

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
- BLUE CRAB DIP** 28
torn brioche, cajun spice, cheddar cheese
- 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)

LARGE PLATES

- WEST COAST FISH & CHIPS** (GF)(DF) 24
haida gwaii rockfish, durkee's slaw, tartar sauce, lemon
- PRIME NEW YORK STEAK SALAD** (GF) 26
5oz holstein steak, heirloom tomatoes, blue cheese, pickled red onion

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** (CN) 21
shaved zucchini, roasted pine nuts, frisée, heirloom tomatoes, basil pesto
- *POKE BOWL** (GF)(DF) 24
bc albacore tuna, mango, avocado, cucumber, black rice, wakame seaweed, pickled radish, roasted sesame seed, cilantro miso dressing



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

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
- TOURTIÈRE QUEBECOIS** 24
beef & pork savory pie, apple endive

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

(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