

Blue Heron

THE ANYTIME MENU

SANDWICHES

Ocean Wise Tuna Salad

Vita Egg Salad

Chicken Salad

Grilled Cheese, Add Ham

Choice of brown, white or multigrain,
toasted or untoasted

SALAD

Chicken Cobb Salad

With hard-boiled Vita egg, chicken
breast, cheddar cheese & tomato

Spinach Salad

With hard-boiled Vita egg,
raspberry vinaigrette

Roasted Cauliflower

Apple & whipped feta

Shaved Melon & Strawberry

Radish, chèvre, prosciutto crisps

Cottage Cheese & Fruit Plate

or

Yogurt & Fruit Plate

ENTRÉE

Breakfast Your Way

Two Vita eggs, hash browns, toast
Fri-Sun add bacon (2pc), sausage (2pc)

Cavatappi Pasta

Choice of chicken (3oz) or shrimp (4pc),
tomato herb sauce, Alfredo cream sauce
& grated parmesan cheese

Fish Of The Day

Served with seasonal vegetables &
starch of the day, onion ring garnish

Beef Salisbury Steak (5oz)

Mashed potatoes or herb fries, grilled
tomato, mushrooms & peppers

**Crisped Chicken Wings
(6 pieces)**

Vegetable sticks garnish
Choice of salt & pepper, teriyaki, or bbq

Crisped Fish Burger

Tartar sauce

DESSERT

No Sugar Vanilla Ice Cream

Served with fresh fruit cocktail

**Gluten Free
Chocolate Brownie**

Warm Cookies & Ice Cream

