



HIGH TIDE SOCIAL MENU

570 BOUNDARY BAY ROAD, CENTENNIAL BEACH, DELTA, BC

STARTERS & SALADS



Clam Chowder - \$11.95

West Coast clam chowder with garlic bread.

House Caesar Salad- \$11.95

Romaine, Caesar dressing, Parmesan, and garlic-herb croutons.

West of Canada Salad-\$11.95

Romaine, pico de gallo, corn, black beans, tortilla chips, and chipotle ranch.

Additions: Grilled Chicken – \$6.95 | Grilled Wild Salmon – \$7.95 | crispy Calamari – \$9.95 | Tempura Shrimp (5 pcs)-\$9.95

Cauliflower Bites - \$14.95

Fried cauliflower with teriyaki or spicy hot sauce.

Chicken Strips & Fries- \$17.95

3 Chicken tenders with fries and honey mustard.

HIGH TIDE MAINS



Famous Fish & Chips – \$21.95

2 pcs of Wild cod, lightly battered and fried. Served with fries and tartar sauce. Halibut+10\$ | Salmon+5\$

Crispy Calamari & Fries- \$19.95

Seasoned fried calamari with fries and dipping sauce.

Tempura Shrimp & Fries - \$17.95

Tempura-battered shrimp with fries and house dip.

Fish Tacos (3 pcs) - \$ 19.95

Fried wild fish, cabbage slaw, pico de gallo, and creamy chipotle.

Cajun Chicken Quesadillas-\$19.95

Cajun garlic chicken, pico de gallo, corn, beans, cheese, salsa and sour cream.

HIGH TIDE BURGERS



The Beef Smash Burger – \$12.95

Smashed beef patty, aged cheddar, grilled onions, lettuce, tomato, pickles, and house sauce on a toasted bun.

BC Farms Chicken Burger- \$13.95

Grilled chicken breast, lettuce, tomato, grilled onions, pickles, swiss cheese and house sauce on a toasted bun.

Sockey Salmon Burger – \$12.95

Grilled salmon, cabbage slaw, pickles, and house sauce on a toasted bun.

Vegan Veggie Burger – \$12.95

Veggie patty, lettuce, tomato, pickles, grilled onions, and vegan sauce on a toasted bun.

Add fries or house salad + \$6.95
Add bacon to any burger + \$2.00

ALL DAY BREAKFAST



7 \$ PREMIUM BREAKFAST

2 eggs fried or scrambled, bacon or pork sausage, hash potatoes, toast, and tomato salsa.



BREAKFAST BURGER - \$12.95

A savory sausage patty, crispy bacon, fried egg, melted cheddar, and lettuce, served with golden diced hash browns tossed in sautéed onions.

SIDES

Side Salad- \$ 7.95

Side Coleslaw – \$4.95

Side Fries - \$ 8.95

Onion rings - \$10.95

Sweet potato fries - \$10.95

Classic Poutine - \$11.95



DESSERTS

Gourmet Chocolate Brownie
\$10.95

Served with a scoop of
premium vanilla ice cream





HIGH TIDE SOCIAL

ALCOHOL MENU

570 BOUNDARY BAY ROAD, CENTENNIAL BEACH, DELTA BC



BEERS

From High Tide Taps (16 OZ) -\$8.50

Lager (4.7%) / Hazy IPA(6%)

Bottles & Cans (12oz) -5% ABV - \$ 5.50

Stella, Heineken, Corona, Canadian Molson, Asahi



NICE LIFE COCKTAILS

(16OZ) - 6.9% ABV - \$10.95

Gin & Grape fruit, Peach Bellini, Raspberry
Passion fruit Vodka



MARGARITAS

(16OZ) - 6.9% ABV -
\$10.95

Spicy Pineapple, Salted Lime, Hibiscus



HARD CIDERS

(16OZ)- 5% ABV - \$10.95

Juicy apple, Mango Lime



BC WINE

13.5% - 14.5 ABV

Glass (5 oz) - \$7.95
750 ML - \$28.95