

to begin...

crab cakes

17

a lovely duo of tender delicious crab cakes with a combination of dungeness and blue crab with herbs sautéed in butter; with lemon oil and lemon-caper aioli

coconut prawns

13

crispy coconut coating on tender prawns; accompanied by mango-peach salsa

chicken satay

13

Malaysian coconut peanut sauce with hints of kaffir lime leaves and lemongrass on skewers of tender chicken breast

salmon mousse

13

smoked wild salmon, herbs and whipped cream cheese make this mousse delightful; with fresh baked baguette

sambuca prawns

13

the sweet anise flavour of Sambuca comes alive with tender prawns in cream sauce

olive tapenade and goat cheese

13

the bold flavours of kalamata olives, capers, garlic and olive oil make this the perfect partner for chevre goat cheese; with fresh baked baguette

balsamic onions and goat cheese

13

onions slowly caramelized with balsamic vinegar and white wine till they are sweet and syrupy and ready for goat cheese; with fresh baked baguette

dungeness crab bisque

12

the bold and beautiful flavours of dungeness crab are evident in this smooth creamy bisque (if dungeness crab is unavailable, this is lobster bisque)

 = vegetarian option

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

salads...

summer elegance

10

shaved fennel, orange and raspberries with a raspberry vinaigrette on a bed of baby arugula

pecan-peach chicken salad

22

pecan encrusted chicken breast, peach-mango salsa, goat cheese, maple-glazed nuts and fresh summer raspberries on a bed of artisan greens, with berry vinaigrette; meal sized

herons salad

26

prawns, scallops, dungeness crab, black beans, corn, red peppers and red onion with cilantro lime vinaigrette on a bed of baby spinach and arugula; meal sized

pasta...

manicotti marinara

20

this local favourite is back for an encore; fresh crepes filled with spinach and cheese complemented with the full flavors of a rich marinara sauce

angelic brown butter sage pasta

17

a fine example of a classic Italian dish... delicate angel hair pasta drenched in brown butter infused with pistachio pesto and fresh sage; garnished with asiago cheese

wild mushroom ravioli

23

mushroom lovers are sure to love the trio of mushrooms (porcini, button, and portabella) in this flavourful porcini-white-truffle cream sauce; garnished with asiago cheese and fresh sage; with garlic bread

main courses...

catch o' the wild coast

27

it doesn't get more west coast than this: beautiful fresh wild local salmon in lemon-caper brown butter sauce garnished with dungeness crab; with wild rice pilaf and summer vegetables

bouillabaisse

35

local shellfish, halibut, prawns, and dungeness crab in a white wine-saffron broth with tomato, fennel, leek and garlic saffron rouille; with fresh baked baguette

lemongrass halibut

30

fresh halibut gently steamed on a bed of lemongrass with exotic Malaysian spicy lemongrass-kaffir lime sauce; on a bed of wild rice pilaf and summer vegetables

rack of lamb

39

dijon-panko encrusted full rack of tender lamb; with roasted garlic mashed potatoes, mushroom dijon sauce and summer vegetables

port-abello filet mignon

31

tender filet mignon grilled just to perfection, stacked on a portabello mushroom, scalloped potatoes surrounded by rich port wine sauce and summer vegetables

bold blackberry duck

32

duck breast seared to perfection; with a bold blackberry-balsamic reduction, scalloped potatoes and summer vegetables

Calvados pork tenderloin

29

roasted pork tenderloin rests on a bed of spinach with caramelized apples and onions in Calvados brandy; accompanied by roasted garlic mashed potatoes and summer vegetables

pernod scallops

28

heavenly pernod cream sauce with a kiss of honey-butter adorns large sea scallops; with saffron rice and summer vegetables

grilled stack

20

grilled eggplant and zucchini, roasted red peppers, balsamic onions and portabello mushrooms stacked with chevre in a pool of rich marinara sauce; with wild nutty rice pilaf

casual appeys... selections of pub fare

smoked salmon & clam chowder

cup 5.95; bowl 7.95

a west coast classic: smoked salmon and baby clams with vegetables in a rich and creamy chowder

soup du jour

cup 3.95; bowl 4.95

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

quadra yum goong

8.95

infused with citrus elements from lemongrass and kaffir lime leaves; a little bit of spice blended with coconut milk, rice, sweet peppers, corn, scallops prawns and shrimp make this soup an HBI favourite

classic caesar

half 6.95; full 8.95

crisp romaine with creamy caesar dressing, garlic croutons and asiago cheese

baked bruschetta

10.95

italian herb marinated tomatoes on grilled ciabatta, topped with mozzarella, feta and asiago cheeses, baked till golden with a drizzle of balsamic reduction

thai prawn salad rolls

12.95

two rolls with prawns, carrot, rice vermicelli, cucumber and green onion in a cilantro lime vinaigrette; with Thai peanut dipping sauce

casual entrées... selections of pub fare

halibut & chips

one piece 15.95; 2 pcs 19.95

beer battered high quality fish with crispy house-cut fries, fennel & tarragon coleslaw, and tartar sauce.

bayside burger

14.95

sautéed local sockeye salmon and halibut with lemon-dill-caper mayo on a toasted multi-grain bun with lettuce, tomato and sweet red onion.

HBI classic burger

10.95

house-made patty grilled for flavour, topped with shaved crispy onions; on a toasted multi-grain bun with dijon-peppercorn mayo, lettuce, tomato & sweet red onion.

heriot burger

11.95

a combination of quality ingredients give this burger its texture and flavor; mushrooms, beans, roasted garlic and brown rice to name a few; served on a toasted artisan multi-grain bun with fresh lettuce, tomato, sweet red onion and chipotle mayo.

scallop and lobster burger

16.95

encrusted in tarragon panko crumbs and sautéed in butter; on a toasted multi-grain bun with lemon-dill-caper mayo, lettuce, tomato and sweet red onion.

customize your burger...

bacon	2.00	sautéed onions	1.00
swiss, feta or cheddar	1.95	mushrooms	1.50

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

