

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 6 cheeses, 6 meats, and 6 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	TASTING PLATE - \$16	CONSERVAS
	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.	<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>
	DAILY PLATE - \$16	ATÚN CLARO EN ESCABECHE - \$9.5 Spanish tuna flank in an escabeche sauce
	BUTCHER PLATE (3 meats of our choice + 3 condiments)	CALAMARES RELLENOS EN ACEITE DE OLIVA - \$12 Small spanish squid in olive oil
	CHEESE MONGER PLATE (3 cheeses of our choice + 3 condiments)	SARDINILLAS EN ACEITE DE OLIVA - \$12 Spanish little sardines in olive oil
	CANADA PLATE (3 locally-produced items + 3 condiments)	<i>Served with salted potato chip</i> 
	SHERRY PLATE (3 international items + 3 condiments)	

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	9	*		
WHITE		5oz GLASS	BOTTLE				
BORDERTOWN	Gruner Vetliner '19, Osoyoos, BC	11	52	9	*		
SALT SPRING VINEYARDS	Aromata '18, Salt Spring Island, BC	10	45	7	*		
KUTATÁS	Ortega '18, Vancouver Island, BC	13	55	9	*		
NAGGING DOUBT	Siegerrebe '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		
ROSÉ		5oz GLASS	BOTTLE				
SEVEN DIRECTIONS	Cabernet Franc Rosé '19, Okanagan Valley, BC	12	55	9	5.5		
RED		5oz GLASS	BOTTLE				
ALDERLEA	Clarinet '17, Vancouver Island, BC	12	55	*	12		
STAG'S HOLLOW	Pinot Noir '18, Okanagan Falls, BC	13	62	AFTER DINNER & FORTIFIED WINES			
SYNCHROMESH	Tetre Rouge '16, Naramata, BC	13	62	CANTINE PELLEGRINO	Marsala Fine, Sicily, Italy	6	*
DAYDREAMER	Amelia '19, Okanagan Falls, BC	15	70	CASA DOS VINHOS	Madeira, Madeira, Portugal	8	*
HAYWIRE	Gamay '18, Okanagan Valley, BC	12	59	FORT BERENS	Late Harvest Muscat '18, Lilloet, BC	9	*
				AVERILL CREEK	Tawny Blackberry, Cowichan Valley, Vancouver Island	9	*
				DOMAINE ROLET	Macvin du Jura, France	9	*
				SKAHA	Ice wine '18, Okanagan Valley, BC	14	-
BEER & CIDER							
LOCAL				IMPORT			
ÎLE SAUVAGE	Raspberry Sour, Victoria, BC	473 ml	11	KRONENBOURG 1664	Lager, France	330 ml	8
RUSSELL	Craft Lager, Surrey, BC	355 ml	7	KONA BREWING'	Big Wave' Golden Ale, Hawaii, USA	355 ml	8
RUSSELL	Pale Ale, Surrey, BC	355 ml	7	BARD'S	Malt Beer, (gluten free) Ultica NY, USA	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				