

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
torn brioche, crispy mushrooms, herb butter
- 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
chorizo, cider, 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)** 15
kale, romaine, parmigiano reggiano, croutons, black garlic dressing
- BURRATA SALAD (GF) (V)** 21
endive, frisee, golden currants, pink lady apples, shaved celery, sherry dressing
- *POKE BOWL (GF) (DF)** 24
bc albacore tuna, mango, avocado, cucumber, black rice, wakame seaweed, pickled radish, roasted sesame seed. cilantro miso dressing

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



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

TOURTIÈRE QUEBECOIS 24
beef & pork savory pie, apple endive

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
- PRIME NEW YORK STEAK (GF)** 49
10oz holstein steak, truffle fries, frisée salad
- GRILLED CHICKEN COBB SALAD (GF)** 26
deviled eggs, avocado, feta cheese, smoked bacon, heirloom tomatoes, green goodness dressing
- BEEF BOURGUIGNON** 32
french style beef stew, potatoes, roasted mushrooms, carrots, pearl onions
- ADD:
garlic shrimp + 16
nova scotia lobster tail + 22

(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

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) (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