**Table S3**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Prey sources | *n* | Carbon % | Nitrogen % | C/N | δ13C (‰) | δ15N (‰) |
| Plant | 46 | 38.7±3.1 | 3.4±1.1 | 12.8±4.7 | -28.2±1.5a | 23.1±3.5a |
| Insect | 47 | 43.7±8.5 | 14.9±2.7 | 4.9±1.0 | -22.9±2.5b | 24.9±3.5b |
| Intertidal | 11 | 35.9±1.6 | 9.5±0.7 | 3.7±0.2 | -11.7±1.5c | 14.0±1.4c |
| Seabird | 16 | 38.7±8.1 | 9.2±2.3 | 2.7±0.8 | -17.1±1.5d | 13.2±2.7c |
| Salamander | 32 | 30.1±4.0 | 9.1±1.3 | 3.3±0.1 | -20.7±1.4e | 25.2±1.6b |