

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)(CN) 11

almond milk, raw almond butter,
cacao, banana

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 5

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

take a little bit of *honey SALT* home...

LOGO NAPKINS 12

BALL CAPS 20

T-SHIRTS 22

HONEY SALT COOKBOOK 39.99

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)(CN) 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)(V) 19

nutella, banana caramel

CHICKEN & WAFFLES (CN) 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) 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) 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 26

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 (V)(GF) 21

red endive, roasted carrots & beets, asparagus,
snap peas, radishes, plantain & sweet potato
chips, house made pickles, lemon dill ranch,
guacamole, spicy carrot horseradish dip

*BC SMOKED SALMON BOARD 19

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

*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