

Blue Heron

THE ANYTIME MENU

SANDWICHES

Choice of brown, white or multigrain, gluten free
toasted or untoasted

Ocean Wise Tuna Salad

Vita Egg Salad

Chicken Salad

Grilled Cheese, add Ham

SALAD

TLW Cobb Salad

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

Spinach Salad

Sweet onion, hard boiled Vita egg, shaved melon,
strawberries, raspberry vinaigrette

Warm Marinated Beet Salad

Chèvre, add grilled chicken

Roasted Cauliflower

Apple, marinated raisins & whipped feta

Grilled Chicken Caesar Salad

Yogurt parmesan dressing, focaccia crisp

Cottage Cheese & Fruit Plate

or

Yogurt & Fruit Plate

ENTRÉE

Breakfast as You Wish

Vita eggs (one or two), hash browns, toast,
choice of bacon or sausage (2pc)
(Available Fri-Sun)

Cavatappi Pasta

Choice of chicken (3oz), shrimp (4pc),
herb mushrooms & wilted greens, tomato herb or
alfredo cream sauce & grated parmesan cheese or
crushed fresh tomatoes, lemon herb olive oil and
parmesan cheese
(GF Available)

House Made Baked Mac & Cheese

(GF Available)

Signature Salisbury Steak (5oz) (GF)

Gravy, mashed potatoes, or herb fries,
house vegetables

Crisped Chicken Wings (6 pieces) (GF)

Vegetable sticks garnish
Choice of Salt & Pepper, Teriyaki or BBQ

Crisped Chicken Tenders

Choice of Salt & Pepper, Teriyaki or BBQ

Crisped Fish Burger (GF Available)

Tartar sauce

DESSERT

No Sugar Vanilla Ice Cream

Fresh Fruit Cocktail

Gluten Free Chocolate Brownie

Allergies or food intolerances?

Let us know and we'll ensure we accommodate your dietary needs.

