

Beachfront Bistro

Dinner Menu



‘Tin Wis’

Means ‘Calm Waters’ in the Tla-O-Qui-Aht language.

Being one of the most protected beaches here on the coast.
McKenzie Beach traditionally was a place human hunters and sea farers could safely land
their crafts on our rugged coast.

In 1778 Captain Cook encountered the First Nations people here on Vancouver Island’s
remote windswept coast when his ship, wrapped in thick fog, rang its bells.

“Nootka, Nootka” cries came over the water through the mist as the Aboriginal people in
their war canoes warned the ship it was about to crash on the rocks. The word stuck and
the inhabitants on the distant coast were called the Nootka people for almost 200 years
until, in 1981, they officially changed their name to Nuu-Chan-Nulth, meaning “between
the mountains and the seas”

Proudly owned and operated by the Tla-O-Qui-Aht First Nations
since 1997

Starters & Shareables

Fire Cracker Prawns - \$13

Six jumbo prawns cut tempura style, panko breaded and cooked golden. Served with a mild sweet red chili sauce.

Crispy Calamari - \$14

Lightly dusted in our house spiced flour and cooked golden brown. Served with our house made fresh tzatziki, red onion and fresh tomato garnish.

Bacon Wrapped Scallops – GF - \$14

Four Jumbo Scallops wrapped in Honey cured bacon and served with our house made cocktail sauce.

Steamed Fennel Mussels – \$15

One pound of fresh mussel's poached quickly in a fennel and saffron white wine cream sauce. Served with a parmesan crouton.

Chicken Wings – GF - \$14

Roaster wings finished golden brown and tossed with your choice of flavor.

Steak Bites – GF - \$13

Half pound of Seared & seasoned AAA steak pieces served with our smoked tabasco chipotle mayo.

Mediterranean Bruschetta Flatbread – V - \$14

Flatbread covered with Feta & Goat Cheese, Tomatoes, Red Onion, fresh basil, black olives and drizzled with balsamic reduction and a sprinkle of parmesan.

Grilled Chicken and Artichoke Flatbread - \$15

Seasoned chicken, artichoke hearts, spinach, Red onion, cream cheese sauce on flatbread, and topped with parmesan.

Signature Soups & Greens

WestCoast Seafood Chowder – cup \$7 Bowl \$12

A medley of seafood stewed slowly with fresh dill, cream and baby red potatoes.

Classic French Onion Soup – V – \$11

Done with a vegetarian stock and covered with bannock croutons and a swiss and mozza cheese mixed. Baked golden brown.

Cold Beet Soup w/Jalapeño & Cucumber Sorbet – GF - \$11

This “deadly serious” vegetable cooked in a rich meat stock, chilled and topped with a dollop of Jalapeño Sorbet and sour cream.

Caesar Salad – small \$7 large \$10

Our own delicious house made dressing with bannock croutons, parmesan shred and crispy honey cured bacon bits.

WestCoast Greens – GF, V – small \$6 large \$9

Fresh heritage blend of lettuces topped with fresh vegetables and our house made berry vinaigrette.

Bacon and Bleu Wilted Spinach Salad – GF – small \$9 large \$13

The warm salad lovers delight. Served with candied pecans, bacon bits, red onions bleu cheese and topped with our heated berry vinaigrette.

Fresh Pastas & Bowls

Tonquin Mac & Cheese - \$17

Almost like mom's except with Smoked salmon, bacon bits topped with panko bread crumbs, cheese and browned to a golden crisp.

Seafood Pasta - \$22

Our house made sundried tomato fettuccine noodles topped with a medley of seafood in a fish veloute cream sauce.

Butternut Squash Ravioli – V - \$21

Fresh handmade ravioli's stuffed with a roasted butternut squash. Topped with dried cranberry & Walnut brown butter sauce.

China Town Stir-fry Bowl – \$19

Chicken, assorted vegetables, water chestnuts, bamboo shoots, bean sprouts tossed in soy ginger garlic sauce and served over Chinese style noodles.

Sweet Fire Prawn Bowl – GF - \$19

Jumbo prawns, assorted vegetables, mango chutney tossed in a chili garlic sauce and served with rice.

Mackenzie Tofu Bowl – GF, V - \$18

Roasted vegetables and tofu tossed with mango chutney and coconut milk and served with rice.

Teriyaki Salmon Bowl – \$19

Sautéed vegetables, bean sprouts in a light teriyaki sauce served on udon noodles and topped with a Teriyaki glazed salmon fillet.

Between Breads (All burgers come with a choice of a regular ciabatta roll or Gluten Free bun. Choice of sides are fresh cut fries, yam Fries, or garden greens.)

Bison Burger - \$17

6oz Buffalo Burger served open faced with lettuce, tomato, red onion and a roasted garlic mayo.

Halibut Burger - \$18

4oz Halibut fillet, dredged in our special spiced flour and grilled. Served open faced with lettuce tomato, red onion and our house made tartar spread.

Vegetarian Burger - \$16

House made 14 vegetable & Legume patty with Miso and rice. Served open faced with lettuce tomato, red onion and our house made lemon aioli sauce.

Crispy Chicken Burger - \$17

5oz chicken breast lightly coated in a poultry flavored panko, cooked to a golden brown. Served open faced with lettuce tomato, red onion and our house made roasted garlic mayo.

Fireside Steak Sandwich - \$18

6oz NY Steak grilled to perfection served on a toasted garlic infused bannock slice and topped with sautéed mushrooms.



GF – Gluten Free V – Vegan

WestCoast Casuals

Tin Wis Fish & Chips - Cod or Halibut – cod \$14 halibut \$18

Two pieces of fish coated in our Tofino Brewery Tuff Session beer batter. Served with our house made coleslaw, fresh cut fries and tartar sauce.

Long Beach Fish Tacos - \$17

A build your own taco! Tequila & Lime marinated cod served artisan lettuce & cabbage slaw, 3 flour tortillas and a cilantro fruit salsa.

Pulled Pork Poutine - \$14

Fresh cut fries cooked to a crisp finish, topped with authentic Poutine gravy, real cheese curds and shredded roasted pork done in our own smoker.

Stuffed Portobello Mushrooms – GF,V - \$15

A feta cheese, tomato and fresh herb crumble heaped into two large portabella mushrooms and baked until melted and soft. Served with a heritage garden salad and berry vinaigrette.

Grill & Oven (All come with wild rice pilaf or roasted garlic mashed baby potato's & seasonal vegetables.)

Tin Wis Alder Smoked Salmon – GF - \$23

5oz west coast coho fillet, cold smoked with apple wood then cooked to perfection. Served with our house dill sauce, herb butter or béarnaise sauce.

Salmon Wellington - \$24

Mushroom duxelle and our smoked salmon fillet in a thin puff pastry cover. Served with our house made dill or béarnaise sauce or herb butter.

Halibut Creole – GF - \$24

Sweet red and green peppers sautéed with fresh tomatoes and Italian spices top this west coast halibut fillet.

Chicken Neptune - \$21

6oz French bone in chicken breast stuffed with crab and shrimp meat, dusted with our poultry seasoned flour, and roasted to perfection. Served topped with our house made Dill or Béarnaise sauce.

Smoked Back Ribs – GF – half \$19 full \$24

Half or Full rack of cold smoked and slow roasted fall off the bone baby back ribs. Covered in our house made tangy BBQ sauce. These will not disappoint.

Steaks (All come with a choice of peppercorn sauce, herb butter or blueberry bourbon sauce. Also wild rice pilaf or roasted garlic mashed baby potato's & seasonal vegetables.)

5oz Bacon wrapped Fillet – GF - \$23

Honey cured bacon wrapped 5oz fillet broiled to your liking.

8oz Sirloin Steak – GF - \$22

Flat 8oz Sirloin grilled to perfection.

10oz RibEye – GF - \$24

The king of steaks broiled to perfection, served with sautéed mushrooms. We highly recommend this steak be cooked a minimum of medium or more.