



== 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

ACAI (GF) 11

strawberry, banana, toasted coconut & chia seeds

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

FRESH OJ	8	APPLE	6
GRAPEFRUIT	8	CRANBERRY	6
ACAI	6	TOMATO	6
POMEGRANATE	6		

 **ocean wise.** A SUSTAINABLE CHOICE

PANTRY

FRUIT PLATE (GF) 9	berries, melon, apple, banana, citrus & whipped honey ricotta	*BC SMOKED SALMON BOARD 17 	sliced & potted, bagel capers & egg
MUESLI 11	almond milk, rolled oats, apples, banana & dried fruit, dairy free	MONKEY BREAD 10	baked citrus brioche & honey-bourbon sauce
PAIN AU CHOCOLAT 5	butter, dark chocolate	CROISSANT 4	classic butter

HONEY SALT FAVOURITES

POTATO LATKES (GF) 10

double thick sour cream & apple sauce

AVOCADO TOAST 15

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

EGGS

ENGLISH BREAKFAST 19	eggs any style, bangers, bacon, baked beans, potatoes, tomato & toast	EGGS BENEDICT 17	peameal bacon, soft poached egg & hollandaise
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GRIDDLE

WAFFLES 16	mixed berry jam & lemon custard
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*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

