

## BENT BITES

<b>FRIES</b>	7
<b>YAM FRIES</b>	9
<b>DAILY SOUP</b>	half 5   full 7
<b>ONION RINGS</b>	10
<b>CRISPY CALAMARI</b>	14 <sup>50</sup>
tossed with onions and lemon pepper	
<b>FISH CHOWDER</b>	half 7   full 10
creamy clam base, seasonal veggies, salmon, and pacific rockfish, served with toast	
<b>POUTINE MAKHANI</b>	16
cashew nut curry and cheese curds on house cut fries add grilled chicken 9	
<b>HUMMUS &amp; PITA</b>	single 9   share plate 12
<b>CHICKEN WINGS</b>	14 <sup>50</sup>
BUFFALO   HONEY GARLIC   SWEET CHILLI   BBQ   BLUE MOON   LEMON PEPPER   SALT & PEPPER	
<b>PORK RIBS</b>	13
garlic soya marinated pork short ribs tossed in your choice of BUFFALO   HONEY GARLIC   SWEET CHILLI   BBQ   BLUE MOON   LEMON PEPPER   SALT & PEPPER	
<b>CRISPY CAULIFLOWER</b>	9
besan coated cauliflower bites tossed in garlic sweet chili	
<b>CHICKEN STRIPS</b>	14
housemade chicken strips served with fries and plum sauce	
<b>NACHOS</b>	17
nacho chips topped with diced tomato, onion, olives & jalapeños and cheddar cheese	
add grilled chicken 9   ground beef 7   guacamole 3	
<b>SALADS</b>	
ADD GRILLED CHICKEN 9   GRILLED SALMON 9   AVOCADO 3	
<b>PECAN &amp; BRIE SALAD</b>	17
seasonal greens, shredded beets & carrots, cherry tomato, dried cranberries, toasted sunflower & pumpkin seeds, candied pecans, and brie served with basil vinaigrette	
<b>HOUSE CAESAR</b>	half 11   full 15
romaine hearts, croûtons with caesar dressing garnished with bacon bits, grana padano, and a lemon wedge	
<b>CASHEW CHICKEN SALAD</b>	17
seasonal greens, house marinated grilled chicken, rice vermicelli, cherry tomatoes, cucumber, shredded beets & carrots, and roasted crushed cashew nuts mixed with nutty cashew dressing	
<b>HOUSE GREENS</b>	half 9   full 11
seasonal greens, cherry tomato, cucumber, shredded beets & carrots, roasted sunflower & pumpkin seeds with your choice of dressing.	
CASHEW   PLUM BALSAMIC   BASIL VINAIGRETTE   BLUE CHEESE   RANCH	

## MAST MAINS

<b>FISH'N FRITES</b>	1 piece 13   2 piece 18
wild rockfish, house tartar, coleslaw, and a lemon wedge	
<b>CHICKEN TIKKA QUESADILLA</b>	19
marinated chicken thigh simmered in cashew nut gravy, red & green peppers, red onions and cheddar, on a tomato basil wrap with side salad and mint sauce add avocado 3	
<b>BUFFALO CHICKEN WRAP</b>	15
chicken tikka, buffalo sauce, lettuce and cheddar in a tomato basil wrap with side salad and mint sauce add avocado 3	
<b>FALAFEL WRAP</b>	14
falafel, lettuce, cucumber, red pepper, tomato, tzatziki, and hummus in a tomato basil wrap with side salad and mint sauce add avocado 3	
<b>BUTTER CHICKEN</b>	19
marinated chicken thigh simmered in traditional rich cashew nut gravy served with pita and basmati rice	
<b>MAC N CHEESE</b>	14
fresh Scoobi Do pasta cooked in cheese sauce, grana padano, and served with toast add grilled chicken 9   bacon 3	
<b>ROCKFISH TACOS</b>	16
Blackened rockfish served with cheddar, lettuce, salsa, and chipotle mayo on local corn tortillas add avocado 3	
<b>BURGERS</b>	with fries or daily soup
ADD BACON 3   AVOCADO 3	
UPGRADE TO YAM FRIES 4   SALAD 3   CAESAR 4   CHOWDER 5   MAKHANI POUTINE 5	
SUB GLUTEN-SMART BUN 3	
<b>VEGGIE BURGER</b>	15
spicy black bean patty, fresh hummus, lettuce, onion, tomato, cheddar, and avocado	
<b>BENT MAST BURGER</b>	14 <sup>50</sup>
lean beef patty, chipotle mayo, lettuce, onion, tomato, cheddar, and pickle	
<b>CHICKEN BURGER</b>	16
house marinated grilled chicken breast, chipotle mayo, lettuce onion, tomato, and cheddar	
<b>LAMB BURGER</b>	17
seasoned ground lamb patty, chipotle mayo, lettuce, onion, tomato, and blue cheese	
<b>WILD SALMON BURGER</b>	18
grilled sockeye, house tartar, lettuce, onion, tomato and pickle	
<b>GRILLED CHEESE</b>	11
sourdough/multigrain loaded with cheddar	
	<b>Dessert</b>
<b>CHEESE CAKE</b>	with whipped cream and berry compote 7 <sup>50</sup>

# Brunch

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with hash browns and sautéed mushrooms  
served till 2pm

## OMELETTES

3 eggs

seasonal veggies & cheese 14 | ham & cheese 14

## BENEDICTS

fresh hollandaise | 2 medium poached eggs

huevos avocado salsa 14 | tofino wild smoked salmon 16

traditional ham 14

## BEACON HILL CLASSIC

15

2 eggs, 2 strips of bacon, sausages, hashbrowns, mushroom, and toast

## MEAT LOVER'S SKILLET

17<sup>50</sup>

2 eggs on chorizo crumble, back bacon, farmer sausage, cheddar & hash, served with hollandaise

## HUEVOS RANCHEROS

17

2 eggs, chorizo crumble, refried beans, cheddar, salsa, chipotle sauce, and avocado on crispy corn tortillas

## EGG SANDWICH

13

egg, cheese, back bacon, arugula, salsa, served on a ciabatta.