

TIDES

LONG BEACH

KITCHEN

STARTERS

- CALIFORNIA CRAB CAKES** 14
Jumbo lump, wasabi cilantro aioli, mango avocado relish, arugula salad
- BBQ CHICKEN FLAT BREAD** 12
BBQ sauce, red onion, fire roasted pasilla, mozzarella cheese, jack cheese, micro cilantro
- MUMBAI PANIR TIKKA FLAT BREAD (V)** 12
Tikka sauce, tomatoes, spinach, red onion, cilantro
- FRIED BUTTERMILK CALAMARI** 12
Sweet chili glaze, jalapenos, avocado buttermilk dip
- SPICED CHICKEN QUESADILLA** 12
Oaxaca cheese, pico de gallo, sour cream, house-made guacamole
- CHICKEN TORTILLA SOUP (DF)** 9
Avocado, pico de gallo, cilantro

GOURMET SANDWICHES

Sandwiches served with your choice of french fries, sweet potato fries, side salad, cucumber salad, or seasonal fruit
*all can be made on gluten-free bread upon request

- GROWN-UP GRILLED CHEESE & TOMATO SOUP** 14
Rustic sourdough, gruyere white cheddar, fontina cheese
Add avocado, bacon jam, and arugula for an additional \$2
- ALBACORE MELT** 14
Sourdough bread, albacore tuna salad, fontina cheese, tomato, gruyere, white cheddar
- VEGGIE POWER WRAP (V)** 14
Black beans, roasted corn, quinoa, squash, green onion, avocado, spicy hummus, cilantro-lime vinaigrette
- TURKEY PASTRAMI REUBEN WRAP** 14
Turkey pastrami, sauerkraut, thousand island, swiss cheese, whole wheat tortilla
- SHORELINE CHICKEN SANDWICH** 14
Lettuce, natural bacon, pepper jack, sweet pickle, chipotle avocado ranch, pretzel roll
- CALIFORNIA CLUB (DF)** 14
Turkey breast, arugula, avocado, bacon, dijon spread, multigrain ciabatta
- TIDES TRIO** 15
Half of any sandwich, side salad, and cup of soup

SALADS

- BLACKENED AHI RICE BOWL** 16
Wasabi aioli, jasmine rice, ginger, teriyaki, avocado, nappa tomato salad
- CLASSIC CAESAR** 10
Chopped romaine, caesar dressing, shaved parmesan cheese, garlic herb crouton
Add chicken or shrimp for an additional \$6
- ASIAN CHOP CHOP** 10
Napa cabbage, shredded carrots, bell peppers, cucumber, green onion, honey roasted cashews, Thai peanut dressing
Add chicken or shrimp for an additional \$6
- SOUTHWEST CHICKEN** 16
Spiced grilled chicken, chopped romaine, red bell pepper, tomato, green onion, black beans, roasted corn, avocado, tortilla strips.
- HARBOR COBB (GF)** 16
Chopped iceberg, romaine lettuce, hardboiled egg, avocado, tomato, bacon, cucumber, jumbo shrimp, point Reyes blue cheese, choice of dressing
- B.Y.O.** 18
Select a protein: chicken, shrimp, salmon
- Pick your green:** baby spinach, romaine, iceberg, seasonal mix
- Choice of 4 toppings:** bacon, point Reyes blue cheese, parmesan, feta cheese, cucumber, tomato, onion, strawberries, corn, black beans, avocado, hard boiled egg, panzanella croutons
- Choose your dressing:** balsamic vinaigrette, lemon dijon, buttermilk ranch, Reyes blue cheese, caesar, oil & vinegar.

ENTRÉES

- STRAUSS NATURAL GRASS FED BURGER** 15
Grilled burger, white cheddar, crisp lettuce, sliced tomato, red onion
- CALIFORNIA BURGER** 16
All natural grass fed patty, jalapeño bacon, avocado, lettuce, tomato, red onion
Turkey or veggie patty available
- SALMON TACOS (DF)** 15
Wasabi aioli, napa cabbage slaw, pickled ginger, flour or corn tortilla
- SEASONAL WEST COAST FISH & CHIPS** 18
IPA beer batter, cabbage escabeche, poblano tartar sauce, grilled lemon
- MOROCCAN SPICED SALMON (DF)** 23
Red quinoa pilaf, grilled salmon, sautéed spinach, tzatziki sauce
- ANGEL HAIR PASTA** 14
Pesto cream sauce, roasted tomatoes, farm vegetables
Add chicken or shrimp for an additional \$6
- ORGANIC CHICKEN VESUVIO** 23
Pan seared, roasted tomatoes, artichoke, truffle demi, season vegetables, parmesan gnocchi
- FILET MIGNON** 36
7 oz. Filet, seasonal vegetables, potato medley

Raw or undercooked food may be hazardous to your health. Please notify your server if you have any food allergies
18% gratuity will be added to parties of six or more
V = vegan GF = gluten free DF = dairy free