

FROM OUR KITCHEN WITH CARE *Elizabeth & Kim*

honey SALT

FOOD AND DRINK

BRUNCH

SAT & SUN: 10:30AM - 3PM

SMOOTHIES

OKANAGAN BERRY (GF)(DF) 11

blueberry, raspberry,
banana, & maple syrup

ALMOND BUTTERCUP (GF)(DF) 11

almond milk, raw almond butter,
cacao, banana & agave

JUICE BAR

GREEN GOODNESS 10

apples, cucumber, spinach,
celery & ginger

CITRUS GLOW 10

grapefruit, orange, lemon,
lime, carrot & cayenne

ORANGE JUICE 8

GRAPEFRUIT 8

APPLE 6

CRANBERRY 6

TOMATO 6

SIDES

CROISSANT 4

PAIN AU CHOCOLAT 6

CRUSHED AVOCADO 5

BREAKFAST POTATOES 5

SMOKED BACON 7

PORK SAUSAGE 7

TURKEY SAUSAGE 7

SOLLY'S BAGEL 4

TOAST 4

BREAK THE FAST

MONKEY BREAD "for the table" 12

brioche & honey bourbon sauce

BUTTERMILK PANCAKES 18

seasonal fruit & quebec maple syrup

SWEET POTATO PANCAKES (GF)(DF) 18

gluten free, almond butter,
oat crumble, pumpkin seeds

HONEY SALT BREAKFAST 22

eggs any style, toast & potatoes,
choice of bacon, pork or turkey
sausage

OUR FAVOURITES

CHOCOLATE HAZELNUT

STUFFED FRENCH TOAST (CN) 19

nutella, banana caramel

CHICKEN & WAFFLES 22

buttermilk fried chicken,
pecan praline, whipped honey butter &
maple syrup

IT'S A BRUNCH THING

FRUIT PLATE (GF)(VG) 12

berries, melon, apple, banana & citrus

*ELIZABETH'S CAESAR (V) 15

kale, romaine, parmesan,
croutons, black garlic dressing

*POKE BOWL (GF)(DF) 23

bc albacore tuna, cilantro-miso
dressing, avocado cucumber,
orange, black rice

FISH & CHIPS (GF) H 22

haida gwaii rockfish, durkee's
slaw, tartar sauce

EGGS BENEDICT 22

smoked bacon, spinach,
soft poached egg & hollandaise

SMOKED SALMON BENEDICT 23

steelhead salmon, dill & hollandaise

BC CRAB BENEDICT 28

dungeness crab, celery salad
& hollandaise

BREAKFAST GALETTE 19

scrambled eggs, honey ham,
spinach, mushrooms
& gruyère cheese

AVOCADO TOAST (VG)(DF) 19

sourdough, serrano chillies,
pickled peppers, watermelon radish,
green goodness juice

NOVA SCOTIA LOBSTER GALETTE 29

scrambled eggs, mushroom,
spinach, puff pastry, gruyère cheese
& hollandaise

STEAK & EGGS (GF) 28

striploin, fried eggs, potatoes
& tomato jam

DUNGENESS CRAB ROLL 23

celery salad, salt & vinegar chips

BILOXI BUTTERMILK FRIED CHICKEN SANDWICH 19

creamy slaw, durkee's dressing,
brioche & nice little salad

BACKYARD BRUNCH BURGER 23

8oz, bacon, fried egg, tomato jam,
lettuce, tomato, onion, french fries

HONEY SALT MARKET (VG)(GF) 21

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

BC SMOKED SALMON BOARD 19

sliced & potted, solly's bagel, tomato,
red onion, cream cheese, capers & egg

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