



# Blue Heron Bar & Grill

## APPETIZERS & SHAREABLES

Chicken Wings \$18

Tossed in your choice of Hot, 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

Bikini Mini Sandwiches \$19

Truffled goat cheese, prosciutto, grilled cheese sandwich bites

Queso Dip  \$15

Triple cheese dip, naan bread, taro root chips, goat cheese, pumpkin seeds

Risotto Balls  \$16

Crispy sun-dried parmesan risotto balls, stuffed with cheese & served with a rich marinara sauce

Rosemary Focaccia Bread  \$11

Oven roasted & served with balsamic & olive oil

Mini Yorky Bites \$17

Mini yorkshire pudding, stuffed with shaved roast beef & topped with house gravy, horseradish aioli & fresh herbs

Yam Fries  \$10

Served with a chipotle yogurt

Poutine \$12

Squeaky cheese curds, beef gravy, fresh herbs

Steak Bites \$18

Top sirloin, fried & tossed in Chefs' secret spice blend, served with chipotle yogurt & peppercorn ranch

## SALADS

Add-ons: Chicken \$8 / Tofu \$6 / Tuna \$9

Kale Caesar Salad \$12

Fresh kale, creamy caesar dressing, parmesan cheese, artisan croutons

Quinoa Power Salad   \$13

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

## SOUP

Soup of the Day \$10

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

## FOCACCIA FLATBREADS

*\*Gluten free option available\**

Classic  \$20

Rich marinara sauce, pesto, fresh basil, bocconcini cheese, balsamic glaze

Mushroom  \$22

Truffled goat cheese, roasted mushrooms, comfit garlic, mozzarella cheese, fresh herbs

Meat \$22

Rich marinara sauce, capicola, prosciutto, mozzarella cheese, roasted garlic, sesame seeds, chili honey, fresh herbs

Gluten Free 

Vegetarian 

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



# Blue Heron Bar & Grill

## HANDHELDS

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

Blue Heron Burger \$21

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

Pesto Chicken Sandwich \$22

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

Beyond Burger  \$21

Plant based patty, provolone cheese, pesto aioli, lettuce, tomato, pickles, onions, served on a soft brioche bun

Beef Dip \$22

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

## BOWLS

Poke Bowl \$22

Coconut jasmine rice, sashimi grade ahi tuna, cucumber, grape tomato, wakame, edamame beans, crispy onions, wasabi oil, avocado, red cabbage, sesame seeds, pineapple

Chicken Pad Thai   Option \$23

Sauteed broccolini, sweet ginger & garlic sauce, rice noodles, egg, bean sprouts, green onions, radish  
Substitute for Tofu

Coconut Vindaloo \$24

Rich curry sauce, peppers, coconut jasmine rice, warm naan bread, fresh herbs  
Choice of Chicken or Tofu

Steak Frites \$27

7oz Top Sirloin, handcut fries, charred broccolini, served with pesto or cream sauce

Truffle Mushroom Ravioli  \$24

Creamy bechamel sauce, parmesan cheese, fresh herbs, served with focaccia

If you want to book your next event at the Club, reach out to our Event Manager at 604-465-5431 Ext. 272

Gluten Free  Vegetarian 

PLEASE ADVISE YOUR SERVER OF ANY DIETARY CONCERNS OR REQUESTS  
PARTIES OF 6 OR MORE ARE SUBJECT TO 18% GRATUITY