

LUNCH MENU

MON - FRI: 11AM - 3PM

honey S A L T
FOOD AND DRINK

FROM OUR KITCHEN WITH CARE,

Elizabeth & Kim

APPETIZERS

- SAVOURY MONKEY BREAD (V)** 8
three cheeses, pomodoro sauce
- CHICKEN NOODLE SOUP** 11
pulled chicken, cavatappi pasta
- STEAMED MUSSELS (DF)** 18
white wine, garlic herb butter, fries
- TOFINO FRY (GF)** 19
humboldt squid, shrimp, sweet peppers,
spicy japanese mayonnaise

- PROSCIUTTO ARUGULA SALAD (GF)(CN)** 20
artichoke, sundried tomato, manchego,
hazelnuts, lemon vinaigrette
- GRANDMA ROSIE'S TURKEY MEATBALLS** 16
tomato sauce, caramelized onion,
herb ricotta cheese
- KOREAN CRISPY CHICKEN BITES** 17
buttermilk fried, gochujang glaze,
rice wine pickles, sesame seeds, scallions
tofu substitute available

VEGETABLE FORWARD

ADD TO ANY DISH: CHICKEN 9 | SHRIMP 14

- *ELIZABETH'S CAESAR SALAD (V)** 15
kale, romaine, parmigiano reggiano,
croutons, black garlic dressing
- BURRATA (V)** 21
charred toy box tomatoes, shaved fennel,
arugula, grilled sourdough, minus 8 ice
wine vinegar

ON BREAD

- AVOCADO TOAST (VG)** 20
sourdough, roasted gem tomato, serrano
chillies, tomato jam, real good green juice
- 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, a nice little salad
- BACKYARD BURGER** 25
substitute to our protein rich garden burger (V)
8oz, aged cheddar, tomato jam, lettuce, tomato,
onion, truffle parmesan fries



LOCAL SEASONAL PRODUCE | (V)(GF)

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

LARGE PLATES

GRILLED THAI SHRIMP SALAD (GF)(DF)(CN) 28
rice noodles, shredded cabbage, cucumber,
carrot, cilantro, scallions, peanut dressing

***POKE BOWL (GF)(DF)** 24
bc albacore, cilantro-miso dressing,
avocado, cucumber, orange, mixed grains

WEST COAST FISH & CHIPS (GF) 23
haida gwaii rockfish, durkee's slaw,
tartar sauce, lemon

TOURTIÈRE QUEBECOIS 24
beef & pork, apple watercress salad,
tomato jam

MISO ROASTED SPRING SALMON (GF) 36
spinach gomaе, roasted mushrooms,
basmati rice, sesame sauce

SHORT RIB PAPPARDELLE 32
red wine braised short rib, mushrooms,
english peas, garlic cream sauce

63 ACRES NEW YORK STEAK (GF) 48
10oz grilled striploin, herb butter,
arugula salad, truffle parmesan fries

ADD:
garlic shrimp + 16
nova scotia lobster tail + 22



CHEF'S LUNCH FEATURE

ASK YOUR SERVER ABOUT OUR DAILY CREATIONS

(GF)=GLUTEN FREE (DF)=DAIRY FREE (CN)=CONTAINS NUTS (V)=VEGETARIAN (VG)=VEGAN

*consuming raw or undercooked meats, poultry, shellfish, or eggs may increase your risk of foodborne illness