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, & 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

SIDES

CRUSHED AVOCADO 5

BREAKFAST POTATOES 5

SMOKED BACON 6

PORK SAUSAGE 6

TURKEY SAUSAGE 6

SOLLY'S BAGEL 4

TOAST 4

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 (VG)=VEGAN

BREAK THE FAST

CROISSANT 4

PAIN AU CHOCOLAT 5

MONKEY BREAD *"for the table"* 12
brioche & honey bourbon sauce

WAFFLES 16
berry jam & fresh berries

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

BUTTERMILK PANCAKES 16
seasonal fruit & quebec maple syrup

GLUTEN FREE SWEET POTATO PANCAKES (GF) 17
almond butter & oat crumble

EGGS BENEDICT 19
smoked bacon, spinach, soft poached egg & hollandaise

SMOKED SALMON BENEDICT 21
steelhead salmon, dill & hollandaise

STEAK & EGGS 26
striploin, fried eggs, potatoes & tomato jam

BREAKFAST GALETTE 19
scrambled eggs, honey ham, spinach, mushrooms & gruyère cheese

HONEY SALT BREAKFAST 21
eggs any style, bacon or pork sausage, toast & potatoes

IT'S A BRUNCH THING

FRUIT PLATE (GF) **11**
berries, melon, apple, banana & citrus

HEIRLOOM GRAIN TABOULI 16 (VG)(DF)
tomato, cucumber, peppers, kalamata olives & chickpea purée

ELIZABETH'S CAESAR 14
kale, romaine, parmesan, croutons, black garlic dressing

FALL HARVEST SALAD (V)(GF) **15**
roasted yams, yam purée, bénédictin bleu cheese, spiced pumpkin seeds, cranberries, honey-lemon vinaigrette

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

HONEY SALT MARKET 19
fresh & roasted heirloom carrots, beets, breakfast radish, broccolini, sweet potato chips, pickled vegetables, tabouli salad, edamame hummus & roasted cauliflower dip

AVOCADO TOAST (DF) **18**
sourdough, serrano chillies, pickled peppers, watermelon radish, green goodness juice

***POKE BOWL** (DF) **21**
bc albacore, cilantro-miso dressing, avocado cucumber, orange, black rice

DUNGENESS CRAB ROLL 23
celery salad, salt & vinegar chips

FISH & CHIPS (GF) **20**
haida gwaii rockfish, durkee's slaw, mushy peas, tartar sauce

GRANDMA ROSIE'S TURKEY 14 MEATBALLS
tomato sauce, caramelized onion, herb ricotta cheese, garlic toast

BILOXI BUTTERMILK FRIED 17 CHICKEN SANDWICH
creamy slaw, durkee's dressing, brioche & nice little salad

BACKYARD BURGER 19
aged cheddar, tomato jam, lettuce, tomato, onion, french fries
add fried egg **2**