

to begin...

Hérons salad

10

caramelized apples, glazed walnuts and green tea soaked raisins atop bitter and sweet greens, tossed in fresh berry vinaigrette

roasted tomatoes & kefalotiri

16

marinated & roasted tomatoes and olive oil fried kefalotiri sheep cheese on a bed of mixed bitter and sweet greens; finished with cracked black pepper and balsamic reduction.

a selection of Canadian cheeses

as quoted

changing, tasty selection of fresh Canadian cheeses.

smoked seafood crepe

14

house-made crepe filled with smoked salmon, smoked scallops and cream cheese, oven baked and served in a garlic-caper cream sauce; with fresh garlic bread.

peaches and cream scallops

15

pan-seared scallops on a bed of mixed greens, drizzled with peach-infused cream reduction; finished with parsley oil and carrot curls.

wilted spinach salad

13

fresh spinach, wilted with warm house-made tomato vinaigrette, topped with sweet peppers, goat cheese, raisins and balsamic reduction.

classic steamed clams

16; half pound 12

a pound of lovely local clams, steamed in white wine-garlic broth with fresh basil and tomatoes; served with garlic toast.

HBI mussels

16; half pound 12

a full pound of local mussels elegantly steamed in white wine, basil, garlic, onions, tomatoes, peppers, and butter; served piping hot with fresh garlic toast.

HBI swimming scallops

18; half pound 13

a full pound of local swimming scallops, steamed in white wine and garlic broth with fresh basil and tomatoes; served with garlic toast.

a gratuity of 15% will be added to tables of 8 or more.

main courses...

agave tequila shellfish trio

24

local clams, mussels and swimming scallops poached in tequila and cream, and spiked with fresh tomatoes, chorizo sausage, sweet red onions and jalapeño peppers.

black & blue beef tenderloin

30

beef tenderloin filet, blackened in a cast iron pan, cooked to your liking, and topped with flame-kissed blue cheese on a bed of mushrooms and onions; with summer fresh vegetables and your choice of today's potatoes or rice.

Greek lamb

32

rustic lamb chops, marinated in lemon, oregano, garlic & onions, grilled to your liking; with fire-roasted marinated tomatoes and basil scented couscous.

savoury stuffed duck breast

33

roasted Canadian duck breast stuffed with a savoury medley of sun-dried tomatoes, spinach, smoked ham & ricotta cheese, drizzled with sauce chasseur; with seasonal vegetables and your choice of today's potatoes or rice.

bourbon maple salmon

25

wild local salmon with a maple, bourbon and butter glaze; oven roasted to perfection and served with summer vegetables and your choice of today's potatoes or rice.

caper lemon halibut

25

fresh halibut pan-fried and topped with caper-lemon-pepper compound butter; served with steamed basmati rice and summer fresh vegetables.

butter chicken

22

free run chicken breast dusted in middle-eastern inspired spices, fire roasted and served in a butter curry sauce with seasonal vegetables, steamed basmati rice and grilled pita bread.

Hérons manicotti

20

wild mushrooms, fresh spinach, onions, garlic, ricotta and mozzarella in fresh, house-made manicotti sheets; baked and served in a pool of tangy tomato basil sauce, with balsamic reduction and fresh garlic toast.

casual starters... selections of pub fare

bruschetta

8.95

Italian herb marinated tomatoes on grilled onion baguette, topped with mozzarella, feta and parmesan cheeses, and broiled till melted.

hummus & pita

8.95

a tower of lemon and garlic infused house-made hummus; with pan-fried Greek pita wedges (or tortilla chips) and veggie sticks. substitute falafel for hummus...free

add falafel...5.00

soup du jour

cup 3.95; bowl 4.95

our chefs create a delicious soup every day... ask your server for today's creation.

smoked salmon & clam chowder

cup 5.95; bowl 7.95

a west coast classic: house smoked salmon and baby clams with potatoes and carrots in a rich and creamy chowder.

mixed greens

half 5.95; full 7.95

topped with fresh veggies and served with your choice of dressing: yogourt ranch, fresh berry vinaigrette, mandarin dressing, blue cheese, or tomato vinaigrette.

caesar salad

half 6.95; full 8.95

crisp romaine with creamy house caesar dressing, garlic croutons and parmesan.

warm pesto-chicken salad

14.95

mixed bitter and sweet greens tossed in tomato vinaigrette; topped with tomatoes, seasonal nuts and pesto-parmesan grilled chicken breast.

casual entrees...selections of pub fare

Greek veggie pita

9.95

house-made hummus, tomato, lettuce, kalamata olives, grilled sweet peppers, feta cheese and tzatziki rolled up in a Greek pita; substitute falafel for hummus... free;
add falafel... 5.00

reuben sandwich

11.95

Montreal smoked beef piled high with sauerkraut and Swiss cheese, served on grilled rye with tangy Dijon mustard.

ultimate beef dip

13.95

tender roast beef fried in garlic butter with onions and mushrooms, topped with melted Swiss cheese on onion baguette; served au jus.

Mediterranean chicken pita

12.95

Greek marinated grilled chicken breast with tomatoes, lettuce, onions, pickles, feta and tahini-yogourt sauce, all in a grilled Greek-style pita.

halibut burger

14.95

4oz halibut fillet on garlic buttered onion baguette with lettuce, tomatoes, sweet onions and tartar sauce.

HBI cheese burger

13.50

six ounce handmade beef patty covered in melted cheddar cheese, loaded with tomato, lettuce, sweet red onion, pickle and HBI burger sauce on a kaiser bun.

parmesan chicken burger

13.95

free-run chicken breast grilled to perfection, then oven baked with marinara, parmesan and mozzarella cheese; piled on an onion baguette with lettuce and tomatoes.

fish & chips

one piece 12.50; two pieces 16.50

beer-battered west coast halibut with fries, tartar sauce and coleslaw.

all selections above with choice of caesar salad, mixed greens or fries
substitute creamy seafood chowder or yam fries for 2.00; substitute onion rings for 2.50

