

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) three cheeses, pomodoro sauce	9	TOFINO FRY (GF) humboldt squid, shrimp, sweet peppers, spicy japanese mayonnaise	19
CHICKEN NOODLE SOUP pulled chicken, cavatappi pasta	12	GRANDMA ROSIE'S TURKEY MEATBALLS tomato sauce, caramelized onion, herb ricotta cheese	17
STEAMED MUSSELS white wine, garlic herb butter, fries	18	KOREAN CRISPY CHICKEN BITES buttermilk fried, gochujang glaze, rice wine pickles, sesame seeds, scallions tofu substitute available	17

ON BREAD

AVOCADO TOAST (V) sourdough, roasted gem tomato, serrano chillies, tomato jam, poached eggs, real good green juice	26	BILOXI BUTTERMILK FRIED CHICKEN SANDWICH rosemary biscuit, creamy slaw, durkee's dressing, a nice little salad	21
NOVA SCOTIA LOBSTER ROLLS house brioche, lemon herb mayonnaise, salt & vinegar chips	30	BACKYARD BURGER <i>substitute to our protein rich garden burger (V)</i> aged cheddar, tomato jam, lettuce, tomato, onion, truffle parmesan fries	25

GARDEN & GREENS

ADD TO ANY DISH: CHICKEN 9 | SHRIMP 16

*ELIZABETH'S CAESAR SALAD (V) kale, romaine, parmigiano reggiano, croutons, black garlic dressing	15
BURRATA & HEIRLOOM TOMATOES (V) basil vinaigrette, pickled red onions, grilled sourdough	21
PROSCIUTTO ARUGULA SALAD (GF)(CN) artichoke, sundried tomato, manchego, hazelnuts, lemon vinaigrette	20

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HONEY SALT MARKET

LOCAL SEASONAL PRODUCE | (VG)(GF)

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

LARGE PLATES

GRILLED THAI SHRIMP SALAD (GF)(DF)(CN) 29
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) 24
haida gwaii rockfish, durkee's slaw,
tartar sauce, lemon

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

ROASTED SPRING SALMON 36
cauliflower tabbouleh & hummus,
za'atar spiced crispy chickpeas

HAIDA GWAII HALIBUT 39
heirloom tomato salad, basil vinaigrette

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



(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