted beans by Red Tree Specialty Coffee. Available for purchase to enjoy at home!

Slack Tide House Roast (unlimited refill)	4.5
Rip Tide Espresso Americano	4.5
Cappuccino Flat White Cortado	5
Latte Matcha Latte	5.5
Stonehouse Signature Tea	4
Chai Latte London Fog Hot Chocolate	6
Flavour Shot Milk Alternative Coconut Whip	.5

COLD DRINKS

Fresh Squeezed Orange	7
Fresh Pressed Apple Juice (Island Orchard)	5.5
Juice (Cranberry Orange Grapefruit)	4
Phillips Craft Soda	4
San Pellegrino Soda (Blood orange Lemon Grapefruit)	3.5
Eska Sparkling Water with Lemon	2.5
House Iced Tea	5.5
Lavender Lemonade	5.5
Hot or Cold Water with Lemon	.5

ZERO PROOF

GRAPEFRUIT COLLINS Grapefruit juice, lime juice, simple syrup, sparkling water	6.5
TURMERIC ELIXIR Turmeric, ginger, lemon, maple syrup, cayenne (served hot or cold)	7
ESPRESSO TONIC Double shot of Rip Tide Espresso poured over iced craft tonic with a twist of lime	6.5
STRAWBERRY GRAPEFRUIT SMASH Muddled strawberry, grapefruit juice, thyme simple syrup and sparkling water	6.5

SWEETS

CHOCOLATE DECADENCE CAKE (GF) (V) | 8
Served warm with raspberry coulis and whipped cream

WARM GINGER CAKE | 8
Served with Salted Caramel Sauce and Whipped Cream
Sub coconut whipped .5



By eating at Tidal Café, you are making a positive impact on this community by supporting our wonderful local growers and producers!



BRUNCH COCKTAILS

SEASIDE CAESAR Unruly Vodka or Gin, Walter Craft Caesar Mix (or tomato juice), lime, hot sauce, Worcestershire, black pepper, smoked paprika (1.5oz)	12.5
ESPRESSO MARTINI Double espresso shot, cream, vanilla syrup, Unruly Vodka and Depth Charge (1.5oz)	11.5
COMOX SUNRISE Unruly Gin, lavender syrup, orange juice, cranberry juice, grapefruit/strawberry mix and sparkling water (1.5oz)	11.5
TIDAL MIMOSA (5oz) Strawberry Grapefruit Thyme or Cranberry Rosemary, Apple Cinnamon, Guava, Orange Mango, Orange, Grapefruit, Cranberry	9.5
MIMOSA FLIGHT (6oz) Any three of the above flavours	11
HOUSE-MADE GRAPEFRUIT RADLER Grapefruit juice and local craft beer (12oz)	8
TIDAL CAFÉ RED-EYE Walter Classic Caesar Mix, lime juice and local craft beer (12oz)	8

BEER & WINE

Local craft beer on tap 16oz	7.5
Local craft beer in cans 16oz	7.5
House red, rosé or white wine 8oz	13
Montelvini Sparkling White Wine 8oz	13

LIQUEUR | SPIRITS

WAYWARD DISTILLERY SELECTION Unruly Vodka Unruly Gin Krupnik Depth Charge 1oz 2oz	4 8
Bailey's Grand Marnier Frangelico Apple Liqueur Forty Creek Whisky Spiced Rum Grappa 1oz 2oz	4 8

SIDES

Local, free-range egg 2.5
Two strips double-smoked bacon 4
Two house-made sausage patties 6
Rösti with microgreens 3.5
House-made bean patty 2.5
Wild smoked salmon 6
Toast (2 pieces) 4.5
Tofu scramble 4
Soya Nova smoked tofu 4
Buttermilk pancake (regular or cinnamon) 5
Extra maple syrup 2
Hollandaise 2
Vegan hollandaise 3
Avocado smash or Avocado 2.5
Sub fruit or green salad 7