

Breakfast

Breakfast Bagel \$6.95

A toasted multigrain or sesame bagel with egg, cheese, mayo, ham or bacon, tomato, onion & romaine

Veggie Breakfast Bagel \$7.95

A toasted multigrain or sesame bagel with egg, pesto mayo, feta cheese, spinach, sautéed mushrooms & tomato

Bacon & Egg Wrap \$8.95

2 eggs, bacon, cheese, avocado, chipotle mayo & salsa- oven baked in a whole wheat tortilla

Breakfast Sandwich \$8.95

Grilled sourdough, 2 eggs, bacon or ham, tomato, romaine, mayo & cheese

Wild Salmon Breakfast Burrito \$9.95

2 egg omelet, feta, mozza, cream cheese, spinach, grilled wild salmon, tzatziki, avocado & organic greens- oven baked in a whole wheat tortilla

Breakfast Burrito \$9.95

2 eggs, avocado, beans, mozza, feta, sautéed mushrooms, spinach, pesto mayo & salsa- oven baked in a whole wheat tortilla

Breakfast Tostadas \$8.95

White corn tortillas, lettuce, house mayo, 2 eggs, avocado, mozza & salsa fresca

South Coast Breakfast Burrito \$9.95

2 scrambled free range eggs, bacon, cream cheese, avocado, roast corn, spinach, mozzarella, salsa & sour cream- oven baked in a whole wheat tortilla

Veggie Omelet \$9.95

2 egg omelet with roast veggies & cheese served with tossed mixed greens & toast- Are you a carnivore? Add a side of Bacon or Ham for \$2

Salad Bowls

Breakers Caesar Salad \$9.95

Romaine, parmesan, chicken, bacon, tomatoes, avocado, cucumber, feta cheese & Caesar dressing

Tofino Spinach Salad \$9.95

Spinach, cucumbers, carrots, roast corn, grilled tuna, feta cheese, sunflower seeds, avocado & sesame dressing

Mediterranean Antipasto Salad \$9.95

Organic greens, sprouts, olives, cucumber, tomatoes, onion, feta, hummus & tzatziki - with your choice of grilled chicken, falafel or beef

Ancho Chicken Salad \$9.95

Ancho chili, roasted chicken served over organic greens, with roasted corn, grape tomatoes, avocado, feta cheese, cilantro, crisp tortillas then drizzled with Santa Fe dressing

Organic Green Salad \$6.95

Greens, carrots, cucumber, tomatoes, peppers, sprouts, feta & sunflower seeds - Add your choice of grilled chicken, beef, or wild salmon for \$3.00

Breakers Fresh Food Cafe creatively prepares an array of daily specials, dips, salsas and desserts.

Breakers serves free-range eggs, turkey, chicken, beef and Oceanwise™ Certified wild salmon & tuna, organic specialty foods, homemade desserts dips and salsas and certified organic coffee.

Please see our Catering Menu for a wide selection of delicious catering options for your next event.

Breakers is Green Table Network™ and Ocean Wise™ certified.

Sandwiches

Turkey & Havarti on Multigrain \$8.95

Multigrain with tomato, cucumber, romaine, mayo, dijon, free range turkey, havarti & bacon

Pesto Chicken on Sourdough \$8.95

Sourdough with tomato, cucumber, romaine, pesto mayo, free range chicken & mozza

Roast Beef & Mozza on Sourdough \$8.95

Sourdough with tomato, onions, romaine, horseradish, mayo, free range roast beef & mozza

Veggie Delicious on Multigrain \$7.95

Multigrain with carrots, cucumber, tomato, peppers, onion, organic greens, roasted red pepper mayo & cheddar

Wild Salmon on Sourdough \$9.95

Sourdough with locally smoked wild salmon, roasted red pepper mayo, cucumber, tomato & romaine

Slow Roast Pork & Goat Cheese on Sourdough \$9.95

Grilled Sourdough with roast pork, house mayo, goat cheese, onions, fig spread, cucumber & organic greens

Hawaiian Seared Tuna on Rye \$9.95

Marinated & seared Hawaiian Ahi Tuna, hummus, sliced tomato, feta cheese, balsamic reduction, organic greens, served on grilled rye

Campbell Street Grilled Cheese \$9.95

Sourdough topped with crisp bacon, mozzarella, brie, figs, roast tomatoes & fresh basil- grilled to perfection!

Pizza

Breakers pizza as a build your own style

One topping \$16.00 Two topping \$19.00

Three topping \$22.00 Four topping \$25.00

Please ask your server for a list of toppings to choose from.

Enjoy one of our favorites!

Veggie Delicious \$23.00

Roasted garlic, tomatoes, onions, peppers, mushrooms, olives, artichokes, spinach, mozza & feta cheeses

Flaming Chicken \$25.00

A spicy blend of roasted chicken, chipotle peppers, tomatoes, pineapple, roasted garlic & mozza cheese

Surfer Girl \$26.00

A luscious blend of pineapple, tomatoes, roasted garlic, artichokes, shrimp, hot peppers & mozza

Mediterranean Turkey \$26.00

A tasty mix of roasted turkey, bacon, mushrooms, olives, feta & mozza cheeses

Pesto Shrimp \$27.00

A savory mixture of pesto, roasted garlic, shrimp, onions, green peppers & mozza cheese

Breakers Special \$25.00

An original blend of spinach, pesto, olives, artichokes, tomatoes, roasted garlic, mozza & feta cheeses

The Westcoast \$27.00

Locally wild salmon, roasted garlic, tomatoes, onions, mozza & feta cheeses

Tofino Luau \$25.00

Ham, pineapple, green pepper, onion & mozza cheese

Hana's Favorite \$15.00

Plain & simple - great for kids! Tomato sauce and mozza cheese

The Vespa \$26.00

Pesto, spinach, fresh basil, tomatoes, roast garlic & chevre cheese vroom vroom!

The Harley \$26.00

Roast beef, onions, garlic, BBQ sauce, green peppers, mushrooms & mozza cheese

Wraps & Burritos

Chicken Burrito \$9.95

A tasty blend of free range chicken, tomatoes, avocado, mango tamarin sauce, mozza & organic greens

West Coast Burrito \$9.95

Wild salmon, basmati rice, cucumbers, green peppers, feta and mozzarella cheese, house mayo, salsa & organic greens

Veggie Love Burrito \$9.95

A fresh mixture of seasoned grilled veggies, beans, rice, avocado, cheese, house mayo, salsa & organic greens

Muchacca Burrito \$9.95

Beans, onions, green peppers with romaine, chipotle mayo, cheese & salsa - With your choice of grilled roast beef, chicken or slow roasted pork!

Chicken Caesar Wrap \$9.50

Just like it sounds, with homemade Caesar dressing, fresh parmesan, romaine, roasted free range chicken & bacon

Falafel Wrap \$9.95

A perfect blend of chick peas, spices, cucumbers, tomato, feta cheese, organic greens, homemade hummus & tzatziki

Wasabi Tuna Wrap \$9.95

Organic greens, grilled tuna, avocado, pineapple, wasabi mayo & tomato

Turkey Bacon Wrap \$9.95

Cream Cheese, grilled free range turkey, bacon, pesto mayo, cucumber, tomato, fresh herbs, avocado & organic greens

Island Tacos \$9.95 for 2 tacos ~ Aloha!

Wild Fish Taco

oven baked fresh fish with fresh herbs, avocado, shred cabbage, cheese, chipotle mayo, salsa & sweet chili mango sauce

Free Range Chicken Taco

oven baked free range chicken, with avocado, cheese, lettuce, salsa & sour cream

Slow Roast Pork Taco

Marinated and slow roasted pork, avocado, cheese, lettuce and roast salsa



430 Campbell Street Tofino, BC

250-725-2558

www.breakersdeli.com

Open Daily

7:00am-10:00pm

(7:00am to 8:00pm in off season)