

THE BLUE HERON

GREAT FOOD • CRAFT BEER • GREAT VIEW •



BREAKFAST

PGCC Morning Special — 14.75

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

Corn Beef Hash & Eggs — 14.25

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

2+2+2+2 — 15.75

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

Bacon or Ham 'n Egger — 12.95

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

Eggs Benny or Blackstone — 16.75

Served with shredded hash browns.

+ 1/2 order \$12.75

Big Bowl of Oatmeal — 5.95

Toast or English Muffin & Preserves — 3.25

OMELETTES

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

Denver — 16.25

Loaded with baked ham, fresh peppers and onions.

The Big Cheese — 14.50

Lots of cheesy goodness!

Spanish — 16.25

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

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

OFF THE GRIDDLE

Big Fluffy Buttermilk Pancake — 6.95

+ Add a second for \$3.25 Strawberries & whip cream \$2.95

Belgian Waffle — 10.75

Topped with Strawberries and Whip cream

Golden French Toast — 10.95

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

SALADS

Add grilled chicken or sautéed prawns \$5.95

Chef Salad — 15.95

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

Squirrel Salad — 13.95

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

Crunchy-Crisp Salad — 13.95

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 — 16.50

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

GOURMET GRILLED CHEESE

Includes choice of fries or side green salad

Grilled Bacon, Cheddar & Apple — 14.75

Grilled Prosciutto, Cranberry & Havarti — 14.75

The Go-To Grilled Ham 'n Cheese — 12.25



We are celebrating our 100 year anniversary! Penticton Golf & Country Club est 1922

DAILY FAVOURITES

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

Sandbagger Sandwich — 10.95

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

Veggie Garden — 11.95

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

Par 4 Burgers — 15.50

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

Hot Roast Beef — 14.95

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

Chicken Fingers 'n Fries — 14.95

Served with Fries or Tossed Side Salad

Liver 'n Onions — 13.95

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

Beef Dip & Swiss — 14.95

Roasted Angus beef and melted swiss cheese on a fresh hoagie bun. Served with au jus on the side.

BLT — 12.25

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

Quesadilla — 15.75

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/ veggie sticks, 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 — 15.95

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

APIES

Albatross Platter — 36.95

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

Asian Salad Rolls — 13.95

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

Nachos for 2 — 17.95

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 — 11.95

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

Wings

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

+ 1/2lb- \$8.95 1lb- \$14.95

Dry Garlic Ribs — 13.95

Breaded pork ribs with sweet chili sauce.

Breaded Prawns — 13.50

Butterflied and breaded, served with cocktail sauce.

Veggie Plate — 12.25

Mixed fresh veggie plate with ranch dip.

Spring Rolls — 10.25

Veggie filled classic dipper with tasty Plum sauce

Basket of Goodness

Fries \$5.95 | Yams \$6.25 | Onion Rings \$6.95

PIZZA

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

Meat Lovers — 25.95

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

Mediterranean — 24.95

Shrimp, Feta, Black Olives, Peppers & Onions

Hawaiian Deluxe — 22.95

Ham, Pineapple, Peppers & Onions