

IT'S A BRUNCH THING

BUTTERMILK PANCAKES	16
seasonal fruit & quebec maple syrup	
AVOCADO TOAST (DF)(VG)	18
toasted sourdough, serrano chillies, pickled peppers, watermelon radish, green goodness juice	
EGGS BENEDICT	19
smoked bacon, spinach, soft poached egg & hollandaise	
BC SMOKED SALMON BOARD	18
sliced & potted, solly's bagel, tomato, red onion, cream cheese, capers & egg	
BREAKFAST GALETTE	19
scrambled eggs, honey ham, spinach, mushrooms & gruyère cheese	

SOUP & SMALL PLATES

EX SWEET PEA & LOVAGE SOUP (V)	9
crème fraîche, grilled olive bread	
WARM MIXED OLIVES (GF)(DF)(VG)	9
honey, orange, thyme	
STRAWBERRY BAKED BRIE (V)(CN)	16
candied pecan crust, basil, baguette	
MALABAR MUSSELS	12
salt spring island mussels, cilantro, coconut curry broth, toasted & torn brioche	
TOFINO FRY (GF)	16
calamari, shrimp, sweet peppers, spicy japanese mayonnaise	
EX GRANDMA ROSIE'S TURKEY MEATBALLS	15
tomato sauce, caramelized onion, herb ricotta cheese, torn brioche	

honey S A L T

FOOD AND DRINK

FROM OUR KITCHEN WITH CARE, *Elizabeth & Kim*

ON BREAD

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	
EX TURKEY CLUB	17
crispy bacon, arugula, tartar mayo, tomato, red onion, toasted multigrain, salt & vinegar chips	
BACKYARD BURGER	21
<i>substitute to our protein rich garden burger (V)</i> cache creek natural beef, aged cheddar, tomato jam, lettuce, tomato, onion, french fries	

LARGE PLATES

*POKE BOWL (GF)(DF)	21
bc albacore, cilantro-miso dressing, avocado, cucumber, orange, mixed grains	
EX WEST COAST FISH & CHIPS (GF)	20
haida gwaii rockfish, durkee's slaw, tartar sauce, lemon	
EX RIGATONI PUTTANESCA (V)	23
tomato, olives, capers, garlic, calabrian chili, parsley, parmesan	

VEGETABLE FORWARD

EX 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 & HEIRLOOM TOMATOES (GF)(V)	19
crispy capers, basil, aged balsamic, planeta extra virgin olive oil	

ADD TO ANY DISH: CHICKEN 5 | SHRIMP 7

SCALLOP LINGUINE	27
bc pink scallops, white wine, chili flakes, parsley, grilled bread	
STEAK FRITES (GF)	29
8oz AAA striploin, savoury herb butter, truffle parmesan fries, arugula salad <i>make it a surf n' turf with garlic shrimp +9</i>	

HONEY SALT MARKET 19

LOCAL SEASONAL PRODUCE | (VG)(GF)

local heirloom carrots, squash, broccolini, 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, bénédictin bleu, cranberry & hazelnut crisps (CN)

LUNCH MENU

MON - FRI: 11AM - 3PM



EXPRESS LUNCH \$20.21

DINE-IN ONLY

SELECT ONE STARTER

SWEET PEA & LOVAGE SOUP

ELIZABETH'S CAESAR (V)

GRANDMA ROSIE'S
TURKEY MEATBALLS (3PC)

SELECT ONE MAIN

RIGATONI PUTTANESCA (V)

WEST COAST FISH & CHIPS (GF)

TURKEY CLUB

SELECT ONE DESSERT

CHOCOLATE CHIP COOKIE

FRUIT SALAD



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