



BLUE HERON

Hot Kitchen

Chicken Wings

\$19

Tossed in your choice of Hot, Honey Garlic, Salt & Pepper or Sweet Chili. Served with blue cheese dip.

Chicken & Pickles

\$18

Crispy battered chicken tossed in a sweet chili sauce, topped with pickles & served with a rustic ranch sauce.

Add On: Rice: \$3 / Cucumber: \$2

Truffle Parmesan **New! \$12 Fries

Kennebec potato, double cooked, tossed in truffle oil, parmesan cheese & fresh herbs. Served with roasted garlic aioli.

Yam Fries

\$13

Crispy sweet potato, tossed in salt & pepper, served with chipotle aioli.

½ Tray Nachos

\$18

Tri-color tortilla chips, cheddar & mozzarella cheese, grape tomatoes, fresh jalapenos & green onions. Served with salsa & sour cream.

Add On: Cheese: \$3 / Ground Beef: \$6

Pretzel Bites **New!

\$13

Warm & soft. Tossed in Kosher salt, herbs & lightly buttered. Served with a mustard dill sauce.

Crispy Chicken **New! \$18 Lettuce Wraps

Crispy chicken tossed in a chili ginger glaze and crunchy noodles, cucumbers, sesame seeds, carrots & cilantro. Served with fresh iceberg lettuce & chipotle aioli.

Wonton Soup

\$16

Handmade pork dumplings, rich sesame broth, carrots, noodles, sui choy & green onions.

Member of the Month

Please ask your server for what the kitchen has cooked up.

Blue Heron Burger

\$23

CAB beef, burger sauce, lettuce, tomato, pickles, cheddar cheese, smoked bacon. Served on a soft brioche bun & comes with fries.

Beef Dip

\$24

Mustard & coffee spiced beef roast, horseradish aioli, mozzarella cheese, crispy onions, soft pretzel baguette. Served with au jus & fries.

Clubhouse Sandwich

\$23

Sourdough toast, crispy bacon, chicken breast, roma tomato, crisp lettuce, pesto aioli & sliced turkey. Served with fries.

Steak Frites

\$29

8oz CAB top sirloin, seasonal vegetables & hand cut kennebec fries.

Upgrade your side:

Truffle Fries: \$3/ Mashed Potato: \$4

Mediterranean Falafel Bowl **New!

\$25

Quinoa, sundried tomatoes, carrots, avocado, roasted corn salsa, handmade falafels, tzatziki, feta, gem tomatoes & fresh herbs.

Teriyaki Rice Bowl

\$25

Coconut jasmine rice, peppers, sui choy, mushrooms, carrots, chipotle aioli, edamame beans, green onion, watermelon radish & sesame seeds. Choose between Chicken or Tofu.

Add: Chicken: \$6 / Sweet Chili Tofu: \$4 / Salmon: \$8

Quinoa Power Salad

\$16

Red & white quinoa, avocado, grape tomatoes, cranberries, goat cheese, mixed greens, pumpkin seeds & maple paprika dressing.

Classic Caesar Salad

\$14

Crisp romaine hearts, creamy caesar dressing, parmesan cheese & artisan croutons.

Breakfast

Classic Eggs

\$17

2 eggs any style, Multigrain or Sourdough toast, homestyle potatoes & your choice of Bacon, Ham or Sausage. Served with homestyle potatoes.

Waffles

\$18

Belgian style waffle, whipped cream, maple syrup & berry compote. Served with Bacon, Ham or Sausage.

Available Gluten Free  Gluten Free  Vegetarian 

PLEASE ADVISE YOUR SERVER OF ANY DIETARY CONCERNS OR REQUESTS
ALL APPLICABLE TAXES & GRATUITY ARE NOT INCLUDED



BLUE HERON

SEASONAL MENU

Whipped Feta ****New!** \$18

Greek feta, charred gem tomatoes,, roasted garlic, artisan bread, olive oil & fresh herbs.

Crunchy Duck Salad ****New!** \$22

Mixed greens, crispy noodles, pickled onions, carrots, watermelon radishes, pumpkin seeds, edamame, feta cheese, cilantro & tossed in a mustard dill dressing.

Salmon Cakes ****New!** \$18

Crispy focaccia crusted, pesto aioli, pickled onions, lemon & micro greens.

Cajun Salmon Sandwich ****New!** \$24

Grilled Atlantic salmon, pesto aioli, lettuce, tomato & pineapple salsa. Served on a soft brioche bun & served with fries.

Crispy Chicken Burger ****New!** \$22

Chili honey fried chicken thigh, rustic ranch sauce, lettuce, tomato, pickles & mozzarella cheese on a soft brioche bun. Served with fries.

Goat Cheese Stuffed ****New!** \$31 Chicken

Pan seared chicken, herbed goat cheese, garlic mashed potatoes, seasonal vegetables, Zaatar yogurt & micro greens.

Creole King Salmon ****New!** \$33

Atlantic salmon, Cajun cream sauce, rice pilaf, charred lemon, pineapple salsa, micro greens & seasonal vegetables.

Mushroom Rigatoni ****New!** \$22

Roasted mushrooms, pesto, sundried tomatoes, house made alfredo sauce, parmesan cheese & fresh herbs. Served with a rosemary focaccia bread.

Add On: Chicken \$6/ Proscuitto \$5/ Salmon \$8

From The Smoker!

Every Thursday we smoke something new!
Available on Fridays & Saturdays only. Ask your server what the Chefs have cooked up this week.



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From the Case



BLUE HERON

Pesto Chicken Sandwich

Marinated grilled chicken, pesto aioli, arugula, tomato, smoked bacon & brie cheese. Served on a rosemary focaccia bread.

\$17

Truffle Mushroom Flatbread

Goat cheese, confit garlic, fior di latte, roasted mushroom, honey, truffle oil & fresh herbs.

\$20

Jill's Veggie Sandwich

Avocado, roma tomato, mixed greens, pickles, pesto aioli & cucumbers. Served with roasted garlic aioli on a rosemary focaccia bread.

\$15

BBQ Chicken Flatbread

Chipotle chicken, rich marinara sauce, fior di latte, bacon, house made BBQ sauce & fresh herbs.

\$22

Prosciutto & Fig Sandwich

Thinly sliced prosciutto, fig spread, arugula, provolone cheese & roma tomato. Served on a rosemary focaccia bread.

\$15

Italian Flatbread

Rich marinara sauce, calabrese, prosciutto, fior di latte, roasted garlic, sesame seeds, chili honey & fresh herbs.

\$23

5 Spice Duck Sandwich ****New!**

Sliced duck breast, chipotle aioli, pickled carrots, cucumbers, arugula & fior di latte cheese. Served on a rosemary focaccia bread.

\$19

Charcuterie Board

Assorted local cheese, cured meats, pickled veg, crackers, mustard & fig spread.

\$15

Breakfast Sandwich

English muffin, fried egg, cheddar cheese. Your choice between Smoked Bacon or Sausage Patty.

\$7.5

Soup of the Day

Chef's daily creation, served with focaccia. Please ask your server.

\$10

Quick Bites

Daily Quiche

Spinach, Red Pepper & Goat Cheese or Asiago & Asparagus.

\$12

Fresh Baked Muffins

Assorted daily muffins. Ask your server for what is available today!

\$4

Spicy Sausage Roll

Pork Sausage wrapped in a puff pastry & topped with Montreal spice blend.

\$4

Chicken Samosa

Chicken, potato, spices in a puff pastry wrap & served with mango chutney.

\$7

House Made Scones

Ask your server for the daily flavors.

\$4

Fresh Fruit

Assorted fresh fruit.

\$2

Fresh Baked Cookies

Assorted daily cookies. Ask your server for what is available today!

\$3

Macarons

Choice of salted butter caramel, chocolate or pistachio - white chocolate.

\$3.5

Desserts

Sticky Toffee Pudding \$10

Warm toffee cake topped with salted caramel, icing sugar & whipped cream.

Donut Holes

\$9

Warm crispy donuts tossed in cinnamon sugar & served with caramel & chocolate sauce.

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