

# LUNCH MENU

MON - FRI: 11AM - 3PM

*honey* SALT  
FOOD AND DRINK

FROM OUR KITCHEN WITH CARE,

*Elizabeth & Kim*

## APPETIZERS

- SAVOURY MONKEY BREAD** (V) 11  
fior di latte, parmesan, cheddar cheese,  
pomodoro sauce
- SWEET CORN SOUP** (V) 14  
ancho chili, cilantro
- CRISPY FRIED & ROASTED MUSHROOMS** (GF) (DF) (VG) 17  
myca farms mushrooms,  
creamy black garlic ponzu sauce
- TOFINO FRY** (GF) (DF) 19  
humboldt squid, shrimp, sweet peppers,  
spicy japanese mayonnaise
- SALT SPRING MUSSELS** 18  
shallot, garlic & herb butter, grilled baguette
- 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** (V)

## GARDEN & GREENS

ADD TO ANY DISH: CHICKEN 9 | SHRIMP 16

- \*ELIZABETH'S CAESAR SALAD** (V) 16  
kale, romaine, parmigiano reggiano,  
croutons, black garlic dressing
- BURRATA SALAD** (GF) (V) 21  
endive, frisee, golden currants,  
pink lady apples, shaved celery,  
sherry dressing
- ORGANIC HEIRLOOM TOMATO SALAD** (CN) 18  
pine nuts, arugula, pickled red onion,  
basil pesto

## HONEY SALT MARKET 23

LOCAL SEASONAL PRODUCE | (V) (GF)

cucumber, red endive, carrots,  
asparagus, radishes, crispy kale,  
sweet potato chips, house made  
pickles, guacamole, tzatziki, hummus

## ON BREAD

- AVOCADO TOAST** (V) 26  
sourdough, roasted gem tomato,  
serrano chillies, tomato jam,  
poached eggs, real good green juice
- GRILLED CHICKEN SHAWARMA** (DF) 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
- BEEF KOFTA KEBAB** 28  
grilled tomato, cucumber salad,  
red onion, tzatziki, pita bread

## LARGE PLATES

- WEST COAST FISH & CHIPS** (GF) (DF) 24  
haida gwaii rockfish, durkee's slaw,  
tartar sauce, lemon
- GRILLED WILD KING SALMON** (DF) 38  
couscous tabbouleh, chickpea hummus,  
cucumber tomato salad
- RESERVE ANGUS STEAK** (GF) 49  
10oz striploin, truffle fries, frisée salad  
**ADD:** garlic shrimp + 16
- GRILLED CHICKEN COBB SALAD** (GF) 26  
deviled eggs, avocado, feta cheese,  
smoked bacon, heirloom tomatoes,  
green goddess dressing
- \*POKE BOWL** (GF) (DF) 24  
bc albacore tuna, mango, avocado,  
cucumber, black rice, wakame seaweed, pickled  
radish, roasted sesame seed. cilantro miso dressing

(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

## EXPRESS LUNCH \$28

dine in only

### APPETIZER

CHOOSE ONE

**SWEET CORN SOUP** (V)  
ancho chili, cilantro

**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) (DF)  
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