

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

## THE JUICE TRUCK

Vancouver's first Cold-Pressed Juice Company

### THE REMEDY 10

cucumber, kale, ginger, pineapple & mint

### THE TURMERIC 10

orange, carrot, pineapple, turmeric,  
ginger & lemon

### ORGANIC ORANGE JUICE 10

cold pressed, seasonal oranges

#### MORE JUICES

### GRAPEFRUIT 8

### APPLE 6

### CRANBERRY 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

## BREAK THE FAST

### MONKEY BREAD "for the table" 12

brioche & honey bourbon sauce

### BUTTERMILK PANCAKES (V) 19

seasonal fruit & quebec maple syrup

### SWEET POTATO PANCAKES (GF)(DF)(CN) 20

gluten free, almond butter,  
oat crumble, pumpkin seeds

### HONEY SALT BREAKFAST 24

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) 24

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

## IT'S A BRUNCH THING

### FRUIT PLATE (GF)(VG) 13

berries, melon, apple,  
banana & citrus

### \*ELIZABETH'S CAESAR (V) 15

kale, romaine, parmesan,  
croutons, black garlic dressing

### \*POKE BOWL (GF)(DF) 24

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

### FISH & CHIPS (GF) 23

haida gwaii rockfish, durkee's  
slaw, tartar sauce

### SMOKED SALMON BENEDICT 24

steelhead salmon, dill & hollandaise

### EGGS BENEDICT 24

smoked bacon, spinach,  
soft poached egg & hollandaise

### BC CRAB BENEDICT 28

dungeness crab, celery salad  
& hollandaise

### AVOCADO TOAST (VG) 20

sourdough, serrano chillies,  
pickled peppers, watermelon radish,  
real good green juice

### BREAKFAST GALETTE 20

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

### NOVA SCOTIA LOBSTER GALETTE 29

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

### STEAK & EGGS (GF) 29

6oz striploin, fried eggs, potatoes,  
tomato jam

### DUNGENESS CRAB ROLL 29

house brioche, celery salad,  
salt & vinegar chips

### BILOXI BUTTERMILK FRIED CHICKEN SANDWICH 20

rosemary biscuit, creamy slaw,  
durkee's dressing, nice little salad

### BACKYARD BRUNCH BURGER 25

*substitute to our garden burger (V)*  
8oz, bacon, fried egg, tomato jam,  
lettuce, tomato, onion, french fries

### BC SMOKED SALMON BOARD 21

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

## HONEY SALT MARKET (V)(GF) 22

cucumber, red endive, radishes, roasted carrots  
& beets, artichoke, taro & sweet potato chips,  
house pickles, lemon dill ranch, guacamole,  
carrot horseradish dip

take a little bit of honey SALT home...

LOGO NAPKINS 12

BALL CAPS 20

T-SHIRTS 22

HONEY SALT COOKBOOK 39.99

\*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  
(V)=VEGETARIAN