

## IT'S A BRUNCH THING

<b>BUTTERMILK PANCAKES</b>	18
seasonal fruit & quebec maple syrup	
<b>AVOCADO TOAST</b> (DF)(VG)	19
toasted sourdough, serrano chillies, pickled peppers, watermelon radish, green goodness juice	
<b>EGGS BENEDICT</b>	22
smoked bacon, spinach, soft poached egg & hollandaise	
<b>BC SMOKED SALMON BOARD</b>	19
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</b> (V)	10
crème fraîche, grilled olive bread	
<b>WARM MIXED OLIVES</b> (GF)(DF)(VG)	9
honey, orange, thyme	
<b>STRAWBERRY BAKED BRIE</b> (V)(CN)	18
candied pecan crust, basil, baguette	
<b>MALABAR MUSSELS</b>	15
salt spring island mussels, cilantro, coconut curry broth, toasted & torn brioche	
<b>TOFINO FRY</b> (GF)	18
calamari, shrimp, sweet peppers, spicy japanese mayonnaise	
<b>EX GRANDMA ROSIE'S TURKEY MEATBALLS</b>	16
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>	23
celery salad, salt & vinegar chips	
<b>BILOXI BUTTERMILK FRIED CHICKEN SANDWICH</b>	19
creamy slaw, durkee's dressing, brioche & a nice little salad	
<b>EX TURKEY CLUB</b>	19
crispy bacon, arugula, tartar mayo, tomato, red onion, toasted multigrain, salt & vinegar chips	
<b>BACKYARD BURGER</b>	23
<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</b> (GF)(DF)	23
bc albacore, cilantro-miso dressing, avocado, cucumber, orange, mixed grains	
<b>EX WEST COAST FISH &amp; CHIPS</b> (GF)	22
haida gwaii rockfish, durkee's slaw, tartar sauce, lemon	
<b>EX RIGATONI PUTTANESCA</b> (V)	25
tomato, olives, capers, garlic, calabrian chili, parsley, parmesan	

## VEGETABLE FORWARD

<b>EX ELIZABETH'S CAESAR SALAD</b> (V)	15
kale, romaine, parmesan, croutons, black garlic dressing	
<b>ROASTED CARROTS</b> (GF)(VG)	16
harissa, mint, cilantro, sunflower seeds, charred sweet pepper hummus	
<b>HEIRLOOM GRAIN TABOULI</b> (GF)(VG)	18
tomato, cucumber, peppers, kalamata olives & chickpea purée	
<b>BURRATA &amp; HEIRLOOM TOMATOES</b> (GF)(V)	20
crispy capers, basil, aged balsamic, planeta extra virgin olive oil	
ADD TO ANY DISH: CHICKEN 6   SHRIMP 8	

## HONEY SALT MARKET 21

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 23

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

## LUNCH MENU

MON - FRI: 11AM - 3PM



## EXPRESS LUNCH \$23

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