



Blue Heron Bar & Grill

APPETIZERS & SHAREABLES

Chicken Wings \$18

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

Chicken & Pickles \$17

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

Add-ons: Rice \$2 / Cucumbers \$3

Yam Fries  \$13

Served with chipotle aioli

Korean Beef Skewers  \$18

Gochujang marinated and grilled, sesame seeds, radishes, cilantro

BBQ Chicken Sliders x2 \$8

IPA infused pulled chicken, housemade BBQ sauce, pickles, crispy onions, served on 2 soft mini brioche buns

Pretzel Bites  \$10

Soft pretzel bread, tossed in herb butter, topped with kosher salt, served with a dill mustard sauce

Dry Ribs ****New!** \$15

1 lb of crispy ribs, tossed in salt & pepper, lemon

Half Tray Nachos  ****New!** \$20

Personal size nachos, tri-color tortilla chips, 1/2lb cheddar & fior di latte cheese, fresh jalapenos, grape tomato, green onion, served with sour cream & salsa

Add-ons: Pulled Pork \$4 / BBQ Chicken \$4 / Bacon \$2 / Extra Cheese \$3

SOUP

Soup of the Day \$10

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

Tomato Basil \$11

Caramelized onions, cream, fresh basil, served with focaccia

SALADS

Add-ons: Chicken \$7/ Crispy Tofu \$6/ Salmon \$9
Prawn Skewers \$7

Classic Caesar Salad  \$14

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

Quinoa Power Salad   \$15

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

Thai Noodle Salad \$24

Marinated warm noodles, crushed peanuts, sui choy, cabbage, arugula, grape tomato, red pepper, avocado, cucumbers, cilantro, sesame dressing, served with korean beef skewers

Chopped Chicken Salad ****New!** \$21

Crispy or Grilled chicken, avocado, grape tomatoes, crisp romaine & iceberg lettuce, cucumber, bacon, ranch dressing, crispy onions

FOCACCIA FLATBREADS

Gluten free option available

Truffle Mushroom  ****New!** \$20

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

BBQ Chicken & Pineapple \$22

Rich marinara sauce, IPA marinated chicken, house-made BBQ sauce, fior di latte, peppercorn ranch, pineapple salsa, fresh herbs

Italian Flatbread \$22

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

Gluten Free 

Vegetarian 

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



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HANDHELDS

Comes with fries or soup. Upgrade to yam fries, or caesar salad for \$2

Substitute to a Beyond Meat Patty: \$1

Gluten free bun available

Blue Heron Burger \$22

CAB beef, burger sauce, lettuce, tomato, pickles, cheddar cheese, smoked bacon, served on a soft brioche bun

Pesto Chicken Sandwich \$23

Marinated grilled chicken, pesto aioli, lettuce, tomato, smoked bacon mozzarella cheese, served on a soft brioche bun

Pineapple Fire Crispy Chicken \$23

Breaded chicken thigh, grilled pineapple, chipotle aioli, lettuce, roma tomato, served on a soft brioche bun

Beef Dip \$23

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

12-hr Pulled Pork Sandwich ****New!** \$23

Adobo spiced pork, house made BBQ sauce, provolone cheese, crispy onions, served on a soft scallion bun

Cajun Salmon Burger \$24

Lightly spiced grilled salmon, pesto aioli, red cabbage slaw, roma tomato, pineapple salsa, served on a soft brioche bun

Grilled Cheese \$21

Crispy sourdough bread, provolone cheese, cheddar cheese, served with a house made rich tomato basil soup

MEMBER OF THE MONTH

FEATURE ITEM

Ask your server what the Chef and the member of the month have been cooking up in the kitchen!

MEALS

Tuna Poke Bowl \$23

Coconut jasmine rice, sashimi grade ahi tuna, cucumber, grape tomato, wakame, edamame beans, crispy onions, wasabi aioli, avocado, red cabbage, sesame seeds, pineapple, poke sauce served on the side

Summer Bowl ****New!** \$24

Quinoa, mixed greens, grilled peaches, crispy chickpeas, grilled avocado, pickled carrots, cilantro avocado dressing, pineapple salsa, feta.

Served with Chicken or Prawns

Teriyaki Chicken Bowl \$25

Coconut jasmine rice, chipotle aioli, sui choy, red pepper, house made teriyaki sauce, edamame beans, red cabbage, sesame seeds

Steak Frites \$27

8oz Top Sirloin, hand-cut fries, seasonal vegetables, served with cajun butter

Hole 9 Tacos ****New!** \$23

Your choice of: Pulled Pork, Chili Lime Prawns, IPA BBQ Pulled Chicken.

Flour tortilla, red cabbage slaw, pineapple salsa, herbed avocado aioli, cilantro

Chicken Lettuce Wraps ****New!** \$23

Crispy chicken, cucumber, crushed peanuts, cilantro, Korean ginger sauce, crispy wontons, iceberg lettuce, pickled carrots, served with chipotle aioli

Sub Crispy Tofu

ALL-DAY BREAKFAST

Classic Eggs \$16

2 eggs any style, Multigrain or Sourdough toast, homestyle potatoes & your choice of Bacon, Ham, or Sausage, served with fresh roma tomatoes

Waffles \$18

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

Gluten Free 

Vegetarian 

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