

## BREAKFAST



# honey SALT

FOOD AND DRINK

FROM OUR KITCHEN WITH CARE, *elizabeth & kim.*

## COFFEE & TEA

"EAST VAN ROASTERS  
FRENCH PRESS" 9

"ILLY" DRIP COFFEE 3

"ILLY" ESPRESSO,  
LATTE, CAPPUCCINO, AMERICANO 4

"DAMMANN FRERES"  
SELECTION OF TEAS 4

## SMOOTHIES

OKANAGAN BERRY 9  
blueberry, raspberry, banana,  
pomegranate & maple syrup,  
dairy free

ALMOND BUTTERCUP 9  
almond milk, raw almond butter,  
cacao, banana & agave, dairy free

DARK CHOCOLATE 9  
70% chocolate, dates, coconut nectar,  
avocado & farmstead organic milk

## JUICE BAR

GREEN GOODNESS 9  
apples, cucumber, spinach, fennel,  
celery & ginger

RED DRAGON 9  
beets, carrots, pineapple, basil,  
lime, turmeric & ginger

CITRUS GLOW 9  
grapefruit, orange, lemon, lime,  
carrot & cayenne

## JUICES

ACAI 6

POMEGRANATE 6

APPLE 6

CRANBERRY 6

TOMATO 6

FRESH

ORANGE / GRAPEFRUIT 8

## PANTRY

SEASONAL FRUIT 11  
berries, melon, apple, banana, citrus  
& whipped honey ricotta

ACAI BOWL 11  
strawberry, banana, toasted  
coconut & chia seeds

MUESLI 11  
almond milk, rolled oats, apples,  
banana & dried fruit, dairy free

"MCCANN'S" IRISH  
OATMEAL 10  
slow-cooked, stewed green  
apples & pears

YOGURT BAR 8  
greek, plain or vanilla

CEREAL 6  
kashi, raisin bran, maple  
granola, fruit loops

PAIN AU CHOCOLAT 5

CROISSANT 5

MALASADAS PORTUGUESE  
DONUTS 6  
huckleberry & ricotta filling

BACON & CHEDDAR  
SCONE 5  
whipped honey butter

## HONEY SALT FAVORITES

POTATO LATKES 10  
apple sauce & double thick  
sour cream

AVOCADO TOAST 15  
roasted peppers, crispy  
buckwheat & green  
goodness juice

B&B DOUBLE STACK  
FRENCH TOAST 15  
roasted banana, brioche &  
maple cream cheese

BC SMOKED SALMON  
BOARD 17  
sliced & potted, bagel,  
capers & egg

## EGGS

ENGLISH BREAKFAST 21  
eggs any style, bangers, bacon, baked  
beans, potatoes, tomato & toast

HS BREAKFAST  
GALETTE 18  
scrambled eggs, berkshire ham,  
spinach & gruyere cheese

EGGS BENEDICT 18  
peameal bacon, soft poached egg  
& hollandaise

EGG WHITE FRITTATA 17  
kabocha squash, mushrooms, kale,  
roasted tomato & goat feta

DUNGENESS CRAB  
OMELETTE 22  
mushrooms, charred leeks  
& herb salad

STEAK & EGGS 26  
rr ranch strip loin, fried eggs,  
potatoes & tomato jam

## GRIDDLE

COHO SALMON HASH 20  
poached eggs, peameal bacon,  
peppers, roasted mushrooms &  
hollandaise

BUTTERMILK PANCAKES 15  
seasonal fruit & quebec maple syrup

GLUTEN FREE  
PUMPKIN PANCAKES 17  
pumpkin butter crumble

WAFFLES 16  
huckleberry jam & lemon custard

## SIDES

MAPLE-SMOKED BACON 6

PEAMEAL BACON 6

BREAKFAST SAUSAGE 6

CHICKEN & APPLE SAUSAGE 6

BREAKFAST POTATOES 5

CRUSHED AVOCADO 5

TOASTED BAGEL 5

TOAST 4