

# THE BLUE HERON

GREAT FOOD • CRAFT BEER • GREAT VIEW •



## BREAKFAST

BREAD CHOICES INCLUDE: WHOLE WHEAT, RYE, MULTIGRAIN, WHITE, ENGLISH MUFFIN.

### PGCC Morning Special — 15.25

2 eggs, any style, choice of bacon, baked ham or sausage, toast & shredded hash browns.

### 2+2+2+2 — 16.25

2 eggs, 2 pancakes, 2 strips of bacon and 2 sausages served with shredded hash browns.

+ No toast. Served until 11 am

### Bacon or Ham 'n Egger — 13.95

Bacon or ham with an egg in a grilled bun with cheese, lettuce, tomato & onion. Served with shredded hash browns.

+ Add extra ham or bacon \$2

### Toast or English Muffin & Preserves — 3.25

### Eggs Benny or Blackstone — 16.75

Served with shredded hash browns.

+ 1/2 order \$12.15

### Corn Beef Hash & Eggs — 14.95

Peppers, onions and pan fried potatoes topped with two over-easy eggs.

### Canadian Maple Waffle — 16.95

Topped with feta cheese, apples, almonds, walnuts and bacon crumble then drizzled in Maple Syrup.

### Big Fluffy Buttermilk Pancake — 7.25

Add a second for \$3.50 Strawberries & whip cream \$3.25

+ Served until 11 am

### Golden French Toast — 11.25

French bread dipped in fresh egg and grilled to golden brown. Dusted with cinnamon and confectioner's sugar.

### Belgian Waffle — 10.95

Topped with Strawberries and Whip cream

### Big Bowl of Oatmeal — 6.95

## OMELETTES

PREPARED WITH 3 FRESH EGGS AND SERVED WITH SHREDDED HASH BROWNS AND TOAST.

### The Big Cheese — 14.75

Lots of cheesy goodness!

### Spanish — 16.75

Fresh peppers, tomatoes and onions, salsa, w/ cheddar & mozzarella cheese.

### Denver — 16.75

Loaded with baked ham, fresh peppers and onions.

ADD HAM OR BACON \$2.00 ADD EXTRA CHEESE, ONIONS, FRESH PEPPERS, MUSHROOMS OR TOMATOES \$1.00 EA

## SALADS

### Chef Salad — 16.25

Mixed greens topped with sliced ham, turkey, egg, cheese, tomatoes and cucumber. Served with french grilled garlic toast.

+ Add grilled chicken or sautéed prawns \$5.95

### Classic Caesar — 13.95

Fresh romaine, herb croutons, Asiago cheese tossed in creamy Caesar dressing. Served with garlic toast.

+ Add grilled chicken or sautéed prawns \$5.95

### Squirrel Salad — 14.25

Mixed greens, tossed with strawberries, grapes, walnuts and almonds with raspberry vinaigrette dressing.

### Crunchy-Crisp Salad — 14.25

Greens, topped with fresh chunks of crisp apple & cucumber, feta cheese, and crunchy walnuts and almonds. Served with a light White balsamic vinaigrette dressing.

### Thai Chicken Salad — 16.95

Served warm. A nest of greens topped with chicken, peppers, onions, almonds, walnuts & rice noodles with coconut Thai sauce.

### Asian Salad Rolls — 14.95

Delicate rice wraps filled with rice noodles, prawns, cilantro, carrots, lettuce and cucumber w/peanut sauce.

### Veggie Plate — 12.95

Mixed fresh veggie plate with ranch dip.

Changes subject to additional charge. Applicable taxes/gratuity are not included.  
Please advise your server of any allergies.

## DAILY FAVOURITES

Includes golden cut fries or side green salad  
+ Prefer it in a wrap? Yes we can! Add \$1. +

### Sandbagger Sandwich — 11.50

Fresh, roasted in house Black Angus Beef, Egg, Tuna or Turkey.

### Veggie Garden Sandwich — 12.95

Sliced tomato, cucumbers, fresh peppers, onions, swiss cheese & mayo on marble rye.

### Cajun Chicken Burger — 16.25

Thigh meat patty dusted with Cajun seasoning, onion crisps, lettuce, pickle, cheese.

### Par 4 Burgers — 15.95

Choose from a 6oz. butterfly chicken breast, 6 oz. seasoned beef patty, Veggie, or Pacific pink Salmon filet w/tartar on a grilled bun w/ lettuce, tomato, onion, pickle and mayo.

+ Add cheddar or swiss cheese or bacon for \$2, sautéed mushrooms for \$1.00

### Chicken Fingers 'n Fries — 15.25

### Liver 'n Onions — 14.25

Home style liver topped with crispy bacon, fried onions, gravy and served with pan fried potatoes.

+ Liver lover? Add a second piece for \$3.75

### Hot Roast Beef — 15.25

Shaved Black Angus roast beef served open faced and drizzled with gravy.

### Beef Dip & Swiss — 15.25

Roasted Angus beef and melted swiss cheese on a fresh hoagie bun along with our golden fries.

Served with au jus on the side.

### BLT — 12.95

Bacon, lettuce, tomato and mayo on your choice of toasted bread.

### Quesadilla — 15.95

Pulled Pork, Chicken or Vegetables on a grilled tortilla with onions, peppers and mixed cheese. w/ Salsa, Guacamole & Sour cream on the side.

+ Quesadilla Light? 6" served w/ veggies, salsa and sour cream - \$9.25

### Seafood Tacos — 15.95

2 Battered cod or sautéed prawns taco's with cabbage, tomato, cilantro, guacamole and fresh homemade taco sauce.

### The PGCC Clubhouse — 16.50

Roasted turkey, bacon, cheddar cheese, lettuce and tomato with mayo on toasted bread of choice.

## GRILLED CHEESE

Includes choice of fries or side green salad

### Pepperoni Deluxe Grilled Cheese — 14.75

Pepperoni, onion, green pepper, tomato & swiss cheese grilled in garlic butter.

### Grilled Bacon, Cheddar & Apple — 14.75

### The Go-To Grilled Ham 'n Cheese — 12.25

## APPIES

### Albatross Platter — 39.95

Choose three (3) of our favorite appetizers from below, we'll include the fries and rings. Big enough to share!

+ Wings, Chicken Fingers, Dry Garlic Ribs, Breaded Prawns, Spring Rolls

### Nachos for 2 — 18.95

Tri colour tortilla chips layered with cheese, onions and peppers, tomatoes and black olives. Served with salsa, jalapeno, sour cream and guacamole.

+ Add hamburger or chicken \$5.95

### Pulled Pork Poutine — 12.25

Bed of golden fries topped with pulled pork & cheese curds, covered with steaming gravy and a dollop of sour cream.

### Wings — ½lb- \$ 9.50 1lb- \$ 15.25

BBQ, Hot, Honey Garlic, Sweet Chili, Teriyaki, Lemon Pepper

### Dry Garlic Ribs — 14.50

Breaded pork ribs with sweet chili sauce.

### Breaded Prawns — 13.95

Butterflied and breaded, served with cocktail sauce.

### Spring Rolls — 10.95

Veggie filled classic dipper with tasty Plum sauce

### Basket of Goodness

Fries \$6.25 | Yams \$6.50 | Onion Rings \$7.25

## PIZZA

Made fresh in house, 12" thin crust pizza. Served daily after 2pm

### Meat Lovers — 26.95

Grimm's local Garlic Salami, Pepperoni, Ham, Bacon, Peppers & Onions

### Mediterranean — 25.95

Shrimp, Feta, Black Olives, Peppers & Onions

### Hawaiian Deluxe — 23.95

Ham, Pineapple, Peppers & Onions