

BRUNCH



## BREAK THE FAST

**MONKEY BREAD 10**  
baked citrus brioche & honey  
bourbon sauce

**PUMPKIN COFFEE CAKE 8**

**POTATO LATKES 10**  
apple sauce & double thick sour cream

**ENGLISH BREAKFAST 21**  
eggs any style, bangers, bacon, baked beans, potatoes, tomato &  
toast

**BACON & EGG SLIDERS 16**  
peameal bacon & maple bacon

**HONEY SALT BREAKFAST  
GALETTE 18**  
scrambled eggs, berkshire ham,  
spinach & gruyere cheese

**EGGS BENEDICT 18**  
peameal bacon, soft poached egg  
& hollandaise

**STEAK & EGGS 26**  
ranch strip loin, fried eggs,  
potatoes & tomato jam

**B&B DOUBLE STACK FRENCH TOAST 15**  
roasted banana, brioche & maple cream cheese

**WAFFLES 16**  
mixed berry jam & lemon custard

**BUTTERMILK PANCAKES 15**  
seasonal fruit & quebec maple syrup

**PUMPKIN PANCAKES 17**  
gluten free, pumpkin butter crumble

## SIDES

**MAPLE-SMOKED BACON 6**  
**PEAMEAL BACON 6**

**BREAKFAST SAUSAGE 6**

**CHICKEN & APPLE SAUSAGE 6**

**BREAKFAST POTATOES 5**

**KENNEBEC FRIES 7**

**SWEET POTATO CHIPS 7**

**NICE LITTLE SALAD 7**

**CRUSHED AVOCADO 5**

# honey SALT

FOOD AND DRINK

FROM OUR KITCHEN WITH CARE, *Elizabeth & Kim.*

## COFFEE & TEA

“EAST VAN ROASTERS” FRENCH PRESS 9

“ILLY” DRIP COFFEE 3

“ILLY” ESPRESSO - LATTE, CAPPUCCINO OR AMERICANO 4

“DAMMANN FRERES” SELECTION OF TEAS 4

## SMOOTHIES

**OKANAGAN BERRY 9**  
blueberry, raspberrry, banana, pomegranate & maple syrup,  
(dairy free)

**ALMOND BUTTERCUP 9**  
almond milk, raw almond butter, cacao, banana & agave,  
(dairy free)

**DARK CHOCOLATE 9**  
70% chocolate, dates, coconut nectar, avocado & soy milk

## JUICE BAR

**GREEN GOODNESS 9**  
apples, cucumber, spinach, fennel,  
celery & ginger

**RED DRAGON 9**  
beets, carrots, pineapple, basil,  
lime, turmeric & ginger

**CITRUS GLOW 9**  
grapefruit, orange, lemon, lime,  
carrot & cayenne

**HOUSE JUICE 6**  
choice of acai, pomegranate, apple, cranberry or tomato

**FRESH 8**  
choice of orange or grapefruit

## IT'S A BRUNCH THING

**SEASONAL FRUIT 11**  
berries, melon, apple, banana, citrus  
& whipped honey ricotta

**GRAIN POWER 14**  
red & white quinoa, lentils, crispy grains, avocado,  
fennel, radish & citrus vinaigrette

**ELIZABETH'S CAESAR 13**  
tuscan kale, romaine, parmesan, crushed croutons  
& black garlic dressing

**LOUIE LOUIE 22**   
dungeness crab, shrimp, avocado, hearts of palm  
& smoked egg

**HARVEST 17**  
maple hill chicken, shaved vegetables, young greens  
& cashew umami dressing

**\* BC SMOKED SALMON BOARD 17**   
sliced & potted, bagel,  
capers & egg

**HONEY SALT MARKET 22**  
klipper's charcoaled beets & squash,  
pickled vegetable, cauliflower hummus, peppers,  
radishes, heirloom carrots, sweet potato chips &  
goddess dip

**AVOCADO TOAST 15**  
roasted peppers, crispy buckwheat & goodness juice

**DUNGENESS CRAB ROLL 22**   
celery salad, salt & vinegar chips

**TURKEY MEATBALLS 13**  
caramelized onion, tomato, ricotta

**BILOXI BUTTERMILK FRIED CHICKEN  
SANDWICH 16**  
creamy slaw, durkee's dressing, brioche & nice little salad

**\* POKE BOWL 22**   
bc albacore, green chili ponzu, avocado, cucumber,  
tobiko & black rice

**FISH & CHIPS 18**   
smashed peas, tartar sauce, malted aioli & fries

**TOURTIERE QUEBECOIS 18**  
pork & beef, tomato jam, apple & arugula salad

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.