



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	DAILY PLATE - \$16		SEAFOOD IN TINS			
	BUTCHER PLATE <i>(3 meats of our choice + 3 condiments)</i>		<i>Tinned seafood (conservas) 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>			
	CHEESE MONGER PLATE <i>(3 cheeses of our choice + 3 condiments)</i>		CALAMARES RELLENOS - \$22 Spanish stuffed squids in olive oil			
	MEAT & CHEESE PLATE <i>(2 cheeses + 1 meat of our choice+ 3 condiments)</i>		PULPO A LA GALLEGA - \$31 Galician style octopus			
	·PLEASE INFORM YOUR SERVER OF ANY DIETARY RESTRICTIONS·		SARDINAS EN ACEITE DE OLIVA - \$12 Spanish little sardines in olive oil			
DESSERT - \$8			PEI MUSSELS - \$16 In a smoked paprika & fennel tomato sauce <i>Served with salted potato chip</i>			
DARK CHOCOLATE MOUSSE Rich mousse, chocolate cookie crumb top						

WINE SELECTIONS				* Asterisk indicates wines that can be included in flights. They will be a 1oz pour.	
				5oz GLASS	2oz GLASS
SPARKLING				BOTTLE	FLIGHT
AVERILL CREEK	Charme de l'île, Vancouver Island, BC	11	50		
KUTATAS	Glera NV, Salt Spring Island, BC	11	50		
WHITE				BOTTLE	
BORDERTOWN	Gruner Vetliner '19, Osoyoos, BC	11	52		
KUTATÁS	Ortega '18, Vancouver Island, BC	13	55		
ROCHE	Schoneberger '19, Naramata, BC	10	47		
ORANGE + SKIN CONTACT WHITES				BOTTLE	
SAGE HILLS	Rhymes with Orange '18, Okanagan Valley, BC	13	55		
ROSÉ				BOTTLE	
SEVEN DIRECTIONS	Cabernet Franc Rosé '19, Okanagan Valley, BC	12	55		
RED				BOTTLE	
ALDERLEA	Clarinet '17, Vancouver Island, BC	12	55		
FOX & ARCHER	Pinot Noir '18, Penticton, BC	14	65		
SYNCHROMESH	Tetre Rouge '16, Naramata, BC	13	62		
HAYWIRE	Gamay '18, Okanagan Valley, BC	12	59		
SKAHA	Merlot '18, Okanagan Falls, BC	12	59		
				2oz GLASS	FLIGHT
SHERRY					
GONZALES BYAS TIO PEPE	Fino, Jerez, Spain	9	*		
FERNANDO DE CASTILLA	Manzanilla, Sanlucar de Barrameda, Spain	9	*		
WILLIAMS & HUMBERT	Dry Sack Medium Sherry, Jerez, Spain	7	*		
GONZALES BYASS	Nutty Solera, Jerez, Spain	9	*		
ALVEAR	Pedro Ximenez, Solera 1927, Montilla-Moriles, Spain	12	*		
MEAD					
HARVEST MELOMEL	Tugwell Creek '15, Sooke, BC	8	5		
VINTAGE SAC	Sweet Fortified Tugwell Creek '13, Sooke, BC	*	12		
AFTER DINNER & FORTIFIED WINES					
CANTINE PELLEGRINO	Marsala Fine, Sicily, Italy	6	*		
CASA DOS VINHOS	Madeira, Madeira, Portugal	8	*		
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					
ÎLE SAUVAGE	Raspberry Sour, Victoria, BC	473 ml	11		
RUSSELL	Craft Lager, Surrey, BC	355 ml	7		
RUSSELL	Pale Ale, Surrey, BC	355 ml	7		
RUSSELL	Blood Alley Ale, Surrey, BC	473 ml	11		
CRAFT CIDER					
HOWLING MOON	Spiced Cherry, Oliver, BC	500 ml	14		
IMPORT					
KONA BREWING'	Big Wave' Golden Ale, Hawaii, USA	355 ml	8		
BARD'S	Malt Beer, (gluten free) Ultica NY, USA	355 ml	7		
NON - ALCOHOLIC / PHILIPS SODA					
CAPT ELECTRO'S	Intergalactic Root Beer, Victoria, BC	355 ml	4		
DARE DEVIL	Orange Cream, Victoria, BC	355 ml	4		
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