

# Heron's dining

served 5pm - close

## starters

crispy tofu salad 🌱🍷 14  
curry coated organic extra-firm tofu with green salad, lemon & avocado dressing & chef's peanut sauce

salad of beets three ways 🍷🌱 16  
tri-coloured marinated beets, beet puree-stuffed creamy goat cheese, candied walnuts, olive oil & beet vinaigrette, on greens & arugula

coquille st jacques 18  
two pan-seared Atlantic scallops with button mushrooms in a creamy fish velouté; with duchess potato and parmesan cheese

mariner clams 16  
a pound of local little neck clams, cooked in white wine, butter and shallots; with baguette. Without baguette is 🌱

roasted red & yellow pepper soup 🍷 15  
with parmesan shavings, french baguette & crème fraîche  
Without baguette is 🌱

## mains

sockeye salmon 🌱 33  
five ounces of pan-seared wild Pacific sockeye ; peas and prosciutto; fondant potato; candy cane beets, rainbow carrots & fresh lemon

wild mushroom filet mignon 🌱 45  
five ounce Canadian Angus tenderloin with wild mushroom cream sauce; duchess potatoes, broccoli, rainbow carrots, zucchini rosette & rosemary; truffle oil drizzle

seafood pasta 34  
local BC spot prawns, Discovery Islands little neck clams and swimming scallops, Canadian rock crab and linguini, with prawn fumet-cream sauce, parmesan, onion & garlic

ratatouille 🌱🍷 28  
yellow & green zucchini, eggplant, onion, red pepper & roma tomato, with a rich tomato sauce, basmati & wild rice, and seared organic tofu steak

spicy pan-seared yellow fin tuna 39  
five ounces of yellow fin tuna with mango salsa, steamed egg noodles, and cilantro chimichuri

## casual selections of our pub fare

### starters

westcoast seafood chowder 10.50  
bowl of classic creamy chowder: smoked salmon, Pacific cod and baby clams with russet potatoes

truffle fries 🌱🍷 11.95  
made with house-cut BC Kennebec potatoes, flavoured with truffle oil, topped with parmesan; with truffle mayo for dipping

calamari 🌱 13.50  
crispy squid, smoked onion salsa; with tzatziki, grilled lemon

caesar salad 14.50  
crisp romaine, sourdough croutons, shaved grana padano, crispy bacon tossed in house-made caesar dressing

🌱 = ingredients gluten-wise 🍷 = vegetarian

a gratuity of 18% will be added to tables of 8 or more

*We believe in sustainability and sourcing ingredients as locally as possible. We take pride in sourcing ethically raised proteins from farmers, ranchers, food purveyors and fishermen. Seafood is caught using sustainable methods, protecting the biodiversity of our oceans.*

### mains

Chicken Brie-L-T 16.95  
garlic-herb marinated free-range chicken breast layered with bacon, brie, lettuce, tomato & truffle mayo on a Portofino peasant bun

jack & dave bbq ribs half/full 19.95/29.95  
Canadian pork ribs & Jack Daniel's-spiked bbq sauce; fries & coleslaw

crispy chickpea burger 16.50  
house-made chickpea patty; chili mayo, lettuce, pickled onion and tomato on a Portofino peasant bun

char-grilled burger 16.95  
the classic: six ounce hand-made Canadian Angus beef patty; tomato, lettuce, pickle & red onion; toasted brioche & house awesomesauce  
customize your burger experience...

add mushrooms 1.50 add bacon 1.50  
add cheddar or Swiss 1.50 add avocado 2.00

craft beer-battered fish and chips  
two pieces, with house-cut Kennebec fries & tartar sauce  
line-caught Pacific cod 19.95; wild sockeye salmon 22.50

*burgers with choice of french fries, green salad, or daily soup;  
substitute caesar salad, seafood chowder, yam fries or onion rings for \$3; poutine for \$4  
gluten free bread or bun add \$2*