

# LUNCH MENU

MON - FRI: 11AM - 3PM

*honey* S A L T  
FOOD AND DRINK

FROM OUR KITCHEN WITH CARE,

*Elizabeth & Kim*

## APPETIZERS

<b>SAVOURY MONKEY BREAD</b> (V) 9 three cheeses, pomodoro sauce	<b>TOFINO FRY</b> (GF) 19 humboldt squid, shrimp, sweet peppers, spicy japanese mayonnaise
<b>CRISPY FRIED &amp; ROASTED MUSHROOMS</b> (GF) (V) 17 myca farms mushrooms, creamy black garlic ponzu sauce	<b>GRANDMA ROSIE'S TURKEY MEATBALLS</b> 17 tomato sauce, caramelized onion, herb ricotta cheese
<b>STEAMED MUSSELS</b> 18 white wine, garlic herb butter, fries	<b>KOREAN CRISPY CHICKEN BITES</b> 17 buttermilk fried, gochujang glaze, rice wine pickles, sesame seeds, scallions <b>tofu substitute available</b>

## ON BREAD

<b>AVOCADO TOAST</b> (V) 26 sourdough, roasted gem tomato, serrano chillies, tomato jam, poached eggs, real good green juice	<b>BILOXI BUTTERMILK FRIED CHICKEN SANDWICH</b> 21 rosemary biscuit, creamy slaw, durkee's dressing, a nice little salad
<b>GRILLED CHICKEN SHWARMA</b> 23 za'atar spice, hummus, cucumber herb salad, pita bread, roasted lemon yogurt sauce	<b>BACKYARD BURGER</b> 25 <i>substitute to our protein rich garden burger</i> (V) aged cheddar, tomato jam, lettuce, tomato, onion, truffle parmesan fries



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



(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

## GARDEN & GREENS

ADD TO ANY DISH: CHICKEN 9 | SHRIMP 16

<b>*ELIZABETH'S CAESAR SALAD</b> (V) 15 kale, romaine, parmigiano reggiano, croutons, black garlic dressing	<b>WATERMELON FETA SALAD</b> (V) 18 watercress, spiced pumpkin seed, mint, lime vinaigrette
<b>SUMMER BURRATA SALAD</b> (V)(GF) 20 grilled peaches, heirloom & charred gem tomatoes, basil vinaigrette	<b>63 ACRES STEAK SALAD</b> (GF) 26 5oz new york strip, heirloom tomatoes, blue cheese, pickled red onion

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**HONEY SALT MARKET**

LOCAL SEASONAL PRODUCE | (V)(GF)

cucumber, red endive, radishes,  
roasted carrots, crispy kale, snap peas,  
sweet potato chips, house pickles,  
guacamole, chickpea hummus,  
green goddess 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 greens, black rice

**WEST COAST FISH & CHIPS** (GF) 24  
haida gwaii rockfish, durkee's slaw,  
tartar sauce, lemon

**BC SPRING SALMON 36**  
potato gnocchi, snap peas,  
mint, lemon brown butter

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

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