

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 7 cheeses, 7 meats, and 7 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 second 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.

\$15

PLATES	<h3>TASTING PLATE - \$16</h3> <p>As illustrated above, build a custom plate for yourself; choose 3 items from the meat &amp; cheese selection on the chalkboard, (3 meats, or 3 cheeses, or 2 meats &amp; 1 cheese, or 2 cheeses &amp; 1 meat) then pick 3 condiments to go with them.</p>	<h2>CONSERVAS</h2> <p><i>Tinned seafood is a staple in the Mediterranean, served in cafes and bars simply with bread or crisps, a glass of wine/beer. Sustainably sourced product, hand - packed at the peak of freshness with flavourful oils, peppers and tomato sauce. It's just good, casual eating.</i></p> <p><b>ATÚN CLARO EN ESCABECHE - \$9.5</b> Spanish tuna flank in an escabeche sauce</p> <p><b>CALAMARES RELLENOS EN ACEITE DE OLIVA - \$12</b> Small spanish squid in olive oil</p> <p><b>SARDINILLAS EN ACEITE DE OLIVA - \$12</b> Spanish little sardines in olive oil</p> <p><i>Served with salted potato chip</i></p> 
	<h3>DAILY PLATE - \$16</h3> <p>Can't decide? Let us do the thinking with Daily Plates:</p>	
	<b>BUTCHER PLATE</b> (3 meats of our choice + 3 condiments)	
	<b>CHEESE MONGER PLATE</b> (3 cheeses of our choice + 3 condiments)	
	<b>CANADA PLATE</b> (3 locally-produced items + 3 condiments)	
	<b>SHERRY PLATE</b> (3 international items + 3 condiments)	
<div><div><h3>DESSERT - \$8</h3><h4>LEMON POSSETT</h4><p>Classic Victorian dessert - cream, lemon &amp; sugar, house-made strawberry coulis</p><h4>DARK CHOCOLATE MOUSSE</h4><p>Rich mousse, chocolate cookie crumb top</p></div></div>		

WINE SELECTIONS				* Asterisk indicates wines that can be included in flights. They will be a 1oz pour.	
SPARKLING		5oz GLASS	BOTTLE	2oz GLASS	FLIGHT
ZANATTA	Fantasia Brut, Vancouver Island, BC	13	63	6	*
WHITE		5oz GLASS	BOTTLE		
BORDERTOWN	Gruner Vetliner '19, Osoyoos, BC	11	52	6	*
SALT SPRING VINEYARDS	Aromata '18, Salt Spring Island, BC	10	45	7	*
KUTATÁS	Ortega '18, Vancouver Island, BC	13	55	9	*
NAGGING DOUBT	Siegenerbe '19, Kelowna, BC	11	52	12	*
ROCHE	Schoneberger '19, Naramata, BC	10	47		
ORANGE + SKIN CONTACT WHITES		5oz GLASS	BOTTLE	5oz GLASS	2oz GLASS
SAGE HILLS	Rhymes with Orange '16, Okanagan Valley, BC	13	55	8	5
				9	5.5
				*	12
ROSÉ		5oz GLASS	BOTTLE		
SEVEN DIRECTIONS	Cabernet Franc Rosé '19, Okanagan Valley, BC	12	55		
RED		5oz GLASS	BOTTLE		
ALDERLEA	Clarinet '17, Vancouver Island, BC	12	55		
STAG'S HOLLOW	Pinot Noir '18, Okanagan Falls, BC	13	62		
SYNCHROMESH	Tetre Rouge '16, Naramata, BC	13	62		
DAYDREAMER	Amelia '19, Okanagan Falls, BC	15	70		
RIGOUR & WHIMSY	Gamay Noir'19, West Kelowna, BC	14	65		
BEER & CIDER					
LOCAL		IMPORT			
ÎLE SAUVAGE	Raspberry Sour, Victoria, BC	473 ml	11	330 ml	8
RUSSELL	Craft Lager, Surrey, BC	355 ml	7	355 ml	8
RUSSELL	Pale Ale, Surrey, BC	355 ml	7	355 ml	7
CRAFT CIDER		NON - ALCOHOLIC / PHILIPS SODA			
HOWLING MOON	Blackberry Sage, Oliver, BC	500 ml	14	CAPT ELECTRO'S Intergalactic Root Beer, Victoria, BC	355 ml 4
HOWLING MOON	Spiced Cherry, Oliver, BC	500 ml	14	DARE DEVIL Orange Cream, Victoria, BC	355 ml 4
NOMAD CIDER	Maple Bourbon Barrel, Summerland, BC	500 ml	14		