

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 8

#### CRANBERRY 8

#### TOMATO 8

### SIDES

#### CROISSANT 5

#### PAIN AU CHOCOLAT 6

#### CRUSHED AVOCADO 6

#### BREAKFAST POTATOES 6

#### SMOKED BACON 8

#### PORK SAUSAGE 8

#### TURKEY SAUSAGE 8

#### SOLLY'S BAGEL 5

BUTTER & CREAM CHEESE

#### TOAST 5

BUTTER & JAM

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" 14

brioche & honey bourbon sauce

#### BUTTERMILK PANCAKES (V) 19

seasonal fruit, quebec maple syrup

#### SWEET POTATO PANCAKES (GF)(DF)(CN) 21

gluten free, almond butter, oat crumble, pumpkin seeds

#### HONEY SALT BREAKFAST 25

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

### OUR FAVOURITES

#### CHOCOLATE HAZELNUT

#### STUFFED FRENCH TOAST (CN)(V) 20

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) 14

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 26

steelhead salmon, dill, hollandaise

#### EGGS BENEDICT 24

smoked bacon, spinach, soft poached egg, hollandaise

#### NOVA SCOTIA LOBSTER BENEDICT 30

spinach, soft poached egg, hollandaise

#### AVOCADO TOAST (V) 26

sourdough, roasted gem tomato, serrano chillies, tomato jam, poached eggs, real good green juice

#### BREAKFAST GALETTE 22

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

#### NOVA SCOTIA LOBSTER GALETTE 30

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

#### STEAK & EGGS (GF) 30

6oz striploin, fried eggs, potatoes, tomato jam

#### NOVA SCOTIA LOBSTER ROLLS 30

house brioche, lemon herb mayonnaise, salt & vinegar chips

#### BILOXI BUTTERMILK FRIED CHICKEN SANDWICH 21

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

#### BACKYARD BRUNCH BURGER 25

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

#### BC SMOKED SALMON BOARD 23

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

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

cucumber, red endive, radishes, roasted carrots & beets, artichoke, sweet potato chips, house pickles, guacamole, cauliflower hummus, red beet dip