




BLUE HERON

# Hot Kitchen

Available Daily from 11am- 8pm

- |  |             |   |             |
|--|-------------|---|-------------|
| <b>Chicken Wings</b>    | <b>\$18</b> | <b>Blue Heron Burger</b>   | <b>\$23</b> |
| Tossed in your choice of Hot, BBQ, Lemon Pepper, Salt & Pepper or Sweet Chili. Served with blue cheese dip   |             | CAB beef, burger sauce, lettuce, tomato, pickles, cheddar cheese, smoked bacon. Served on a soft brioche bun & comes with fries   |             |
| <b>Chicken &amp; Pickles</b>   | <b>\$17</b> | <b>Beef Dip</b>    | <b>\$24</b> |
| Crispy battered chicken tossed in a sweet chili sauce, topped with pickles & served with peppercorn ranch  |             | Mustard & coffee spiced beef roast, horseradish aioli, mozzarella cheese, crispy onions, soft pretzel baguette. Served with au jus & fries  |             |
| <b>Add On:</b> Rice: \$3 / Cucumber \$2  |             | <b>Clubhouse Sandwich</b>    | <b>\$23</b> |
| <b>Dim Sum</b>   | <b>\$17</b> | Sourdough toast, crispy bacon, chicken breast, roma tomato, romaine lettuce, pesto aioli & sliced turkey. Served with fries.  |             |
| Shrimp dumplings, pork bao, pork siu mai. Served with soy sauce & sriracha   |             | <b>Poached Salmon</b> <b>**New!</b>   | <b>\$23</b> |
| <b>1/2 Tray Nachos</b>   | <b>\$18</b> | 5 oz salmon filet, housemade cream sauce, roasted mushrooms, spinach, parmesan cheese, lemon & fresh herbs. Served with focaccia bread  |             |
| Tri-color tortilla chips, cheddar & mozzarella cheese, grape tomatoes, fresh jalapenos, green onions. Served with salsa & sour cream.  |             | <b>Steak Frites</b>    | <b>\$28</b> |
| <b>Add On:</b> Pulled Pork \$4/ Cheese \$3/ Ground Beef \$6  |             | 8oz CAB top sirloin, honey glazed carrots, your choice of alfredo penne pasta or house made fries.  |             |
| <b>Potstickers</b>    | <b>\$14</b> | <b>Teriyaki Rice Bowl</b>   | <b>\$25</b> |
| Seared vegetable dumplings, ponzu sauce, taro root chips & watermelon radish   |             | Coconut jasmine rice, peppers, sui choy, mushrooms, carrots, chipotle aioli, edamame beans, green onion, watermelon radish & sesame seeds. Choose between Chicken or Tofu                         |             |
| <b>Tuna Stack</b> <b>**New!</b>  | <b>\$15</b> | <b>Chef's Donburi Bowl</b>  <b>**New!</b>  | <b>\$21</b> |
| Ponzo marinated ahi tuna, avocado, coconut jasmine rice, wasabi aioli, tobiko, sesame seeds. Served with taro root chips   |             | Warm jasmine rice, fresh yellow fin tuna, carrots, edamame, imitation crab, jalapeño, pickled ginger, topped with crispy onions.  |             |
| <b>Chipotle Chicken Quesadilla</b> <b>**New!</b>   | <b>\$15</b> | <b>Add on:</b> Ramen Egg \$3  |             |
| Cheddar cheese, chipotle aioli, black beans, roasted red peppers & grilled chipotle chicken. Served with sour cream & taro chips   |             | <b>Add:</b> Chicken \$6/ Tofu \$4/ Steak \$7/ Salmon \$8  |             |
| <b>Chicken Tenders</b>   | <b>\$18</b> | <b>Classic Caesar Salad</b>    | <b>\$14</b> |
| Crispy battered chicken, hand-cut Kennebec potato & honey mustard dipping sauce  |             | Crisp romaine hearts, creamy caesar dressing, parmesan cheese & artisan croutons  |             |
| <b>Wonton Soup</b>   | <b>\$16</b> | <b>Chopped Chicken Salad</b>   | <b>\$21</b> |
| Handmade pork dumplings, rich sesame broth, carrots, noodles, sui choy & green onions  |             | Crispy or Grilled chicken, avocado, grape tomatoes, crisp romaine & mixed greens, cucumber, bacon, ranch dressing & crispy onions   |             |
| <b>Add on:</b> Ramen Egg \$3/ Add Pork \$4   |             |   |             |
| <b>Member of the Month</b> <b>**New!</b>   |             |   |             |
| Please ask your server for what the kitchen has cooked up  |             |   |             |

## All-Day Breakfast

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|--|-------------|--|-------------|
| <b>Classic Eggs</b>                                     | <b>\$17</b> | <b>Waffles</b>   | <b>\$18</b> |
| 2 eggs any style, Multigrain or Sourdough toast, homestyle potatoes & your choice of Bacon, Ham or Sausage. Served with homestyle potatoes |             | 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

# From the Case


Available Daily from 8am - 9pm

<b>Pesto Chicken Sandwich</b> 	<b>\$17</b>	<b>Truffle Mushroom Flatbread</b>  	<b>\$20</b>
Marinated grilled chicken, pesto aioli, arugula, tomato, smoked bacon, brie cheese, served on a rosemary focaccia bread		Goat cheese, confit garlic, fior di latte, roasted mushroom, honey, truffle oil & fresh herbs	
<b>Mediterranean Sandwich</b>  	<b>\$15</b>	<b>BBQ Chicken Flatbread</b> 	<b>\$22</b>
Roasted garlic hummus, cucumber, roma tomato, arugula, fire roasted peppers, tzatziki, feta cheese, red onion, served on multigrain bread		Chipotle chicken, rich marinara sauce, fior di latte, bacon, house made BBQ sauce, fresh herbs	
<b>Prosciutto &amp; Fig Sandwich</b> 	<b>\$15</b>	<b>Italian Flatbread</b> 	<b>\$23</b>
Thinly sliced prosciutto, fig spread, arugula, provolone cheese, roma tomato, served on a rosemary focaccia bread		Rich marinara sauce, calabrese, prosciutto, fior di latte, roasted garlic, sesame seeds, chili honey & fresh herbs	
<b>Chimmichuri Pork Sandwich</b>  <b>**New!</b>	<b>\$18</b>	<b>Quinoa Power Salad</b>  	<b>\$7 / \$15</b>
Mustard crusted pork loin, rosemary focaccia bread, blistered tomatoes, mozzarella cheese, chipotle aioli		Red & white quinoa, avocado, grape tomatoes, cranberries, goat cheese, mixed greens, pumpkin seeds & maple paprika dressing	
<b>Soup of the Day</b>	<b>\$10</b>	<b>Charcuterie Board</b> 	<b>\$15</b>
Chef's daily creation, served with focaccia, please ask your server		Assorted local cheese, cured meats, pickled veg, crackers, mustard & fig spread	
		<b>Breakfast Sandwich</b>	<b>\$7.5</b>
		English muffin, fried egg, cheddar cheese. Your choice between Smoked Bacon or Sausage Patty	

## Quick Bites

<b>Daily Quiche</b> 	<b>\$12</b>	<b>Fresh Baked Muffins</b> 	<b>\$4</b>
Spinach, Red Pepper & Goat Cheese or Asiago & Asparagus		Assorted daily muffins. Ask your server for what is available today!	
<b>Spicy Sausage Roll</b>	<b>\$4</b>	<b>Chicken Samosa</b>	<b>\$7</b>
Pork Sausage wrapped in a puff pastry & topped with Montreal spice blend		Chicken, potato, spices in a puff pastry wrap & served with mango chutney	
<b>House Made Scones</b> 	<b>\$4</b>	<b>Fresh Fruit</b>   <b>**New!</b>	<b>\$2</b>
Ask your server for the daily flavors		Assorted fresh fruit	
<b>Fresh Baked Cookies</b> 	<b>\$3</b>	<b>Macaroons</b> 	<b>\$3.5</b>
Assorted daily cookies. Ask your server for what is available today!		Choice of salted butter caramel, chocolate or pistachio- white chocolate	

## Desserts

<b>Sticky Toffee Pudding</b>	<b>\$10</b>	<b>Dounut Holes</b> 	<b>\$9</b>
Warm toffee cake topped with salted caramel, icing sugar & whipped cream		Warm crispy dounuts tossed in cinnamon sugar and served with caramel & chocolate sauce	

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