

Appetizers

HBI Mussels \$15

fresh local mussels in a white wine and garlic broth, with fresh basil and tomatoes; with garlic toast

Tequila Mussels \$17

Cortes Island mussels in a chili spiked white wine broth, flared with Sauza gold tequila, served with garlic toast

HBI Swimming Scallops \$15

local swimming scallops in a garlicky tomato, basil and white wine broth; served with garlic toast.

Prawn Cocktail \$15

gently poached local prawns cooled on Bloody Mary ice, with organic greens, lemon crown & cocktail sauce

Double Duck \$13

duck leg confit and double smoked duck breast, fanned over organic greens and julienned vegetables, tossed in ginger-maple vinaigrette

Baked Brie & Berry Compote \$13

double cream brie wrapped and roasted in phyllo pastry, with house-made spicy berry compote and crostini sticks

Edamame \$10

soybean pods tossed in sesame oil, pickled ginger and sea salt

Calamari Boat \$11

marinated in buttermilk and fresh herbs, crisp-fried with sweet onions; served with tzatziki

Salads & Soups

Soup du Jour cup 3.95; bowl 4.95

our chefs create a delicious soup every day... ask your server about today's creation. Served with fresh bread.

Smoked Salmon & Clam Chowder cup 4.95; bowl 6.95

house smoked salmon and baby clam with potatoes & carrots in a rich creamy chowder; with fresh bread.

H.B.I. Bouillabaisse \$15

saffron & pernod fish broth with an assortment of fresh local fish, shellfish & prawns, served with french bread & garlic aioli

Mixed Greens half 5.95; full 7.95

topped with fresh veggies & served with your choice of dressing: yogourt ranch, honey-walnut, blue cheese or tomato vinaigrette.

Heart of Caesar \$12

crisp romaine heart leaf with garlic dressing, bacon confit, house smoked and shaved asiago and parmesan cheese with butter and herb crostini sticks

Hérons at the Heriot Bay Inn

Summer 2008

Hong Kong Halibut

pan seared halibut simmered in coconut red curry, fresh herbs and lemongrass;
served over soba noodles and asian choy vegetables

\$28

West Coast Paella

fresh local spot prawns, fish and shellfish with tomatoes, garlic and onions
in saffron infused basmati and wild rice

\$30

Bangkok Capon

honey-roasted peanut crusted capon chicken breast with caramelized mango
chutney, mango peanut sauce, seasonal vegetables and choice of potato

\$24

Smoke and Fire Penne

grilled organic vegetables and woodland mushrooms with roasted romas in a
smoked pepper sauce, with smoked asiago & parmesan cheeses

add prawns, chicken, or sirloin \$8

\$18

Crispy Citrus Duck

pan seared and roasted duck, pink and juicy, with candied orange confit,
caramelized orange ginger cream, seasonal vegetables, and choice of potato

\$24

Double Thick Pork Chop

thick cut pork chop grilled with maple and rosemary over mesquite wood,
with portabella mushroom caps & maple port ginger jus; with seasonal
vegetables and a choice of potato

\$26

Flash Fired Garden and Forest

organic vegetables, woodland mushrooms and greens, flash fired in hemp,
extra virgin olive and walnut oils, over saffron basmati and wild rice nutted
with roasted pistachios, almonds, cashews and sesame seeds

\$24

Wild New York Strip

ten ounces of triple 'A' New York strip grilled over mesquite and
fruit hard wood, with pan fried mushroom medley, seasonal vegetables,
and choice of potato

\$30

Lamb Vindaloo

roasted rack of lamb with east indian red vindaloo sauce, spiked with
raisins, currants and pistachios; with seasonal vegetables and choice of potato

\$32