



FROM OUR KITCHEN WITH CARE, *Elizabeth & Kim*

honey **SALT**
FOOD AND DRINK

BREAKFAST

== TEA & "ILLY" COFFEE ==

- DRIP COFFEE 4 CAPPUCCINO 6
- ESPRESSO 4.5 AMERICANO 6
- LATTE 6 TEA 5

SUB (+0.75)

ALMOND MILK | OAT MILK | SOY MILK

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

PANTRY

- CROISSANT** 5 **GREEK YOGURT (GF)(V)** 9
classic butter plain or vanilla
- PAIN AU CHOCOLAT** 6 **FRUIT PLATE (GF)(VG)** 14
butter, dark chocolate berries, melon, apple, banana, citrus
- "MCCANN'S" IRISH OATMEAL (GF)** 14 **CEREAL** 7
slow-cooked, stewed berries raisin bran, maple granola
or fruit loops

EGGS + GRIDDLE

- EGGS BENEDICT 24** **BILOXI FRIED CHICKEN** **ROASTED MUSHROOM**
smoked bacon, **BENEDICT 26** **BENEDICT (V) 21**
soft poached egg, buttermilk marinade, myca farms mushrooms,
spinach, hollandaise durkees slaw, soft poached eggs,
hollandaise sauce soft poached egg, spinach, hollandaise

PROTEIN PLATE (GF) 18 **AVOCADO TOAST (V) 26**
turmeric & za'atar spiced hard cooked sourdough, roasted gem tomato,
eggs, smoked bacon, avocado, yogurt serrano chillies, tomato jam,
& granola parfait, fresh berries poached eggs, real good green juice

BUTTERMILK PANCAKES (V) 19 **HONEY SALT BREAKFAST 25**
seasonal fruit, quebec maple syrup eggs any style, bacon or
pork sausage, toast & potatoes

EGG WHITE FRITTATA (GF) 21 **STEAK & EGGS (GF) 30**
tomato, roasted mushrooms, 5oz striploin, fried eggs,
spinach, goat cheese feta potatoes, tomato jam

BC SMOKED SALMON BOARD 23
sliced & potted smoked salmon,
bagel, capers & egg

SIDES

- CRUSHED AVOCADO 6** **SMOKED BACON 8**
- BREAKFAST POTATOES 6** **PORK SAUSAGE 9**
- TOASTED BAGEL 5** **TURKEY SAUSAGE 9**
BUTTER & CREAM CHEESE
- TOAST 5**
BUTTER & JAM

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

