



Breakfast Menu

Monday to Friday 6:30 am - 11:30 am
 Saturday & Sunday 7:00 am - 10:30 am

Full Canadian Breakfast

2 Eggs any style served with your choice of Canadian Maple Bacon, Breakfast Sausage or Black Forest Ham, Accompanied by Seasoned Roasted Potatoes and Toast. Included is your choice of Coffee or Tea and Juice. 11.95

Beaches Omelet

With your choice of three fillings: Cheese, Bacon, Ham, Shrimp, Green Onions, Mushrooms, Tomato or Peppers. Served with Seasoned Roasted Potatoes and Toast. Extra fillings add \$1.00 each 8.95

Healthy Omelet

Egg Whites with your choice of three fillings: Cheese, Bacon, Ham, Shrimp, Green Onions, Mushrooms, Tomato or Peppers. Served with Butter Lettuce Salad and Toast. Extra fillings add \$1.00 each. 9.25

Spanish Frittata

Home Style Omelet with Potato, Tomato, Onion and Black Forest Ham. Garnished with Chili Flakes. Served with Toast. 9.25

Florentine Croissant

Baby Prawns, Scrambled Egg with Spinach and Onions. Garnished with Seasonal Fresh Fruit. 9.95

Beverages

Torrefazine Italia Coffee /Decaf	2.95
Tazo Regular and Herb Tea	2.45
Latte	3.95
Cappuccino	3.25
Mocha	3.95
Hot Chocolate	1.95

Best of BC

Wild BC Salmon grilled with two BC Eggs any style. Accompanied by Seasoned Roasted Potatoes and Toast 9.25

The New Yorker

New York Steak (5oz) grilled with two Eggs any style. Accompanied by Seasoned Roasted Potatoes and Toast 9.95

Coast Continental

With your choice of a Fresh Muffin, Danish or Croissant. Included is your choice of Coffee or Tea and Juice. Served with Fresh Fruit. 7.95

The Benedicts

Classic Benedict

with Back Bacon

Smoked Salmon Benedict

Veggie Benedict

with Tomato, Zucchini & Spinach

All are served on a Toasted English Muffin with Hollandaise Sauce accompanied by Seasoned Roasted Potatoes.... 9.95

Assorted Juices

Small 1.50 Large 2.50
 Apple, Cranberry, Grapefruit, Orange, Pineapple or Tomato

Beaches Waffle

Your choice of either our Classic Recipe or Low-Carb. Served with Strawberries and Fresh Whipped Cream. 8.50

French Toast

French Baquette with Cinnamon. Garnished with Icing Sugar and Raisins served with Maple Orange Syrup. 7.50

Blueberry Pancakes

3 Pancakes served with Maple Orange Syrup 7.50

Fresh Fruit Plate

Honey Dew, Cantaloupe and Seasonal Berries with Lemon Balm Honey Yogurt. Included is your choice of Coffee or Tea. 7.95



Beaches Side Orders

One Egg Any Style	1.95
Canadian Maple Bacon	2.50
Breakfast Sausage	2.50
Black Forest Ham	2.50
Assorted Cold Cereal	2.50
Oatmeal	2.50
Two Pancakes	3.95
Seasoned Roasted Potatoes	1.95
Toast	1.95
Fresh Fruit Cup	2.50
Fresh Daily Muffin	2.75
Danish or Croissant	2.75

Soups

Shrimp Chowder

Served with toasted Baguette Croutons 5.95

Salads

Add Shrimp, Grilled Salmon or Chicken 2.95

Warm Spinach Salad

With Oven Roasted Mushrooms, Bacon, Scallops & Thistle Honey Lemon Dressing 9.95

Caesar Salad

Served with Baguette Croutons & Asiago Cheese 7.75

Cobb Salad

Roasted Chicken, Bacon, Hard Boiled Egg, Tomato, Scallions on a bed of Baby Greens tossed with our House Dijon Dressing & garnished with Blue Cheese 9.95

Beaches House Salad

Tender Butter Lettuce with Cherry Tomatoes & Toasted Pine Nuts with Little Creek Organic Dressing 6.25

Smoked Salmon

With Goat Cheese on a bed of Mixed Greens, Drizzled with Spicy Cranberry Vinaigrette 9.25

Thai Noodle Salad

Grilled Prawns, Rice Noodles and Vegetables with Spicy Sesame Dressing 9.95

Daily Featured Salad

Ask your server for details. 8.50

Guest Favorites

Sandwiches served with choice of Fresh Hand-Cut Fries, Soup or Salad

Daily Featured Quiche

Ask your server for details 8.95

Turkey Clubhouse

with Bacon, Lettuce & Tomato on multi-grain bread 9.75

Seafood Tempura Wrap

Tempura Wild Salmon served in Tortilla with Shrimp, Garlic, Dill & Lemon Mayonnaise 10.75

Open Face Shrimp Sandwich

Served on a Croissant brushed with Pesto 10.25

Veggie Melt

Roasted Vegetables, Lettuce, Tomato & Cheese 8.95

Chicken Quesadilla

Chicken, Roasted Peppers, Mushrooms & Cheese served with Salsa & Sour Cream 11.25

6 oz Grilled New York Steak Sandwich

Served on Baguette with Dijon Mayonnaise & Caramelized Onions & Mushrooms 11.25

Chicken & Brie Panini

With Roasted Peppers, served on Herb Focaccia 10.75

Burgers

Beef Burger 8.95

Chicken Burger 9.50

Burgers served with Jack Cheese, Bacon, Tomato, Lettuce & Pickle

Veggie Burger 8.50

with Pesto Cream Cheese, Tomato, Lettuce & Onion

add Sautéed Mushrooms 1.50

Served with choice of Fresh Hand Cut Fries, Soup or Salad

Mains

Oriental Rice Bowl

Served with Vegetables topped with Cashew Nuts with choice of Beef or Prawns 10.95

Fresh Tomato & Basil Penne

Served with Oyster, Shiitake & Button Mushrooms in a light Pesto Sauce topped with Asiago cheese 9.95
add chicken 2.95

Poached Wild Salmon

In Tomato Seafood Broth with Rice Pilaf & Steamed Vegetables 11.75

Classic Butter Chicken

A Beaches Speciality Pan Seared Chicken & Vegetables in a Mild Red Curry Sauce 11.75

All day Full Canadian Breakfast

Two Eggs any style served with your choice of Bacon, Sausage, or Black Forest Ham, with Roasted Potatoes, Toast, & choice of Coffee or Tea 11.95





Beaches

Appetizers

Smoked Salmon Salad	
With Goat Cheese on a bed of Mixed Greens, drizzled with Spicy Cranberry Vinaigrette	9.25
Caesar Salad	
Crisp Romaine with Baguette Croutons & Asiago Cheese	7.75
Add Shrimp, Grilled Salmon or Chicken	2.95
Beaches House Salad	
Tender Butter Lettuce with Cherry Tomatoes & Toasted Pine Nuts with Little Creek Organic Dressing	6.25
Add shrimp, grilled salmon or chicken	2.95
Steamed Mussels Timbale	
Steamed with subtle Spices in a Lemon Grass Broth	9.25
Butter Chicken Satay	
Crusted in Cashew, served with Basmati Rice and Naan Bread	7.25
Baked Spring Rolls	
Filled with Goat Cheese, Tomato & Basil	8.50
Sambuca Prawns	
One Dozen sautéed Prawns on Wilted Baby Frisée, and natural pan jus	8.50
Crab Cakes with Smoked Jalapeno Aioli on a bed of Mixed Greens	9.95
Chicken Wings	
Hot, Teriyaki, or Honey Garlic	5.50 for (6) ... 9.95 for (12)
Pistachio Crusted Goat Cheese	
Served with a Sweet Tomato Basil Salsa & Toast Points	6.95

Lounge Menu

Monday to Sunday 5:00 pm. - 10:00 p.m.

Mains

Burgers

Beef Burger 8.95

Chicken Burger 9.50

Served with Jack Cheese, Bacon, Tomato, Lettuce & Pickle

Veggie Burger 7.95

with Pesto Cream Cheese, Tomato, Lettuce & Onion

Served with choice of Fresh Hand Cut Fries, Soup or Salad

add Sautéed Mushrooms 1.50

Chicken Quesadilla

Chicken, Roasted Peppers, Mushrooms & Cheese

Served with Salsa & Sour Cream 10.95

Turkey Clubhouse

Served Classic Style with 100% Fresh Turkey 11.25

Seafood Tempura Wrap

Tempura Wild Salmon served in Tortilla with Shrimp, Garlic, Dill and Lemon Mayonnaise 10.75

Beaches Combo Plate

1/2 dozen Chicken Wings, Samosas, Spring Rolls, Onion rings with fresh Veggies & Dips 11.95

Nachos

100% Corn Nachos topped with a blend of melted Cheddar and Jack Cheese & Jalapenos, served with Salsa & Sour Cream 8.95

Add Cajun Chicken or Beef 2.95 with Guacamole add 1.00

Fresh Tomato & Basil Penne served with Oyster, Shiitake & Button Mushrooms in a light Pesto Sauce topped with Asiago cheese 9.95

add chicken 2.95

6oz grilled New York Steak Sandwich

served on baguette with Dijon Mayonnaise, Mushrooms & Caramelized Onions 11.25

Poached Wild Salmon

In a Natural Broth with Roasted Garlic, Rice & Root Vegetables 11.75

