

FROM OUR KITCHEN WITH CARE, *Elizabeth & Kim*

honey SALT

FOOD AND DRINK

LUNCH MENU

MON - FRI: 11AM - 2PM

SMALL PLATES

- CHICKEN TORTILLA SOUP** 9
pulled chicken, black beans, corn, avocado, sour cream, tortilla chips
- MALABAR MUSSELS** 12
salt spring island mussels, coconut curry broth, cilantro, toasted & torn brioche
- TOFINO FRY (GF)** 16
calamari, shrimp, sweet peppers, spicy japanese mayonnaise
- DUCK LIVER MOUSSE (CN)** 15
pistachios, apple jelly, brioche
- GRANDMA ROSIE'S TURKEY MEATBALLS** 15
tomato sauce, caramelized onion, herb ricotta cheese, torn brioche

VEGETABLE FORWARD

ADD CHICKEN 5 | SHRIMP 7

- ELIZABETH'S CAESAR SALAD (V)** 14
kale, romaine, parmesan, croutons, black garlic dressing
- ROASTED CARROTS (GF)(VG)** 15
harissa, mint, cilantro, sunflower seeds, charred sweet pepper hummus
- HEIRLOOM GRAIN TABOULI (GF)(VG)** 16
tomato, cucumber, peppers, kalamata olives & chickpea purée
- BURRATA & ROASTED PUMPKIN (GF)(CN)** 19
klippers farm winter squash, honey, garlic, thyme, hazelnuts, baby arugula & mustard dressing

LARGE PLATES

- BUTTERNUT SQUASH RAVIOLI (V)** 23
saffron, goat cheese, pumpkin seeds, sage
- *POKE BOWL (GF)(DF)** 21 
bc albacore, cilantro-miso dressing, avocado, cucumber, orange, mixed grains
- FISH & CHIPS (GF)** 20
haida gwaii rockfish, durkee's slaw, mushy peas, tartar sauce, lemon

ON BREAD

- AVOCADO TOAST (DF)(V)** 18
toasted sourdough, serrano chillies, pickled peppers, watermelon radish, green goodness juice
- DUNGENESS CRAB ROLLS** 21
celery salad, salt & vinegar chips
- BILOXI BUTTERMILK FRIED CHICKEN SANDWICH** 17
creamy slaw, durkee's dressing, brioche & a nice little salad
- BLT** 17
thick sliced bacon, heirloom tomatoes, arugula, tartar sauce, toasted sourdough, salt & vinegar chips
- BACKYARD BURGER** 21
substitute to our protein rich garden burger (VG)
cache creek natural beef, aged cheddar, tomato jam, lettuce, tomato, onion, french fries

HONEY SALT MARKET (VG)(GF) 19

local heirloom carrots, acorn squash, broccolini, asparagus, breakfast radish, sweet potato chips, pickled vegetables, tabouli salad, red pepper hummus & roasted cauliflower dip

CHARCUTERIE & CHEESE 21

genoa salami, capicola, prosciutto, brie, classic aged cheddar, bñedictin bleu, cranberry & hazelnut crisps (CN)

- HARISSA ROASTED 1/2 CHICKEN** 33
maple hill semi boneless organic chicken, charred broccolini, coriander raita, lemon
- STEAK FRITES (GF)** 29
8oz AAA striploin, savoury herb butter, truffle parmesan fries, arugula salad
make it a surf n' turf with garlic shrimp +9

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

(GF)=GLUTEN FREE, (DF)=DAIRY FREE,
(CN)=CONTAINS NUTS, (V)=VEGETARIAN, (VG)=VEGAN

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.