



Blue Heron Bar & Grill

HOT KITCHEN

Available Daily from 11am- 7pm

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

Dim Sum ****New!** \$17

Shrimp dumplings, BBQ pork bun, pork siu mai. Served with soy sauce & sriracha

Poutine \$15

Hand-cut kennebec potato, local cheese curds, house made gravy

Broccolini Gomaes ****New!**   \$15

Charred broccolini, sesame dressing, crushed peanuts, sesame seeds

Blue Heron Burger  \$22

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

Beef Dip  \$23

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

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

Chopped Chicken Salad  \$21

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

Wonton Soup \$16

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

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

FROM THE CASE

Pesto Chicken Sandwich  \$17

Marinated grilled chicken, pesto aioli, arugula, tomato, smoked bacon, brie cheese, served on a ciabatta baguette

Roasted Turkey Sandwich  \$12

Oven roasted turkey, cranberry aioli, mixed greens, roma tomato, cheddar cheese, served on a fresh baked croissant

Prosciutto & Fig Sandwich ****New!**  \$15

Thinly sliced prosciutto, fig spread, arugula, provolone cheese, roma tomato. Served on a ciabatta baguette

Philly Cheesesteak Sandwich ****New!**  \$18

Top Sirloin Steak, Montreal steak spiced, caramelized onions, banana peppers, provolone cheese, served on a soft pretzel baguette

Truffle Mushroom Flatbread   \$20

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

Mortadella Flatbread ****New!**  \$22

Pesto aioli, fior di latte cheese, olive oil, arugula, crushed pistachios

Italian Flatbread  \$23

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

Daily Quiche \$12

Spicy Sausage Rolls \$4

Locally Made Scones \$4

Breakfast Wrap \$13

Sous Vide Egg Bites \$4

Egg w/ Sausage or Bacon \$8

Fresh Baked Cookies \$4

Fresh Baked Muffins \$4

Chicken Samosa \$7

Banana Loaf \$4

Maccaroons \$3.50

Soup of the Day \$10

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

Available Gluten Free  Gluten Free  Vegetarian 

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