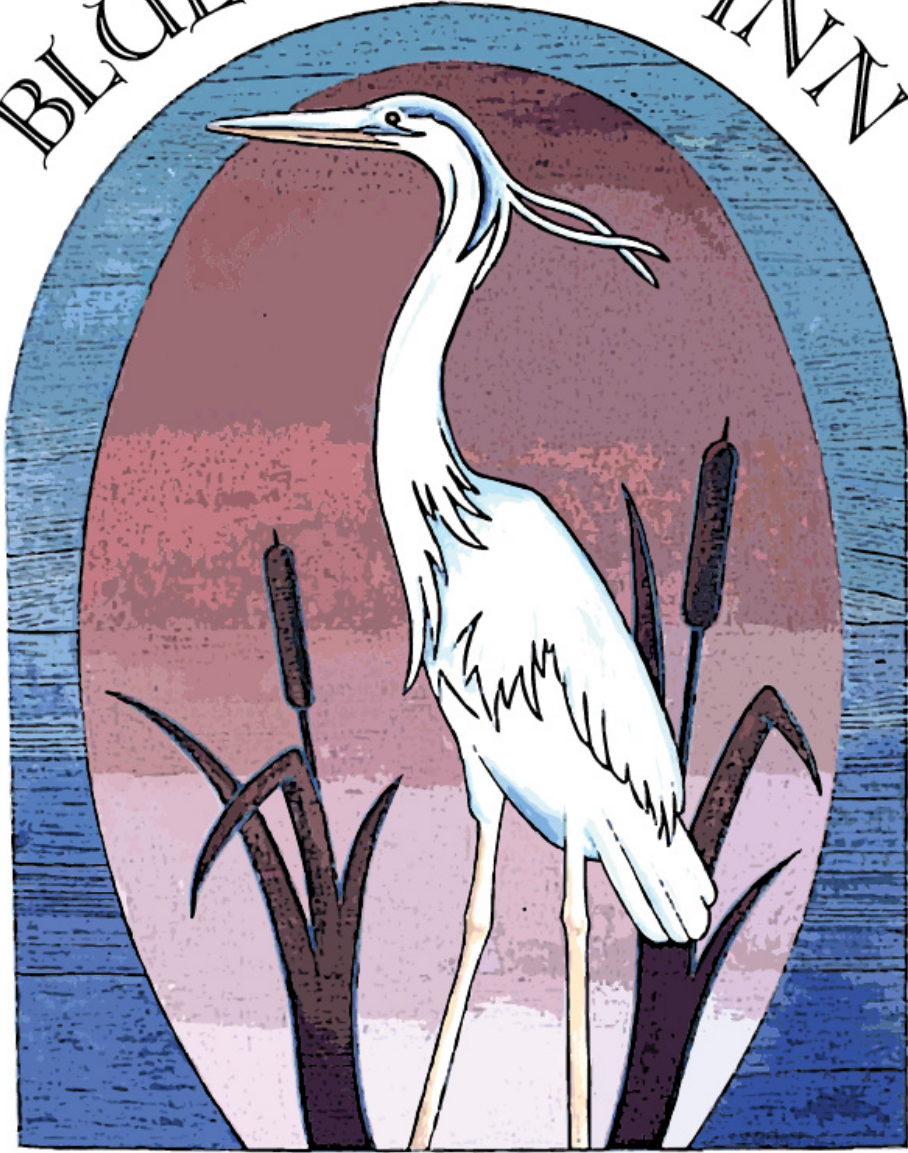


BLUE HERON INN



SECHELT, BC

# Appetizers

## *P. E. I. Mussels*

Steamed in a garlic, pernod & white wine butter sauce . . . . . \$12.<sup>50</sup>

## *Cajun Prawns*

marinated and grilled, lightly spiced and served on a  
circle of watermelon . . . . . \$12.<sup>75</sup>

## *Escargot*

Served in a nest of puff pastry,  
topped with herb butter & garlic sauce . . . . . \$9.<sup>00</sup>

## *Digby Scallops*

Grilled and served with a warm strawberry salsa . . . . . \$11.<sup>75</sup>

## *Smoked Trout*

Drizzled with a honey, lemon and yogurt sauce . . . . . \$10.<sup>75</sup>

## *Artichoke Neptune*

Stuffed with crab & shrimp, baked with parmesan . . . . . \$11.<sup>75</sup>

## *Oysters Blue Heron*

Baked with three cheese sauce  
and topped with crisp smoked bacon . . . . . \$13.<sup>25</sup>

## *Baked Goat Cheese*

Served on a garlic bread crouton topped with  
caramelized pears & balsamic vinaigrette . . . . . \$10.<sup>75</sup>

## *Smoked Duck Breast*

Thinly sliced and served with a roasted red pepper and chili sauce \$12.<sup>75</sup>

Table of six or more are subject to 15% gratuity added to the bill.

All Entrées are served with your choice of Chefs Soup or Caesar Salad.

All menu items are made in house including all stocks and sauces by our chef.

All smoked items are from our own smokehouse.

# Entrées

## *Live Dungeness Crab*

Steamed whole, with garlic & ginger butter sauce . . . . . \$29.<sup>50</sup>

## *Whole Fresh Atlantic Lobster*

Market price- served with a lemon, fresh basil, garlic butter sauce . \$MP

## *Smoked Black Cod*

Steamed with lemon butter & sautéed capers . . . . . \$30.<sup>75</sup>

## *Wild B.C. Salmon*

Grilled & served fresh with fresh fennel & citrus fruit butter . . . . . \$26.<sup>75</sup>

## *Dover Sole*

Baked & served with meuniere sauce . . . . . \$38.<sup>75</sup>

## *Digby Scallops & Prawns*

Baked with button mushrooms, leeks & tarragon cream sauce . . . . . \$30.<sup>75</sup>

## *Haida Gwaii Halibut*

Topped with a pistachio crust,  
broiled and served on a fresh thyme sauce . . . . . \$32.<sup>75</sup>

## *Free Range Chicken Breast*

Grilled with mushrooms, served with a caper,  
lime, ginger sauce & topped with goat cheese . . . . . \$26.<sup>75</sup>

## *Steak Neptune*

Stuffed with crab & shrimp in a sage port wine sauce . . . . . \$34.<sup>75</sup>

## *Fraser Valley Duck Breast*

Roasted & caramelized with a mango blackberry sauce . . . . . \$31.<sup>75</sup>

## *Pork Tenderloin and Prawns*

Sautéed scallopini of pork & prawns with garlic, lemon and parsley \$29.<sup>75</sup>

## *Rack of Australian Lamb*

Roasted with fresh mint, rosemary & dijonnaise . . . . . \$37.<sup>75</sup>

## *Alberta Sirloin Steak*

Grilled and topped with sautéed mushrooms  
in a Bordelaise wine sauce . . . . . \$31.<sup>75</sup>

## *Filet Mignon*

Grilled and served with light peppercorn sauce . . . . . \$37.<sup>50</sup>

