

FROM OUR KITCHEN WITH CARE.

*Elizabeth & Kim*

# honey SALT

FOOD AND DRINK

Brunch

## TEA & "ILLY" COFFEE

DRIP COFFEE	3	CAPPUCCINO	4
ESPRESSO	4	AMERICANO	4
LATTE	4	TEA	4

### "ILLY" COLD BREW

4 GLASS 12 PITCHER

choice of classic, house-made vanilla bean or toasted hazelnut syrup

## SMOOTHIES

### OKANAGAN BERRY (GF)(DF) 10

blueberry, raspberry, banana, pomegranate & maple syrup

### ALMOND BUTTERCUP (GF)(DF) 11

almond milk, raw almond butter, cacao, banana & agave

### DARK CHOCOLATE (GF) 11

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 JUICE 8

choice of orange or grapefruit

## SIDES

### MAPLE-SMOKED BACON 5

### PEAMEAL BACON 6

### BREAKFAST SAUSAGE 5

### CHICKEN & APPLE SAUSAGE 5

### BREAKFAST POTATOES 4

### CRUSHED AVOCADO 3

### TOASTED BAGEL 4

### TOAST 3



Ocean Wise. A SUSTAINABLE CHOICE

\*consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

(GF)=GLUTEN FREE (DF)=DAIRY FREE,  
(CN)=CONTAINS NUTS

## BREAK THE FAST

### MONKEY BREAD 10

baked citrus brioche & honey bourbon sauce

### APPLE CINNAMON COFFEE CAKE 8

apple butter

### ENGLISH BREAKFAST 19

eggs any style, bangers, bacon, baked beans potatoes, tomato & toast

### CHICKEN & WAFFLES 19

fried eggs, gravy, whipped honey butter

### HONEY SALT BREAKFAST GALETTE 17

scrambled eggs, berkshire ham, spinach, mushrooms & gruyère cheese

### EGGS BENEDICT 17

peameal bacon, soft poached egg & hollandaise

### POTATO LATKES (GF) 10

apple sauce, double thick sour cream

### STEAK & EGGS 24

newport strip, fried eggs, potatoes & tomato jam

### STUFFED STRAWBERRY FRENCH TOAST 15

streusel, cupcake cream

### WAFFLES 16

mixed berry jam & lemon custard

### BUTTERMILK PANCAKES 15

seasonal fruit & quebec maple syrup

### GLUTEN FREE SWEET POTATO PANCAKES 16

almond butter & oat crumble

## IT'S A BRUNCH THING

### SEASONAL FRUIT (GF) 9

berries, melon, apple, banana, citrus & whipped honey ricotta

### ORGANIC QUINOA (GF)(DF) 14

red & white quinoa, beluga lentils, avocado, fennel, orange, citrus vinaigrette

### ELIZABETH'S CAESAR 13

kale, romaine, parmesan, croutons, black garlic dressing

### \*BC SMOKED SALMON BOARD 17

sliced & potted, bagel, capers & egg

### DUNGENESS CRAB GODDESS SALAD (GF)(DF) 19

gem lettuce, watercress, sweet corn, peas, radish & tomatoes

### HARVEST (DF)(CN) 17

maple hill chicken, roasted beets, shaved carrot, apple, pistachio, young greens & herb vinaigrette

### HONEY SALT MARKET(CN) 19

klipper's charcoal roasted beets, asparagus, pickled vegetable, cauliflower hummus, crispy kale, heirloom tomatoes & carrots, sweet potato chips & goddess dip

### AVOCADO TOAST 15

serrano chillies, pickled peppers, watermelon radish, green goodness juice

### DUNGENESS CRAB ROLL 20

celery salad, salt & vinegar chips

### BILOXI BUTTERMILK FRIED CHICKEN SANDWICH 16

creamy slaw, durkee's dressing, brioche & nice little salad

### BACKYARD BURGER 17

built with aged cheddar, tomato jam, lettuce, tomato, onion, french fries  
add fried egg 2

### GRANDMA ROSIE'S TURKEY MEATBALLS 13

tomato sauce, caramelized onion, herb ricotta, garlic toast

### \*POKE BOWL 21

bc albacore, green chili ponzu, avocado, cucumber tobiko & black rice

### FISH & CHIPS (GF) 18

smashed peas, tartar sauce, charred lemon & fries

### TOURTIERE QUEBECOISE 16

pork & beef, tomato jam apple & arugula salad