

# Starters

## French Onion Soup

beef broth | caramelized onions | croutons | swiss cheese | garlic toast | **7**

## Sweet Potato Fries

chipotle aioli | **7**

## Onion Rings

chipotle aioli | **7**

## Garlic Bread

1 garlic buttered baguette | **7**  
| add melted mixed cheeses | **9**

## Garden Fresh Salad

spring mix | cucumber | cherry tomato | radish | carrot curls | small **5** | large **9**

## Blue Heron Caesar Salad

romaine hearts | bacon | creamy garlic dressing | grated parmesan | croutons | small **7** | large **13**

## Fig & Goat Cheese Salad

frisee leaves | fig wedges | crumbled goat cheese  
candied walnuts | grated boiled egg | red wine vinaigrette | **15**

**add to any salad: steak | chicken | three tiger shrimp | 6 | salmon 8**

## Pesto Chicken Flatbread

garlic flatbread | basil pesto | grilled chicken | Spanish onion | arugula  
| balsamic drizzle | grated asiago | **12**

# Pizza

## Canadian

pepperoni | cremini mushrooms | tomato sauce | double smoked bacon  
provolone and mozzarella | house dip | **14**

## Bruschetta

fresh bruschetta mix | arugula | mozzarella & provolone cheeses | balsamic glaze | **13**

# Sandwiches

all of our sandwiches served with your choice of fries | soup | garden salad

## GBH Western Sandwich

fresh whole eggs | cured ham | bell peppers | onions | **11**

## Chicken Caesar Wrap

grilled chicken | Caesar salad | parmesan | flour tortilla | **14**

## Roasted Red Pepper Hummus Wrap

roasted red peppers | spinach | alfalfa sprouts | hummus | goat cheese | flour tortilla | **14**

## Buffalo Chicken Wrap

buttermilk chicken tenders | cheese | lettuce | tomato bruschetta | buffalo sauce | **14**

## Montreal Smoked Meat

warm smoked meat | marble rye | swiss cheese | **14**

## Club Sandwich

bacon | turkey | smoked ham | lettuce | tomato | mayonnaise | **15**

## BBQ Pulled Prime Rib Sandwich

pulled Prime Rib | bourbon BBQ sauce | brioche bun | cheddar & swiss cheeses | jalapeno aioli | **19**

## General Tao Chicken Sandwich

crispy buttermilk chicken | Tao sauce | lettuce | tomato | chipotle BBQ aioli | provolone | **14**

## Steak Sandwich

grilled striploin | caramelized onions | cremini mushrooms | provolone cheese | garlic steak sauce | garlic baguette | **18**

## Upgrade your side dish for only 2.95

Sweet potato fries | poutine | sautéed vegetables | Caesar salad

# Entrees

## All Day Breakfast

three eggs any style | hash browns | toast | bacon, sausage or peameal | fresh fruit | **9**

## Heron House Omelet

three eggs | feta | spinach | cherry tomatoes | balsamic reduction | hash browns | **11**

## Beer Battered Fish & Chips

haddock | fries | tartar sauce | coleslaw | 1 piece **12** | 2 pieces **17**

## Buttermilk Chicken Tenders & Fries

buttermilk chicken tenders | plum sauce | coleslaw | fries | **14**

## Glazed Salmon

honey lime sambal glaze | steamed rice | seasonal vegetables | **26**

## Chicken Wings & Fries

mild | medium | hot | suicide | honey garlic | 1lb **16** / 2lbs **28**

## AAA 12oz Rib Eye Steak

onion straws | seasonal vegetables | red skin mashed potatoes | **27**  
add some surf with three tiger shrimp | **6** | add: sautéed mushrooms | **3**

## Heron Burger

fresh lettuce | tomato | red onion | pickle | chipotle aioli | fries | **14**

## Caribbean Jerk Burger

all beef burger | house made jerk marinade | mango slaw | scotch bonnet aioli | **15**

## Blackjack Burger

bourbon BBQ sauce | bacon | cheddar | onion straws | chipotle aioli | fries | **15**

**burger additions | cheddar | swiss | provolone | bacon | peameal | mushrooms | 2**

## Chef's Feature Burger

ask about our burger of the month, served with fries | **15**

# The Bowls

## Crispy Fried Chicken

teriyaki | mixed vegetables | sesame seeds | Cantonese noodles | **13**

## Beef and Broccoli

teriyaki | mixed vegetables | sesame seeds | steamed rice | **13**

## Orange Teriyaki Stir Fry

mixed vegetables | baby spinach | tofu | orange teriyaki sauce | vermicelli | **13**

## General Tao

shrimp or chicken | mixed vegetables | bird's eye chili | steamed rice | **15**

## Sundried Tomato Pappardelle

sundried tomato | squash béchamel | mushroom | fresh basil | shredded asiago | **14**

## Create Your Own Noodle Bowl | 13

### ➤ Choose your Broth:

vegetarian mushroom broth | wonton broth

### ➤ Choose your Noodles:

Shanghai | pork & shrimp wonton | glass noodles | Cantonese | vermicelli | rice

### ➤ Choose your protein:

chicken | beef | jumbo shrimp | fried tofu | steamed vegetables