

## IT'S A BRUNCH THING

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

## SOUP & SMALL PLATES

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

# honey SALT

FOOD AND DRINK

FROM OUR KITCHEN WITH CARE, *Elizabeth & Kim*

## ON BREAD

<b>DUNGENESS CRAB ROLLS</b>	21
celery salad, salt & vinegar chips	
<b>BILOXI BUTTERMILK FRIED CHICKEN SANDWICH</b>	17
creamy slaw, durkee's dressing, brioche & a nice little salad	
<b>EX TURKEY CLUB</b>	17
crispy bacon, arugula, tartar mayo, tomato, red onion, toasted multigrain, salt & vinegar chips	
<b>BACKYARD BURGER</b>	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

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

## VEGETABLE FORWARD

<b>EX ELIZABETH'S CAESAR SALAD (V)</b>	14
kale, romaine, parmesan, croutons, black garlic dressing	
<b>ROASTED CARROTS (GF)(VG)</b>	15
harissa, mint, cilantro, sunflower seeds, charred sweet pepper hummus	
<b>HEIRLOOM GRAIN TABOULI (GF)(VG)</b>	16
tomato, cucumber, peppers, kalamata olives & chickpea purée	
<b>BURRATA &amp; HEIRLOOM TOMATOES (GF)(V)</b>	19
crispy capers, basil, aged balsamic, planeta extra virgin olive oil	

ADD TO ANY DISH: CHICKEN 5 | SHRIMP 7

## 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