

# LUNCH MENU

MON - FRI: 11AM - 3PM

*honey* SALT  
FOOD AND DRINK

FROM OUR KITCHEN WITH CARE,

*Elizabeth & Kim*

## APPETIZERS

- SAVOURY MONKEY BREAD** (V) 11  
foir di latte, parmesan, cheddar cheese, pomodoro sauce
- MUSHROOM BISQUE** (V) 14  
grilled baguette, crispy mushrooms, herb butter
- CRISPY FRIED & ROASTED MUSHROOMS** (GF) (V) 17  
myca farms mushrooms, creamy black garlic ponzu sauce
- TOFINO FRY** (GF) 19  
humboldt squid, shrimp, sweet peppers, spicy japanese mayonnaise
- BLUE CRAB DIP** 28  
toasted baguette, cajun spice, cheddar cheese
- GRANDMA ROSIE'S TURKEY MEATBALLS** 17  
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**

## LARGE PLATES

- WEST COAST FISH & CHIPS** (GF) 24  
haida gwaii rockfish, durkee's slaw, tartar sauce, lemon
- PRIME NEW YORK STEAK SALAD** 26  
5oz holstein steak, heirloom tomatoes, blue cheese, pickled red onion

## GARDEN & GREENS

ADD TO ANY DISH: CHICKEN 9 | SHRIMP 16

- \*ELIZABETH'S CAESAR SALAD** (V) 15  
kale, romaine, parmigiano reggiano, croutons, black garlic dressing
- BURRATA SALAD** (CN) 21  
shaved zucchini, roasted pine nuts, frisée, heirloom tomatoes, basil pesto
- \*POKE BOWL** (GF)(DF) 24  
bc albacore, cilantro-miso dressing, avocado, cucumber, orange, mixed greens, black rice



**HONEY SALT MARKET 23**

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

## ON BREAD

- AVOCADO TOAST** (V) 26  
sourdough, roasted gem tomato, serrano chillies, tomato jam, poached eggs, real good green juice
- GRILLED CHICKEN SHAWARMA** 23  
za'atar spice, hummus, cucumber tomato salad, pita bread
- BILOXI BUTTERMILK FRIED CHICKEN SANDWICH** 21  
rosemary biscuit, creamy slaw, durkee's dressing, a nice little salad
- BACKYARD BURGER** 25  
*substitute to our protein rich garden burger* (V)  
aged cheddar, tomato jam, lettuce, tomato, onion, truffle parmesan fries
- TOURTIÈRE QUEBECOIS** 24  
beef & pork savory pie, apple endive

- GRILLED WILD KING SALMON** 38  
couscous tabbouleh, chickpea hummus, cucumber tomato salad
- GRILLED CHICKEN COBB SALAD** 26  
deviled eggs, avocado, feta cheese, smoked bacon, heirloom tomatoes, green goodness dressing

- PRIME NEW YORK STEAK** 49  
10oz holstein steak, truffle fries, frisée salad
- ADD:**  
garlic shrimp + 16  
nova scotia lobster tail + 22

## EXPRESS LUNCH \$28

dine in only

### APPETIZER

CHOOSE ONE

**MUSHROOM BISQUE** (V)  
crispy mushrooms, chives

**ELIZABETH'S CAESAR SALAD** (V)  
black garlic dressing, croutons

**NICE LITTLE SALAD** (V) (GF)  
greens, pumpkin seeds, tomatoes, goddess dressing

### MAIN

CHOOSE ONE

**AVOCADO TOAST** (V)  
sourdough, roasted gem tomato, serrano chillies, tomato jam

**WEST COAST FISH & CHIPS** (GF)  
haida gwaii rockfish, fries, tartar sauce, lemon

**GRILLED CHICKEN SHAWARMA**  
za'atar spice, hummus, cucumber tomato salad, pita bread

**BILOXI BUTTERMILK FRIED CHICKEN SANDWICH**  
rosemary biscuit, creamy slaw, durkee's dressing

### DESSERT

**BROOKIE**  
chocolate chip cookie, brownie center

(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