



# Blue Heron Bar & Grill

## APPETIZERS & SHARE PLATES

Seafood & Artichoke Dip  \$16

Crab meat & hand peeled shrimp inside a cheesy artichoke dip served with fresh fried tortillas

Chicken Wings \$18

1 lb. lightly floured chicken wings tossed in one of our house made sauces

Buffalo, Honey Mustard, Honey Garlic, Salt & Pepper, Dry Greek

Build Your Own Flatbread \$19

Mozzarella cheese and marinara sauce included add 4 toppings: cheddar cheese, pesto sauce, grilled chicken, pepperoni, chorizo, ham, black olives, pineapple, onions, mushrooms, spinach \$2 per additional topping

Crispy Calamari \$14

Lightly coated baby squid served with house made tzatziki or chipotle aioli

Lettuce Wraps  \$16

Sweet & spicy szechuan glaze, peanuts, vegetables, wontons, spicy yogurt served with your choice of chicken or crispy tofu

Spicy Chicken & Pickles \$16

Chef's sweet & spicy chicken with sweet pickles

## SOUPS & SALADS

Soup of the Day \$8

Chef's Daily Creation

Westcoast Salmon Chowder \$12

Wild salmon, potato, leek, onion, sweet corn & potato in a rich white chowder served with warm grilled baguette

House Mixed Greens  \$12

Baby greens, romaine, fresh berries, toasted nuts, sprouts, cucumber & roma tomato tossed in house mango vinaigrette with warm grilled baguette (or gluten free \$2)

Classic Caesar Salad \$12

Fresh chopped romaine, focaccia croutons, bacon bits, roasted garlic tossed in creamy caesar dressing

Add grilled chicken breast \$8

Club Cobb Salad \$19

Grilled chicken or prawns, hard boiled egg, bacon, blue cheese, tomato, cucumber, avocado, fried onion served with peppercorn ranch dressing & garlic toast

## BURGERS & SANDWICHES

All Burgers & Sandwiches are served with your choice of fries, soup, caesar salad or house mixed greens

Sub for Chowder \$4

Gluten Free Bread \$2

Sub for Veggie Patty NC

Bacon Cheeseburger \$20

Fresh blend of brisket, chuck & prime rib hardwood smoked bacon, cheddar cheese, lettuce roma tomato, red onion, burger sauce & pickles on a warm brioche bun

Black & Blue Burger \$22

Fresh blend of brisket, chuck & prime rib topped with black pepper & blue cheese, lettuce, tomato, red onion & pickles on a warm brioche bun

Focaccia Chicken Pesto Club \$21

Warm chicken, hardwood smoked bacon, lettuce, tomato, mozzarella & pesto aioli on grilled focaccia bread

Beef Dip \$21

Shaved roast beef, caramelized onion, provolone cheese, pretzel baguette, beef au jus served with french fries

Gluten Free 

Vegetarian 



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## MAINS

New York Steak Frites  \$35

12oz cut king of steaks with cafe de paris butter, french fries & green beans

Teriyaki Chicken Rice Bowl  \$22

Peppers, broccoli, red cabbage, mushrooms, onions, carrots, spicy yogurt  
sub chicken for crispy tofu is available

Fish & Chips \$23

Crispy golden ale battered fresh BC rockfish served with fries & house made remoulade sauce

Chicken Parmesan \$24

Breaded chicken breast, tomato fondu, provolone & parmesan cheese served with a side caesar salad

Grilled Chicken Penne Carbonara \$24

Grilled chicken, bacon, green peas, scallions & black pepper in a rich cream sauce served with grilled focaccia

Shrimp Tacos \$20

Chili prawns, fresh house made pico de gallo, tangy coleslaw, guacamole, flour tortilla

## DESSERT

Chocolate Cake & Whip Cream \$10

Chef's Cheesecake of the Week with Whip Cream \$10

Gluten Free  Vegetarian 

CHANGES SUBJECT TO ADDITIONAL CHARGE.  
ALL APPLICABLE TAXES & GRATUITY ARE NOT INCLUDED