



Toll-Free Reservations: 1.800.818.8977



# The Blue Heron Restaurant - Menus

## Appetizers

### PEI Mussels

Steamed in a garlic, pernod & white wine butter sauce \$10.95

### Sambucca Prawns

Sauteed with sambucca and cream \$9.25

### Escargot

Stuffed in a nest of puff pastry, topped with herb butter & garlic sauce  
\$8.50

### Digby Scallops

Wrapped in prosciutto & grilled, served with orange salsa \$9.95

### Smoked Mackerel

Drizzled with honey mustard sauce \$9.50

### Artichoke Neptune

Stuffed with crab & shrimp, baked with parmesan \$11.95

### Oysters Rockefeller



Baked with spinach & cheese sauce, topped with crisp smoked bacon  
\$12.95

**Baked Goat Cheese**

Served on a garlic bread crouton topped with caramelized red onion  
& balsamic vinaigrette \$10.95

**Grilled Quail**

Served on grilled pears with espresso, game jus sauce \$10.95

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**Entrées**

**Live Dungeness Crab**

Steamed whole, with garlic and ginger butter sauce \$27.95

**Prawns**

Sautéed with provencale sauce \$23.95

**Smoked Black Cod**

Steamed with lemon butter and sauteed capers \$29.95

**Wild B.C. Salmon**

Grilled and served with fresh fennel & citrus fruit butter \$24.95

**Dover Sole**

Baked and served with meuneire sauce \$36.95

**Digby Scallops and Prawns**

Baked with button mushrooms, leeks & tarragon sauce \$28.50

**Queen Charlotte Halibut**

Topped with pistachio crust, broiled and served on a fresh thyme  
sauce \$29.95

**Free Range Chicken Breast**



Photo: Duane Burnett



Photo: Duane Burnett

Grilled with mushrooms, served with a caper, lime, ginger sauce & topped with goat cheese \$24.95

**Steak Neptune**

Stuffed with crab & shrimp in a sage port wine sauce \$32.95

**Fraser Valley Duck**

Roasted & caramelized with a mango and blackberry sauce \$29.95

**Pork Tenderloin and Prawns**

Sautéed scallopini of pork & prawns with garlic, lemon & parsley \$28.95

**Rack of Australian Lamb**

Roasted with fresh mint, rosemary & dijonaise \$36.95

**Alberta Sirloin Steak**

Grilled and topped with sautéed mushrooms in a Bordelaise wine sauce \$29.95

**Filet Mignon & Lobster Tail**

Grilled and topped with a duo of peppercorn and garlic butter sauce \$48.50



Photo: Duane Burnett



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

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

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[print the Blue Heron Menu](#)

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