



APPETIZERS

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| ENGLISH PEA SOUP (VG)(GF)(DF)(CN)
cashew cream, pea shoots, cracked pepper | 9 | BC SALMON RILLETTE
smoked salmon, crème fraiche, bagel chips | 16 |
| ROASTED CARROTS (VG)(GF)(DF)
harissa, mint, cilantro, sunflower seeds,
ginger-cashew cream | 15 | TOFINO FRY (GF)
calamari, shrimp, sweet peppers,
spicy japanese mayonnaise | 16 |
| GRANDMA ROSIE'S TURKEY MEATBALLS
tomato sauce, caramelized onion, herb ricotta cheese,
torn brioche | 14 | GARLIC SHRIMP
white wine, herb butter, roasted garlic, torn brioche | 17 |

CHARCUTERIE & CHEESE 21
genoa salami, capicola, prosciutto, brie,
classic aged cheddar, benedictin blue

SALADS ADD CHICKEN 5 OR SHRIMP 7

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| HEIRLOOM GRAIN TABOULI (VG)(DF)
tomato, cucumber, peppers, kalamata olives
& chickpea purée | 16 |
| ELIZABETH'S CAESAR
kale, romaine, parmesan, croutons, black garlic dressing | 14 |
| HEIRLOOM TOMATO & BURRATA (V)
aged balsamic, grilled baguette & fresh basil | 19 |
| RED BERRY & HARVEST GREENS (V)(GF)(CN)
strawberry, raspberry, hazelnuts, blue cheese,
honey vinaigrette | 15 |

CLASSICS

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| AVOCADO TOAST (VG)(DF)
toasted sourdough, serrano chillies, pickled peppers,
watermelon radish, green goodness juice | 18 |
| GNOCCHI POMODORO (V)
cherry tomato, basil, pecorino cheese | 22 |
| *POKE BOWL (GF)(DF)
bc albacore, cilantro-miso dressing, avocado,
cucumber, orange, brown rice | 21 |
| DUNGENESS CRAB ROLLS
celery, salt & vinegar chips, brioche rolls | 23 |
| FISH & CHIPS (GF)
haida gwaii rockfish, durkee's slaw, mushy peas,
tartar sauce | 20 |
| BILOXI BUTTERMILK FRIED CHICKEN SANDWICH
durkee's slaw, pickles, warm brioche & a nice little salad | 17 |
| BACKYARD BURGER
aged cheddar, tomato jam, lettuce, tomato,
onion, french fries | 19 |
| ORGANIC KING SALMON (GF)
crisp prosciutto, snap pea, steamed potato,
green pea nage | 33 |
| MAPLE HILL CHICKEN BREAST
roasted heirloom carrots, "kale & padrón pepper
mac n' cheese" | 29 |
| STEAK FRITES (GF)
6oz AAA black angus, horseradish cream &
a nice little caesar salad | 34 |

HONEY SALT MARKET (GF)(VG) **19**
roasted heirloom carrots, pickled vegetables,
cucumber, cherry tomato, snap peas,
broccolini, sweet potato chips,
edamame hummus & carrot miso dip

SIDES

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|---|----------|---|----------|
| BROCCOLINI
soy butter emulsion | 7 | MAC N' CHEESE
roasted peppers, kale | 9 |
| PARMESAN GNOCCHI
chili flakes | 9 | TRUFFLE FRIES
(GF)(DF) | 9 |
| GRILLED CORN
chili butter, lime aioli | 9 | WHIPPED POTATOES
(GF) | 8 |

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, (V)=VEGETARIAN, (VG)=VEGAN

take a little bit of honey SALT home...

LOGO NAPKINS 12
BALL CAPS 20
T-SHIRTS 22
HONEY SALT COOKBOOK 39.99