

LUNCH



*honey* SALT  
FOOD AND DRINK

FROM OUR KITCHEN WITH CARE, *Elizabeth & Kim.*

APPETIZERS

ROASTED CHICKEN NOODLE SOUP 9

**BURRATA & HEIRLOOM BEETS 17**  
charcoal-roasted beets, arugula, honey vinegar

**BC OYSTERS 18**  
pepper-cider mignonette, fresh horseradish

**SIZZLING SIDESTRIPE SHRIMP 17**  
green garlic butter & szechuan chili

**POTTED COHO SALMON 14**  
cucumber dill salad, bagel crisps

**TOFINO FRY 17**  
calamari, sidestripe shrimp, lemon, peppers & spicy  
japanese "kewpie" mayonnaise

**TURKEY MEATBALLS 13**  
caramelized onion, tomato, ricotta

**HONEY SALT MARKET 22**

klipper's charcoaled beets & squash,  
pickled vegetable, cauliflower hummus,  
peppers, radishes, heirloom carrots, sweet  
potato chips & goddess dip

SANDWICHES

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

**APPLE & CHEESE MELT 15**  
aged cheddar, gruyere, caramelized onion, country bread  
& nice little salad

**DUNGENESS CRAB ROLL 22**  
celery salad, salt & vinegar chips

**BILOXI BUTTERMILK FRIED CHICKEN 16**  
creamy slaw, durkee's dressing, brioche & nice little salad

**ROASTED TURKEY 15**  
avocado, arugula, cranberry, creamy horseradish  
& nice little salad

**BACKYARD BURGER 18**  
aged cheddar, fries, tomato jam & butter pickle

SALADS

**GRAIN POWER 14**  
red & white quinoa, lentils, crispy grains, avocado,  
fennel, radish & citrus vinaigrette

**HARVEST 17**  
maple hill chicken, shaved vegetables, young greens  
& cashew umami dressing

**ELIZABETH'S CAESAR 13**  
tuscan kale, romaine, parmesan, crushed croutons  
& black garlic dressing

**LOUIE LOUIE 22**  
dungeness crab, shrimp, avocado, hearts of palm  
& gem lettuce

**ENGLISH STEAK SALAD 26**  
endive, arugula, blue cheese, pink lady apples,  
crispy onion & sherry vinaigrette

MAINS

**EGGPLANT & SPINACH BUCATINI 19**  
roasted squash, chili flakes, pecorino romano & bread crumbs

**POKE BOWL 22**  
bc albacore, green chili ponzu, avocado, cucumber,  
tobiko & black rice

**SALT SPRING MUSSELS 19**  
cider, chorizo, saffron, preserved tomato & garlic

**TREE RIVER ARCTIC CHAR 22**  
heirloom beans, lentils & squash romesco

**FISH & CHIPS 18**  
smashed peas, tartar sauce, malted aioli & fries

**QUEBECOIS TOURTIERE 18**  
pork & beef, tomato jam, apple & arugula salad

SIDES

**KENNEBEC FRIES 7**  
**SWEET POTATO CHIPS 7**  
**NICE LITTLE SALAD 7**  
**CRUSHED AVOCADO 5**  
**MAC N' CHEESE 9**