



BREAKFAST

== 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, & 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, celery & ginger

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

ORANGE JUICE 8

GRAPEFRUIT 8

APPLE 6

CRANBERRY 6

TOMATO 6

PANTRY

FRUIT PLATE (GF)	11	CEREAL	6
berries, melon, apple, banana, citrus		kashi, raisin bran, maple granola or fruit loops	
GREEK YOGURT (GF)	8	CROISSANT	4
plain or vanilla		classic butter	
"MCCANN'S" IRISH OATMEAL	11	PAIN AU CHOCOLAT	5
slow-cooked, stewed berries		classic, dark chocolate	

EGGS

HONEY SALT BREAKFAST	21	EGG WHITE FRITTATA (GF)	18
eggs any style, bacon or pork sausage, toast & potatoes		tomato, roasted mushrooms, spinach, goat cheese feta	
HS BREAKFAST GALETTE	19	STEAK & EGGS	26
scrambled eggs, honey ham, spinach, mushrooms & gruyère cheese		striploin, fried eggs, potatoes & tomato jam	
EGGS BENEDICT	19	DUNGENESS CRAB OMELETTE	24
smoked bacon, spinach, soft poached egg & hollandaise sauce		cherry tomato, spinach, chives	

HONEY SALT FAVOURITES

AVOCADO TOAST 18
serrano chillies, pickled peppers, watermelon radish, green goodness juice

CHOCOLATE HAZELNUT STUFFED FRENCH TOAST (CN) 18
nutella, banana caramel

***BC SMOKED SALMON BOARD 18**
sliced & potted, bagel capers & egg

GRIDDLE

BUTTERMILK PANCAKES	16
seasonal fruit & quebec maple syrup	
GLUTEN FREE SWEET POTATO PANCAKE	17
almond butter & oat crumble	
WAFFLES	16
berry jam & fresh berries	

SIDES

CRUSHED AVOCADO 5
SMOKED BACON 6
PORK SAUSAGE 6
TURKEY SAUSAGE 6
BREAKFAST POTATOES 5
TOASTED BAGEL 4
TOAST 4

 **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