TUG EATERY

Locally-owned, Locally-loved.

FOOD MENU

STARTERS + SHARES

POPCORN $5
A little salty snack to go with a pint or two.
Flavoured with our addictive house seasoning.

CHIPS AND GUACAMOLE $12.50
Crispy house-fried tortilla chips and fresh guacamole made in-house every day.

HALLOUMI CHEESE FRIES $15.50
Crispy fried Halloumi cheese sticks, drizzled with lemon yogurt and honey. Garnished with fresh mint.
* Gluten-free option available.

MUSHROOM FLATBREAD $17
Cream sauce, mozzarella cheese, roasted mushrooms and red onions, arugula, extra virgin olive oil and balsamic reduction. Garnished with grana padano cheese.

FISH TACOS $16
Two soft flour tortillas, filled with pan seared local rockfish, purple and green cabbage, salsa and our signature house sauce. Garnished with cilantro.
* Corn tortillas available for gluten-free option.

LENTIL TACOS $15.50
Two soft flour tortillas filled with seasoned lentils, house-made jalapeño salsa, cabbage, cilantro, and our signature vegan house sauce.
* Corn tortillas available for gluten-free option.

CRISPY YAM FRIES $10
Bowl of crispy yam fries served with our signature house sauce.

SPINACH AND ARTICHOKE DIP $16.50
Creamy, rich house-made spinach and artichoke dip, served with crispy pita.
* Swap the pita for tortilla chips for a gluten-free option.

GARLIC BUTTER PRAWNS $15
Six Tiger Prawns pan seared with onion, garlic, cilantro, white wine, lime and a hint of Sambal hot sauce. Served with our house made focaccia.
* Gluten-free option available.

PORK BELLY LETTUCE WRAPS $19
Crispy pork belly smothered in sticky house-made honey-garlic. Served with sesame sauce, house pickled red onions, fresh herbs, and lettuce for wrapping.
* Gluten-free.

FRIED CHICKEN BITES $18.50
Juicy, crispy and tossed in our house-made honey-garlic sauce. Gochujang mayo for dipping. Made by our Korean head chef from his own family recipe.

STEAK BITES $18.50
Our famous bite sized chunks of juicy seasoned top sirloin steak, pan seared, served with our house-made sesame steak sauce and focaccia bread.
* Gluten free option available.

Add steamed sushi rice +$3

GREENS

CLASSIC CAESAR SALAD $16
Crisp romaine lettuce, house-made dressing, parmesan cheese, and crispy house-made croutons.

GREEK SALAD $17.50
Traditional style. Fresh cucumbers, tomatoes, bell peppers, red onions, romaine lettuce, kalamata olives, and feta cheese. With a light house-made green dressing.
* Gluten-free.

WINTER SALAD $19
Arugula, cucumber, radish, red onion, shredded pickled carrots, toasted pecans, and parmesan, dressed in a house-made dijon vinaigrette. Seriously good for a salad.
* Gluten-free.

* Add to any salad: $7 Grilled Chicken | $9 Grilled Prawns

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BURGERS

TUG BURGER $19.50
A juicy beef patty served with all the fixings. Aged cheddar, lettuce, pickles, onions, tomatoes, and our signature house sauce, served on a Portofino brioche bun. Served with your choice of fries, green salad, or Caesar salad.

Add Bacon +$3

CRISPY CHICKEN BURGER $20
Crispy fried chicken, pickles, lettuce, cheese, and spicy Korean mayo on a brioche bun. Served with your choice of fries, green salad, or Caesar salad. We're starting to get tired of being told that it's the best chicken burger in the city!

VEGAN CRUNCH BURGER $18
A house-made, crispy fried veggie fritter patty, with lettuce, tomato, pickles, onions and our signature vegan house sauce. This thing is seriously good! Served with your choice of fries, green salad, or Caesar salad.

* Substitute Yam Fries | + $2.50
* Gluten-free buns available.

MAINS

KIMCHI FRIED RICE BOWL $20
Jasmine rice topped with vegan kimchi (made in-house by our own Korean Chef), cremini mushrooms, house made ginger scallion sauce, and hoisin aioli.
* Gluten-free.

FETTUCCINI ALFREDO $21
Perfectly cooked fettuccini noodles, mushrooms, and broccoli tossed in a creamy house-made alfredo sauce. Made with butter, onions, garlic, and parmesan cheese.

Add Grilled Chicken +$7 | Add Prawns + $9

TUNA POKE BOWL $24
A big hearty bowl of sushi rice topped with marinated ahi tuna, cucumbers, edamame, radish, pickled carrots, guacamole and a little seaweed salad. Our addictive house-made sesame sauce and ginger scallion sauce flavour this 'bad boy'.
* Gluten-free.

CLASSIC FISH & CHIPS $18/$24
Crispy battered local rockfish served with fries, and our own house-made tartar sauce. These little fish were caught off the coast of Ucluelet. We chose them because they are sustainable and didn't have to travel far to reach your tummy.

$18 (One Piece) | $24 (2 Pieces)

PLANT-BASED

CRISPY YAM FRIES $10
Bowl of crispy yam fries served with our signature house sauce.

CHIPS AND GUACAMOLE $12.50
Crispy house-fried tortilla chips and fresh guacamole made in-house every day.

GREEK SALAD $17.50
Traditional style. Fresh cucumbers, tomatoes, bell peppers, red onions, romaine lettuce, kalamata olives, and feta cheese. With a light house-made dressing.
* Feta can be omitted for a vegan-friendly option.

WINTER SALAD $19
Arugula, cucumber, radish, red onion, shredded pickled carrots, toasted pecans, and parmesan, dressed in a house-made dijon vinaigrette. Seriously good for a salad.
* Parmesan can be omitted for a vegan-friendly option.

VEGAN CRUNCH BURGER $18
A house-made, crispy fried veggie fritter patty with lettuce, tomato, pickles, onions and our signature vegan house sauce. This thing is seriously good! Served with your choice of fries or green salad.

Substitute Yam Fries | + $2.50

KIMCHI FRIED RICE BOWL $20
Jasmine rice topped with vegan kimchi (made in-house by our own Korean Chef), cremini mushrooms, house-made ginger scallion sauce, and hoisin aioli.
* Gluten-free.

LENTIL TACOS $15.50
Two soft flour tortillas filled with seasoned lentils, house-made jalapeño salsa, cabbage, cilantro, and our signature vegan house sauce.
* Corn tortillas available for gluten-free option.

DESSERTS

AFFOGATO $7
Try this Italian-inspired coffee-based dessert. A scoop of vanilla ice cream topped or "drowned" with a shot of hot espresso. * Decaf option available.

KEY LIME PIE $8
An adorable little jar of house-made key lime pie, served with fresh whipped cream.

VEGAN CHOCOLATE MOUSSE $9
Silky house-made vegan chocolate mousse. Garnished with smoked Maldon sea salt and toasted pecan crumble. Totally vegan and totally awesome.

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