**Table S2**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Group | Taxa | Tissue | Season | *n* | C:N | δ13C (‰) | δ15N (‰) |
| Plant | *Lasthenia maritima* | Vegetation | Spring | 6 | 10.9±0.8 | -28.5±1.4 | 26.0±2.4 |
|  |  |  | Fall | 6 | 21.7±4.3 | -29.2±0.6 | 22.4±2.4 |
|  | *Spergularia* sp. | Vegetation | Spring | 5 | 11.2±3.9 | -27.5±1.9 | 20.9±2.4 |
|  |  |  | Fall | 6 | 10.3±1.4 | -27.1±0.8 | 21.5±4.6 |
|  | *Malva* spp. | Vegetation | Spring | 6 | 10.4±2.9 | -28.4±2.2 | 23.5±2.1 |
|  |  |  | Fall | 6 | 8.2±0.9 | -29.1±1.3 | 25.1±4.5 |
|  | *Plantago coronopus* | Vegetation | Spring | 5 | 16.0±1.5 | -29.1±1.3 | 23.9±3.3 |
|  |  |  | Fall | 6 | 13.8±2.6 | -26.9±0.8 | 21.5±3.9 |
|  | All Plants |  | Spring | 22 | 12.0±3.2 | -28.4±1.7a | 23.7±3.0a |
|  |  |  | Fall | 24 | 13.5±5.8 | -28.1±1.4a | 22.6±4.0a |
| Arthropod | *Coleoptera* larvae | Whole | Spring | 5 | 5.7±1.3 | -24.0±3.8 | 27.5±5.0 |
|  |  |  | Fall | 6 | 5.9±1.0 | -24.6±1.2 | 24.7±1.6 |
|  | *Farallonophilus cavernicolus* | Whole | Spring | 6 | 4.5±1.1 | -22.9±2.5 | 19.8±1.7 |
|  |  |  | Fall | 6 | 4.8±0.6 | -18.9±0.8 | 23.8±2.0 |
|  | *Oniscidea sp.* | Whole | Spring | 6 | 5.6±1.0 | -23.9±1.6 | 25.5±2.3 |
|  |  |  | Fall | 6 | 5.2±0.6 | -21.0±0.6 | 23.7±3.0 |
|  | *Araneae* spp. | Whole | Spring | 6 | 4.1±0.5 | -24.7±0.9 | 28.1±2.0 |
|  |  |  | Fall | 6 | 4.0±0.4 | -23.6±1.2 | 26.8±1.7 |
|  | All Insects |  | Spring | 23 | 4.9±1.2 | -23.9±2.3b | 25.1±4.3a |
|  |  |  | Fall | 24 | 5.0±1.0 | -22.0±2.4c | 24.7±2.4a |
| Intertidal | *Nucella emarginata* | Muscle | Spring | 6 | 3.7±0.2 | -11.7±2.0d | 14.8±1.4b |
|  |  |  | Fall | 5 | 3.9±0.1 | -11.7±0.9d | 13.0±0.6b |
| Seabird | *Ptychoramphus aleuticus* | Egg membrane | Summer | 4 | 3.2±0.1 | -16.7±0.3 | 12.0±0.2 |
|  |  | Muscle | Summer | 4 | 3.0±0.1 | -16.2±0.5 | 16.1±1.7 |
|  | *Larus occidentalis* | Egg membrane | Summer | 4 | 3.2±0.1 | -16.2±0.2 | 14.5±0.9 |
|  |  | Guano | Summer | 4 | 1.4±0.2 | -19.4±1.2 | 10.1±2.2 |
|  | All Seabirds | All tissues | Summer | 16 | 2.7±0.8 | -17.1±1.5e | 13.2±2.7b |