

BRUNCH

SAT & SUN: 10:30AM - 3PM

honey SALT
FOOD AND DRINK

FROM OUR KITCHEN WITH CARE,

Elizabeth & Kim

BREAK THE FAST

MONKEY BREAD *"for the table"* 14
brioche & honey bourbon sauce

FRUIT PLATE (GF)(VG)(DF) 14
berries, melon, apple, banana & citrus

HONEY SALT BREAKFAST (DF) 25
eggs any style, toast, potatoes,
choice of bacon, pork, or turkey sausage

EGGS BENEDICT 24
smoked bacon, spinach,
soft poached egg, hollandaise

ROASTED MUSHROOM BENEDICT (V) 21
myca farms mushrooms, spinach,
soft poached eggs, hollandaise

BILOXI FRIED CHICKEN BENEDICT 26
buttermilk marinade, durkees slaw,
soft poached egg, hollandaise sauce

IT'S A BRUNCH THING

GRILLED CHICKEN SHAWARMA (DF) 23
za'atar spice, hummus,
cucumber tomato salad, pita bread

BURRATA SALAD (V)(CN)(GF) 21
endive, frisee, golden currents, pink lady apples,
shaved celery, sherry dressing

OUR FAVOURITES

BC SMOKED SALMON BOARD 23
sliced & potted smoked salmon,
solly's bagel, tomato, red onion,
cream cheese, capers & egg

CHICKEN & WAFFLES (CN) 24
buttermilk fried chicken, pecan praline,
whipped honey butter, maple syrup

BREAKFAST GALETTE 22
scrambled eggs, honey ham,
spinach, mushrooms, gruyère cheese

AVOCADO TOAST (V)(DF) 26
sourdough, roasted gem tomato,
serrano chillies, tomato jam, poached eggs,
real good green juice

EGG WHITE FRITTATA (GF) 21
tomato, roasted mushrooms, spinach,
goat cheese feta

BIG SKY BOWL 29
fried chicken, egg, pork sausage, tomato jam,
rosemary biscuit, pepper sausage gravy

***POKE BOWL** (GF)(DF) 24
bc albacore tuna, mango, avocado, cucumber, black
rice, wakame seaweed, pickled radish,
roasted sesame seed. cilantro miso dressing

FISH & CHIPS (GF)(DF) 23
haida gwaii rockfish, durkee's slaw,
tartar sauce

(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

SWEETER THINGS

DUTCH BABY PANCAKES 21
roasted apples, cinnamon whipped
mascarpone cheese, bourbon caramel

BUTTERMILK PANCAKES (V) 19
seasonal fruit, quebec maple syrup

SWEET POTATO PANCAKES 21
(GF)(CN)(V)
crushed pecan, banana, whipped cream

BLUEBERRY PANCAKES (V) 20
berries compote, candied lemon zest,
quebec maple syrup

CRÈME BRÛLÉE
FRENCH TOAST (V) 21
brown sugar brioche,
vanilla curd, fresh berries



SIDES

CROISSANT 5

PAIN AU CHOCOLAT 6

CRUSHED AVOCADO 6

BREAKFAST POTATOES 6

SMOKED BACON 8

PORK SAUSAGE 9

TURKEY SAUSAGE 9

SOLLY'S BAGEL 5

BUTTER & CREAM CHEESE

TOAST 5

BUTTER & JAM

HONEY SALT MARKET 23

LOCAL SEASONAL PRODUCE | (VG)(GF)

cucumber, red endive, radishes,
roasted carrots, crispy kale, snap peas,
sweet potato chips, house pickles,
guacamole, chickpea hummus, ranch dip

BILOXI BUTTERMILK
FRIED CHICKEN SANDWICH 21
rosemary biscuit, creamy slaw,
durkee's dressing, nice little salad

BACKYARD BRUNCH BURGER 25
substitute to our garden burger (V)
bacon, fried egg, tomato jam,
lettuce, tomato, onion, french fries

PRIME STEAK & EGGS (GF)(DF) 30
5oz holstein striploin, fried eggs,
crispy potatoes, tomato jam

NOVA SCOTIA LOBSTER GALETTE 30
scrambled eggs, mushroom, spinach,
puff pastry, gruyère cheese, hollandaise