

BY THE GLASS

SPARKLING

ZANATTA Fantasia Brut, Vancouver Island, BC

BLUE MOUNTAIN Gold Label Brut, Okanagan Falls, BC

WHITE

CHABERTON Madeleine Sylvaner' 18, Fraser Valley, BC

NAGGING DOUBT Chardonnay '18, Kelowna, BC

MONTE DEL FRÀ Custoza '14, Veneto, Italy

MY KARP Riesling '17, Mosel, Germany

NARRATIVE White '17, Okanagan Valley, BC

ROCHE Schonberger '18, Naramata, BC

KUTATAS Blanc De Noir '18, Vancouver Island, BC

BORDERTOWN Gruner Veltliner'16, Okanagan Falls, BC

ORANGE + SKIN CONTACT WHITES

FLUX CAPACITOR Field Blend '18, Okanagan Falls, BC

SAGE HILLS Rhymes With Orange '18, Okanagan Valley, BC

ROSÉ

SEVEN DIRECTIONS Cab. Franc '18, Okanagan Valley, BC

CHAYEE BOURAS Bonarda Dulce '15 , Mendoza, Argentina

RED

SYNCHROMESH Tetre Rouge ` 16, Naramata, BC

LOCK & WORTH Merlot '18, Naramata Bench, BC

CHAYEE BOURAS Bonarda Reserva '15, Mendoza, Argentina

STAG'S HOLLOW Pinot Noir '17, Okanagan Falls, BC

JENN SCHELL Ruby Cabernet Sauvignon + Merlot '16, Oliver, BC

ECHO BAY Synoptic Bordeaux Varietals '15, Okanagan Falls, BC

ANARCHIST MOUNTAIN Mayhem Cab. Franc + Merlot '15, Osoyoos, BC

BRECA Garnacha Old Vines ` 11, Calatayud, Spain

SHERRY

ALVEAR Fino, Montilla-Moriles, Spain

HIDALGO LA GITANA Manzanilla, Sanlucar de Barrameda, Spain

ALVEAR Medium Dry, Amontillado, Montilla-Moriles, Spain

WILLIAMS & HUMBERT Dry Sack Medium Sherry, Jerez, Spain

GONZALES BYASS Nutty Solera, Jerez, Spain

LUSTAU East India Solera, Jerez, Spain

ALVEAR Pedro Ximenez Solera 1927, Montilla-Moriles, Spain

MEAD

HARVEST MELOMEL Tugwell Creek '15, Sooke, BC

SOLSTICE METHEGLIN Tugwell Creek '15, Sooke, BC

VINTAGE SAC Sweet Fortified Tugwell Creek '13, Sooke, BC

AFTER DINNER & FORTIFIED WINES

SKAHA Flying Change, Merlot '16, Okanagan Falls, BC

URLAR Noble Reisling '14, Martinborough, New Zealand

GONZALEZ BYASS Noe 30 Year, Pedro Ximenex, Jerez, Spain

AVERILL CREEK Tawny Blackberry, Cowichan Valley, Vancouver Island

CIDER

NOMAD Keeved ` 17, Summerland, BC

A FEW COCKTAILS

APEROL SPRITZ – white wine, aperol and soda

CHEEKY NEGRONI – gin, aperol, lillet

SHERRY NEGRONI – sherry, lillet, campari



BY THE BOTTLE

SPARKLING

CHAMPAGNE LELARGE-PUGEOT Brut Tradition, Vrigny, France (375ml)

ALASIA Spumante Brut, Piemonte, Italy

PIERRE PAILLARD LES PARCELLES Brut Grand Cru, Bouzy, France

JEAN BOURDY Cremant du Jura, Jura, France

BELLA Pet Nat Gamay Noir, Naramata, BC

LE MESNIL Blanc de Blanc, Champagne France

WHITE

AVERILL CREEK Joue White Field Blend ` 18, Vancouver Island, BC

ANARCHIST MOUNTAIN Chardonnay '16, Osoyoos, BC

SYNCHROMESH Riesling '17, Storm Heaven, Okanagan Falls, BC

LAURENT SAILLARD Lucky You, Sauv. Blanc + Chardonnay '17, Loire Valley, France

BODEGA SOTO Y MANRIQUE, Tinita '16, Rueda, Spain

BOTTEGA WINES Viogner '17, Osoyoos, BC

DOMAINE ALAIN GUENEAU La Guiberte Sancerre '14, France

ROSÉ

SKAHA Merlot Rose '18, Okanagan Falls, BC

SEVEN DIRECTIONS Pinot Noir '18, Okanagan Valley, BC

RED

NAGGING DOUBT The Pull '15, Kelowna, BC

NAGGING DOUBT Merlot '16, Kelowna, BC

VALLE LAS ACEQUIAS Malbec ` 13, Mendoza, Argentina

SYNCHROMESH Pinot Noir, Okanagan falls, BC

GRANT BURGESS Holy Trinity, GSM ` 11, Barossa Valley, Australia

CASTELLO DI TORRE IN PIETRA Terre di breccia ` 16, Lazio, Italy

BORDERTOWN Syrah` 15, Okanagan Falls, BC

ATLANTIS Mencia '15, Bierzo, Spain

BEER, CIDER & SPIRITS



LOCAL

SUPERFLUX Colour & Shape, IPA, Vancouver, BC

ÎLE SAUVAGE Raspberry Sour, Victoria, BC

BACKCOUNTRY BREWING Widowmaker, IPA, Squamish, BC

LONGWOOD BREWING Island Time Lager, Nanaimo, BC

4 MILE BREWING Hazy Citra Ale, Victoria, BC

STRATHCONA Premium Pilsner, Vancouver, BC

IMPORT

KRONENBOURG BLANC Wheat, France

KRONENBOURG 1664 Lager, France

KONA BREWING 'Big Wave' Golden Ale, Hawaii, USA

CRAFT CIDER

HOWLING MOON Plum & Lavender, Oliver, BC

HOWLING MOON Spiced Cherry, Oliver, BC

NOMAD CIDER Maple Bourbon Barrel, Summerland, BC

TOD CREEK CRAFT CIDER The Barkley, Vancouver Island, BC



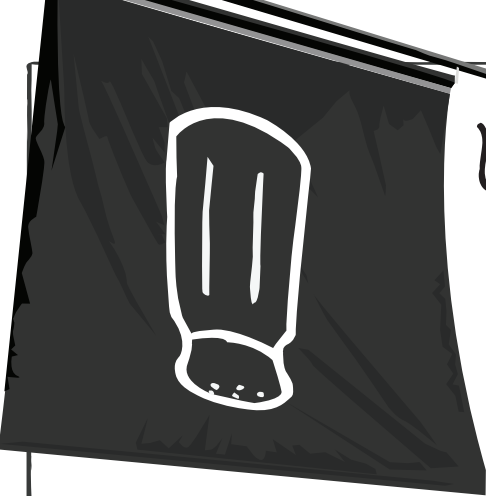
OLD FASHIONED – bourbon, sugar, angostura bitters and orange

VIRGIN SANGRIA – all of the classic goodness, none of the alcohol

SALT SANGRIA – red wine, raspberry coulis, fresh fruit, fizz, orange



* Asterisk indicates wines that can be included in flights. They will be a 1oz pour.



Welcome to Salt

We specialize in artisanal cheese, small-batch cured meats, and a dynamic array of wines, beers and Sherries.

Our menu is simple. You assemble a Tasting Plate from our chalkboard's selection of 10 cheeses, 10 meats, and 10 condiments. The selections change constantly, making it almost impossible to have the same Salt experience twice. You may also choose to leave the decision making entirely up to us and we will build a Salt experience for you.

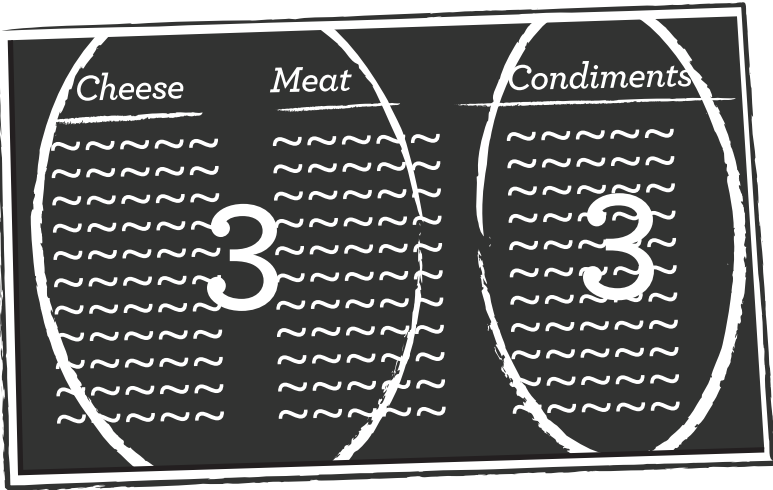
How to build your own Tasting Plate using our chalkboard menu...

First

Pick any 3 items total from the Meat & Cheese columns...

Then

Pick 3 condiments



How to pair your tasting plate with wine...

In addition to our regular selection of wine (on the reverse page) you may choose to pair your Tasting Plate with a Wine Flight



Either

Leave everything in our hands and we'll pair 3 wines to the food selection you have made...

Or

Choose 3 wines that you would like to try and we'll put it into a flight format.

PLATES	TASTING PLATE - \$16 As illustrated above, build a custom plate for yourself; choose 3 items from the meat & cheese selection on the chalkboard, (3 meats, or 3 cheeses, or 2 meats & 1 cheese, or 2 cheeses & 1 meat) then pick 3 condiments to go with them.		TAPAS & SALAD carpaccio of bresaola - \$12 house blend olives - \$5 bruschetta (can be vegan) - \$5 wedge salad, aioli, croutons, grated parm (v) - \$8	
	DAILY PLATE - \$16 <i>Can't decide? Let us do the thinking with Daily Plates:</i> BUTCHER PLATE <i>(3 meats of our choice + 3 condiments)</i> CHEESE MONGER PLATE <i>(3 cheeses of our choice + 3 condiments)</i> CANADA PLATE <i>(3 locally-produced items + 3 condiments)</i> SHERRY PLATE <i>(3 international items + 3 condiments)</i>			
3 COURSE MENU	FIRST COURSE Tapas or Salad SECOND COURSE Butcher Plate or Cheese Monger Plate or Canada Plate THIRD COURSE Dessert or a nice piece of cheese. <i>* Add 3 course wine pairing for \$25*</i>		<div>Set Menu \$29</div> DESSERT - \$8 DARK CHOCOLATE MOUSSE orange shortbread cookie LEMON POPPYSEED CHEESECAKE blueberry compote	
FLIGHTS	WINE FLIGHTS - \$15 All plates can be paired with a set wine flight of three 2oz tasters MEAD FLIGHT - \$15 Three tasters of local Mead Wine, from Tugwell Creek Honey Farm and Meadery in Sooke, BC SHERRY FLIGHT - \$15 Three tasters of thoughtfully chosen Sherries NON ALCOHOLIC FLIGHTS - \$6 Not Drinking? Enjoy the flight experience with our Salt Specialty Fizz flavoured with Giffard syrup		HAPPY HOUR 3:30PM - 6:00PM DAILY BAR SEATING ONLY Sparkling - \$9 Zanatta Fantasia Brut (5oz) White/Red \$2 off our House Wine (5oz) Sherry - \$6 Hidalgo La Gitana Manzanilla Kronenbourg 1664 - \$6 Mulled Wine Cocktail - \$8	