

FROM OUR KITCHEN WITH CARE, *Elizabeth & Kim*

honey SALT

FOOD AND DRINK

LUNCH

11:30AM - 2:30PM

APPETIZERS

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| CHICKEN NOODLE SOUP (DF) 9 roasted chicken, carrot, celery, onion, potato | BC SMOKED SALMON RILLETTE 16 dill & chive, crème fraiche, bagel chips |
| GRANDMA ROSIE'S TURKEY MEATBALLS 14 tomato sauce, caramelized onion, herb ricotta cheese, torn brioche | TOFINO FRY (GF) 16 calamari, shrimp, sweet peppers, spicy japanese mayonnaise |
| ROASTED CARROTS (VG)(GF)(DF) 15 harissa, mint, cilantro, sunflower seeds, ginger-cashew cream | GARLIC SHRIMP 17  white wine, herb butter, roasted garlic, torn brioche |

CHARCUTERIE & CHEESE 21

genoa salami, capicola, prosciutto, brie, classic aged cheddar, b nedictin bleu

SHARED PLATES

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| ORGANIC SQUASH RISOTTO (GF)(V) 12 roasted mushrooms, mascarpone, parmesan | MAC N' CHEESE 10 roasted peppers, kale, ritz cracker crumble |
| CRISPY BRUSSELS SPROUTS (GF)(V) 11 parmesan, malt vinegar | TRUFFLE FRIES (GF)(V) 9 parmesan, chive |

SALADS ADD CHICKEN 5 OR SHRIMP 7

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| HEIRLOOM GRAIN TABOULI (VG)(DF) 16 tomato, cucumber, peppers, kalamata olives & chickpea pur e | ELIZABETH'S CAESAR 14 kale, romaine, parmesan, croutons, black garlic dressing |
| FIG & APPLE BURRATA (V) 19 fresh figs, klippers organic apple, shaved dark chocolate, mint, basil, aged balsamic, grilled bread | FALL HARVEST SALAD (V)(GF) 15 roasted yams, yam pur e, b nedictin bleu cheese, spiced pumpkin seeds, cranberries, honey-lemon vinaigrette |

CLASSICS

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| AVOCADO TOAST (VG)(DF) 18 sourdough, serrano chillies, pickled peppers, watermelon radish, green goodness juice | *POKE BOWL (GF)(DF) 21  bc albacore, cilantro-miso dressing, avocado, cucumber, orange, black rice |
| DUNGENESS CRAB ROLLS 23  celery, salt & vinegar chips, brioche rolls | FISH & CHIPS (GF) 20  haida gwaii rockfish, durkee's slaw, mushy peas, tartar sauce |
| LINGUINI VONGOLE 26 manila clams, calabrian chili, white wine, parsley, grilled bread | BILOXI BUTTERMILK FRIED CHICKEN SANDWICH 17 durkee's slaw, pickles, warm brioche & a nice little salad |
| ROASTED TURKEY SANDWICH 18 cranberry relish, horseradish mayonnaise, brie cheese, arugula, sweet potato chips, sourdough toast | MAPLE HILL CHICKEN BREAST (GF) 30 roasted heirloom carrots, mushrooms, organic squash risotto, natural jus |
| BACKYARD BURGER 19 aged cheddar, tomato jam, lettuce, tomato, onion, french fries | STEAK FRITES (GF) 34 6oz AAA black angus, horseradish cream & a nice little caesar salad |

HONEY SALT MARKET 19

fresh & roasted heirloom carrots, beets, breakfast radish, broccolini, sweet potato chips, pickled vegetables, tabouli salad, edamame hummus & roasted cauliflower dip

take a little bit of *honey* SALT home...

LOGO NAPKINS 12

BALL CAPS 20

T-SHIRTS 22

HONEY SALT COOKBOOK 39.99


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