

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

ORANGE JUICE 10

cold pressed, seasonal oranges

MORE JUICES

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

*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

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

NOVA SCOTIA LOBSTER BENEDICT 29

spinach, soft poached egg & hollandaise

AVOCADO TOAST (VG) 20

sourdough, roasted gem tomato, serrano chillies, tomato jam, 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

NOVA SCOTIA LOBSTER ROLLS 29

house brioche, lemon herb mayonnaise, 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, sweet potato chips, house pickles, lemon dill ranch, guacamole, carrot horseradish dip