

— STARTERS —

FRENCH ONION SOUP

beef broth | caramelized onions | croutons | swiss cheese | garlic toast | **7**

SWEET POTATO FRIES

chipotle aioli | **7**

ONION RINGS

chipotle aioli | **7**

GARLIC BREAD

| garlic buttered baguette | **7**

| add melted mixed cheeses | **9**

WILD MUSHROOM & TOMATO FLATBREAD

garlic flatbread | wild mushroom blend | cherry tomato | grated asiago | arugula
balsamic drizzle | **12**

GARDEN FRESH SALAD

spring mix | cucumber | cherry tomato | radish | carrot curls | small **4.25** | large **9**

BLUE HERON CAESAR SALAD

romaine hearts | bacon | creamy garlic dressing | grated parmesan | croutons | small **7** | large **13**

FIG & GOAT CHEESE SALAD

frisee leaves | fig wedges | crumbled goat cheese
candied walnuts | grated boiled egg | red wine vinaigrette | **15**

add to any salad: steak **5** | chicken **5** | 3 black tiger shrimp **6** | salmon **8**

— PIZZA —

CANADIAN

pepperoni | cremini mushrooms | tomato sauce | bacon
provolone and mozzarella | house dip | **14**

MEDITERRANEAN

grilled red peppers | grilled green & yellow zucchini | grilled red onion | mozzarella cheese
provolone cheese | feta cheese | house dip | **13**

- All prices plus tax - Please let your server know if you have any food allergies - Prices subject to change -

— ENTREES —

ALL DAY BREAKFAST

3 eggs any style | hash browns | toast | bacon, sausage or peameal | fresh fruit | **9**

HERON HOUSE OMELETTE

3 eggs | feta | spinach | cherry tomatoes | balsamic reduction | hash browns | **11**

BEER BATTERED FISH AND CHIPS

haddock | fries | tartar sauce | coleslaw | 1 piece **12** / 2 pieces **17**

BUTTERMILK CHICKEN TENDERS AND FRIES

buttermilk chicken tenders | plum sauce | coleslaw | fries | **14**

SEOUL GLAZED SALMON

gochujang brown sugar glaze | steamed rice | seasonal vegetables | **26**

CHICKEN WINGS & FRIES

mild | medium | hot | suicide | honey garlic | 1lb **16** / 2lbs **28**

AAA HAND CUT RIB EYE STEAK 12 OZ.

onion straws | seasonal vegetables | red skin mashed potatoes | **27**
add some surf to your turf with 3 black tiger shrimp | **6** | add: sautéed mushrooms | **3**

BURGERS

HERON BURGER

fresh lettuce | tomato | red onion | pickle | chipotle aioli | fries | **14**

CARIBBEAN JERK BURGER

All beef burger | house made jerk marinade | mango slaw
scotch bonnet aioli | chopped romaine | fries | **15**

BLACKJACK BURGER

jack daniels BBQ sauce | bacon | cheddar | onion straws | chipotle aioli | fries | **15**

CHEF'S FEATURE BURGER

ask about our burger of the month, served with fries | **15**

burger additions | cheddar | swiss | provolone | bacon | peameal | mushrooms | **2**

SPECIALTY SANDWICHES

all of our sandwiches served with choice of fries | soup | garden salad

GBH WESTERN SANDWICH

fresh whole eggs | cured ham | bell peppers | onions | **11**

GRILLED VEGETABLE WRAP

grilled zucchini | red onion | bell peppers | sundried tomatoes
feta cheese | spinach | balsamic reduction | olives | **12**

CHICKEN CAESAR WRAP

grilled chicken | caesar salad | flour tortilla | **14**

BUFFALO CHICKEN WRAP

buttermilk chicken tenders | cheese | lettuce | tomato bruschetta | buffalo sauce | **14**

MONTREAL SMOKED MEAT

warm smoked meat | marble rye | swiss cheese | **14**

CLUB SANDWICH

bacon | turkey | smoked ham | lettuce | tomato | mayonnaise | **15**

BBQ PRIME RIB SANDWICH

AAA pulled prime rib | J.D. BBQ sauce | garlic baguette | cheddar & swiss cheeses | jalapeno aioli | **19**

CHICKEN PARMESAN SANDWICH

tomato sauce | provolone & parmesan cheese | garlic baguette | arugula | **16**

STEAK SANDWICH

grilled striploin | caramelized onion | cremini mushrooms | provolone cheese | garlic steak sauce | **18**
| garlic baguette |

UPGRADE YOUR SIDE DISH FOR ONLY \$2.95

sweet potato fries | poutine | sautéed vegetables | caesar salad

— THE BOWLS —

CRISPY FRIED CHICKEN

teriyaki | mixed vegetables | sesame seeds | cantonese noodles | 13

BEEF AND BROCCOLI

teriyaki | mixed vegetables | sesame seeds | steamed rice | 13

JAPCHAE

mixed vegetables | spinach | shitake | sweet sesame sauce | soba noodles | 15

GENERAL TAO

shrimp or chicken | mixed vegetables | bird's eye chili | steamed rice | 15

MISO COCONUT

shrimp or chicken | miso coconut broth | mixed vegetables | rice noodles | 13

WILD MUSHROOM & BUTTERNUT SQUASH GNOCCHI

gnocchi | squash béchamel | wild mushroom blend | grilled chicken | 15

RIGATONI

classic bolognese sauce | 4 cheese blend | garlic baguette | 14

CREATE YOUR OWN NOODLE BOWL | 13

1. CHOOSE YOUR BROTH

vegetarian mushroom broth | wonton broth | miso coconut

2. CHOOSE YOUR NOODLES

shanghai noodles | pork and shrimp wonton | rice noodles
cantonese noodles | soba noodles | steamed rice

3. ADD A PROTEIN

jumbo shrimp | chicken | beef | fried tofu | mixed vegetable



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Groups | Parties | Corporate Events

We now offer a private dining area in the Waters Edge Buffet Restaurant for groups of 15 - 25