



BREAKFAST

10 AM—11:30 AM MONDAY—FRIDAY

CROQUE MADAME

GRILLED HAM & CHEESE SANDWICH ON SOURDOUGH, TOPPED WITH A SUNNY FRIED FREE RUN EGG & MORNAY SAUCE 13

BIG BREAKFAST SALAD

SAUTÉED MUSHROOMS, CHORIZO SAUSAGE & POACHED SOFT FREE-RUN EGG ON SAANICH ORGANIC HOUSE SALAD 12

HOLLANDAISE FROM HEAVEN

HASHES TOPPED WITH POACHED FREE-RUN EGGS, HOLLANDAISE SAUCE & TOAST

PORTABELLA & ROASTED GARLIC HASH ROASTED PORTABELLA & BUTTON MUSHROOMS, RED ONION, ROASTED GARLIC, RED PEPPERS, GRUYÈRE CHEESE, FRIED POTATO & FRESH THYME 13

CHORIZO SAUSAGE HASH CARAMELIZED ONION, TOMATO, PORTABELLA & BUTTON MUSHROOMS, SHARP CHEDDAR CHEESE, FRIED POTATO & FRESH ROSEMARY 13

BENEDICTS WITH PAN-FRIES • SUBSTITUTE ORGANIC SALAD OR FRESH FRUIT 2

CLASSIC BENEDICT ALL NATURAL HAM (½ 9) 13

SMOKED SALMON BENEDICT SMOKED SOCKEYE SALMON, LEMON HORSERADISH CREAM CHEESE WITH CRISPY CAPERS (½ 10) 14

STILTON & BACON BENEDICT STILTON CHEESE, LOCAL BACON & SAUTÉED BUTTON MUSHROOM (½ 10) 14

PULLED PORK BENEDICT COLESLAW GARNISH & HOMEMADE BBQ SAUCE (½ 10) 14

TOMATO & AVOCADO BENEDICT GRILLED TOMATO & GUACAMOLE (½ 10) 13

DUNGENESS BENEDICT CRAB & LOCAL BABY SHRIMP WITH SHALLOT, CILANTRO & ROASTED RED PEPPER (½ 10) 14

PORTABELLA & SMOKED CHEDDAR BENEDICT ROASTED PORTABELLA & BUTTON MUSHROOMS, RED PEPPERS & GREEN ONIONS WITH SMOKED CHEDDAR (½ 10) 14

OMELETTES

SERVED WITH HERON ROCK PAN-FRIES • ADD SOURDOUGH OR MULTIGRAIN 2
ADDITIONAL FILLINGS 2

HOUSE OMELETTE SAUTEED BUTTON MUSHROOMS, GARLIC & GOAT CHEESE 2 EGG 10
3 EGG 12

CARPENTER'S OMELETTE 1 CHEESE + 1 FILLING INCLUDED 2 EGG 10
CHOOSE FROM: GRILLED TOMATO, MIXED MUSHROOMS, ROASTED RED 3 EGG 12
PEPPERS, GREEN ONION, BACON, CHORIZO, HAM, PARMIGIANO,
SHARP CHEDDAR, SMOKED CHEDDAR, GRUYÈRE OR STILTON

CLASSICS

BLUE COLLAR THREE FREE RUN EGGS, BACON & SAUSAGE, PAN-FRIES & TOAST 12

GRILLED TOMATO FREE RUN EGG, GRILLED TOMATO, PAN-FRIES & TOAST 6

QUICK START FREE RUN EGG, 2 BACON OR 1 SAUSAGE, PAN-FRIES & TOAST 7

CLASSIC TWO FREE RUN EGGS, BACON OR SAUSAGE PAN-FRIES & TOAST 10



BREAKFAST

10 AM—11:30 AM MONDAY—FRIDAY

FRIES & POUTINE

ADD A POACHED FREE-RUN EGG 2

DUCK POUTINE	SLOW-COOKED DUCK CONFIT, GREEN ONIONS & HOUSE GRAVY (SMALL 12)	16
CLASSIC POUTINE	THE UNADORNED QUEBEC CLASSIC (SMALL 7)	9
BRISKET POUTINE	CERTIFIED ANGUS BEEF BRISKET, MUSHROOM & ONION GRAVY (SMALL 10)	14
PULLED PORK POUTINE	SLOW-BRAISED PORK TOPPED WITH HOMEMADE BBQ SAUCE (SMALL 9)	13
BACON & EGG POUTINE	BACON, GREEN ONION, POACHED FREE-RUN EGG & MAPLE-BUTTERMILK DRESSING (SMALL 10)	14

BUILD YOUR OWN BREAKFAST

HOMEMADE FRENCH TOAST	CANADIAN MAPLE SYRUP & FRESH FRUIT (ADD BACON OR SAUSAGE 4)	11
GRANOLA & YOGHURT	HOMEMADE GRANOLA WITH FRESH-CUT FRUIT (CUP 3.50)	5
LOCAL HERTEL'S BACON	4	GLENWOOD BRITISH BANGERS 4
GRILLED TOMATO	2	PAN-FRIES & CARAMELIZED ONIONS 3
FREE-RUN EGG	2	TOAST 2
GLENWOOD HAM	4	FRESH FRUIT (CUP 3.50) 5

HOT & COLD BEVERAGES

DECAF ESPRESSO, SKIM MILK & SOY MILK ARE AVAILABLE

FRESHLY BREWED DECAF COFFEE	2.60	HOT CHOCOLATE + FRESH WHIPPED CREAM	3.50
FRESHLY BREWED VIENNA DARK ROAST	2.60	PEPPERMINT HOT CHOCOLATE + FRESH WC	4
ESPRESSO	1.95	ICED LATTE + FRESH WHIPPED CREAM	4.25
AMERICANO (DOUBLE SHOT)	2.75	MOUNTAIN BERRY ICED TEA	2.75
CAPPUCCINO (DOUBLE SHOT)	4	PINEAPPLE JUICE	3
LATTE (DOUBLE SHOT)	4.25	TOMATO JUICE	3
VANILLA LATTE (DOUBLE SHOT)	4.75	ORANGE • APPLE • GRAPEFRUIT	3
MOCHA (DOUBLE SHOT)	4.75	CRANBERRY	3
CHAI LATTE	4.50	COLA • DIET COLA • GINGER ALE • SPRITE	2.50
VANILLA STEAMED MILK	3.50	DAD'S ROOT BEER	3
PREMIUM LOOSE LEAF TEAS: PEPPERMINT, CHAMOMILE, EARL GREY, BLACK, MOUNTAIN BERRY, GREEN			2.50

PROVIDED BY OUGHTRED COFFEE & TEA

1 LB BAGS OF VIENNA DARK ROAST COFFEE BEANS 16
1/4 LB BAGS OF LOOSE LEAF TEAS AVAILABLE 13.50

ADDITIONAL OPTIONS SHOWN ON TODAY'S FEATURE BOARDS

∞ VEGETARIAN & CELIAC OPTIONS ARE AVAILABLE – PLEASE ASK YOUR SERVER HOW WE CAN BEST ACCOMMODATE YOUR NEEDS

LIVE JAZZ & BLUES MON. & FRI. • \$10 OFF ALL BOTTLES OF WINE MON.
OYSTERS & A PINT FRI. • OYSTERS & PROSECCO SAT. • PRIME RIB & CABERNET SUN.
WWW.HERONROCKBISTRO.CA 250.383.1545



BRUNCH

8:30 AM—4 PM SATURDAY & SUNDAY

CROQUE MADAME

GRILLED HAM & CHEESE SANDWICH ON SOURDOUGH, TOPPED WITH A SUNNY FRIED FREE RUN EGG & MORNAY SAUCE 13

BIG BREAKFAST SALAD

SAUTÉED MUSHROOMS, CHORIZO SAUSAGE & POACHED SOFT FREE-RUN EGG ON SAANICH ORGANIC HOUSE SALAD 12

HOLLANDAISE FROM HEAVEN

HASHES TOPPED WITH POACHED FREE-RUN EGGS, HOLLANDAISE SAUCE & TOAST

PORTABELLA & ROASTED GARLIC HASH ROASTED PORTABELLA & BUTTON MUSHROOMS, RED ONION, ROASTED GARLIC, RED PEPPERS, GRUYÈRE CHEESE, FRIED POTATO & FRESH THYME 13

CHORIZO SAUSAGE HASH CARAMELIZED ONION, TOMATO, PORTABELLA & BUTTON MUSHROOMS, SHARP CHEDDAR CHEESE, FRIED POTATO & FRESH ROSEMARY 13

BENEDICTS WITH PAN-FRIES • SUBSTITUTE ORGANIC SALAD OR FRESH FRUIT 2

CLASSIC BENEDICT ALL NATURAL HAM (½ 9) 13

SMOKED SALMON BENEDICT SMOKED SOCKEYE SALMON, LEMON HORSERADISH CREAM CHEESE WITH CRISPY CAPERS (½ 10) 14

STILTON & BACON BENEDICT STILTON CHEESE, LOCAL BACON & SAUTÉED BUTTON MUSHROOM (½ 10) 14

PULLED PORK BENEDICT COLESLAW GARNISH & HOMEMADE BBQ SAUCE (½ 10) 14

TOMATO & AVOCADO BENEDICT GRILLED TOMATO & GUACAMOLE (½ 10) 13

DUNGENESS BENEDICT CRAB & LOCAL BABY SHRIMP WITH SHALLOT, CILANTRO & ROASTED RED PEPPER (½ 10) 14

PORTABELLA & SMOKED CHEDDAR BENEDICT ROASTED PORTABELLA & BUTTON MUSHROOMS, RED PEPPERS & GREEN ONIONS WITH SMOKED CHEDDAR (½ 10) 14

OMELETTES

SERVED WITH HERON ROCK PAN-FRIES • ADD SOURDOUGH OR MULTIGRAIN 2
ADDITIONAL FILLINGS 2

HOUSE OMELETTE SAUTEED BUTTON MUSHROOMS, GARLIC & GOAT CHEESE 2 EGG 10
3 EGG 12

CARPENTER'S OMELETTE 1 CHEESE + 1 FILLING INCLUDED 2 EGG 10
CHOOSE FROM: GRILLED TOMATO, MIXED MUSHROOMS, ROASTED RED 3 EGG 12
PEPPERS, GREEN ONION, BACON, CHORIZO, HAM, PARMIGIANO,
SHARP CHEDDAR, SMOKED CHEDDAR, GRUYÈRE OR STILTON

CLASSICS

BLUE COLLAR THREE FREE RUN EGGS, BACON & SAUSAGE, PAN-FRIES & TOAST 12

GRILLED TOMATO FREE RUN EGG, GRILLED TOMATO, PAN-FRIES & TOAST 6

QUICK START FREE RUN EGG, 2 BACON OR 1 SAUSAGE, PAN-FRIES & TOAST 7

CLASSIC TWO FREE RUN EGGS, BACON OR SAUSAGE PAN-FRIES & TOAST 10

HOMEMADE FRENCH TOAST CANADIAN MAPLE SYRUP & FRESH FRUIT (ADD BACON OR SAUSAGE 4) 11

QUICHE ASK YOUR SERVER FOR TODAY'S FEATURE FLAVOUR 10

GRANOLA & YOGHURT HOMEMADE GRANOLA WITH FRESH-CUT FRUIT (CUP 3.50) 5



BRUNCH

8:30 AM—4 PM SATURDAY & SUNDAY

FRIES & POUTINE

ADD A POACHED FREE-RUN EGG 2

DUCK POUTINE	SLOW-COOKED DUCK CONFIT, GREEN ONIONS & HOUSE GRAVY (SMALL 12)	16
CLASSIC POUTINE	THE UNADORNED QUEBEC CLASSIC (SMALL 7)	9
BRISKET POUTINE	CERTIFIED ANGUS BEEF BRISKET, MUSHROOM & ONION GRAVY (SMALL 10)	14
PULLED PORK POUTINE	SLOW-BRAISED PORK TOPPED WITH HOMEMADE BBQ SAUCE (SMALL 9)	13
BACON & EGG POUTINE	BACON, GREEN ONION, POACHED FREE-RUN EGG & MAPLE-BUTTERMILK DRESSING (SMALL 10)	14

SALADS

ADD KALAMARI, CRAB CAKE OR COWICHAN BAY CHICKEN 6

HOUSE SALAD	SAANICH ORGANIC GREENS, APPLE, GRAPES, SEEDS, LARDONS & DIJON-SHALLOT VINAIGRETTE	8
CAESAR SALAD	FRIED CAPERS, LARDONS, HOUSE CROUTONS & FRESH SHAVED PARMESAN CHEESE TOSSED WITH CLASSIC CAESAR VINAIGRETTE (½ 6.50)	10
SOUP, SALAD & FRESH BAKED BREAD	SMALL HOUSE SALAD & SOUP WITH OUR HOMEMADE BREAD & BUTTER	11

SANDWICHES & SOUPS

SMOKED SALMON CLUBHOUSE	SMOKED SOCKEYE SALMON WITH LEMON-HORSERADISH CREAM CHEESE, BACON, LETTUCE, TOMATO, AÏOLI & BANANA PEPPERS (½ 9)	12
CREAMY CHOWDER	NEW ENGLAND-STYLE CLAM & SCALLOP CHOWDER (½ 5)	7
ROASTED VEGETABLE SANDWICH	ROASTED PORTABELLA & BUTTON MUSHROOM, RED ONION & RED PEPPER, WITH SMOKED CHEDDAR, TOMATO & WHOLE GRAIN MUSTARD ON HOUSE BREAD	12
FRENCH ONION SOUP	CARAMELIZED ONION & RICH BEEF BROTH WITH MELTED GRUYÈRE CHEESE	9

BURGERS

SERVED WITH LETTUCE, TOMATO AND GARLIC AÏOLI ON OUR HOUSE BREAD

FAT BUOY BURGER	NATURALLY RAISED B.C. RANCLANDS BEEF BURGER WITH CHIPOTLE ONION RELISH	12
SSI LAMB BURGER	NATURALLY RAISED LOCAL LAMB, STILTON CHEESE & CHIPOTLE ONION RELISH	14
COWICHAN BAY CHICKEN BURGER	WITH PORTABELLA & BUTTON MUSHROOMS AND GRUYÈRE CHEESE	15

BURGER BAR 1.50 • CHOOSE THREE 3.50

SAUTÉED MUSHROOMS • GRUYÈRE • HERTEL'S BACON • SMOKED CHEDDAR • GUACAMOLE • STILTON PICKLES • GOAT CHEESE • SHARP WHITE CHEDDAR • FRIED EGG • PULLED PORK

ADDITIONAL OPTIONS SHOWN ON TODAY'S FEATURE BOARDS

∞ VEGETARIAN & CELIAC OPTIONS ARE AVAILABLE – PLEASE ASK YOUR SERVER HOW WE CAN BEST ACCOMMODATE YOUR NEEDS

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LUNCH

11 AM—4 PM MONDAY—FRIDAY

SALADS

ADD KALAMARI, CRAB CAKE OR COWICHAN BAY CHICKEN 6

HOUSE SALAD	SAANICH ORGANIC GREENS, APPLE, GRAPES, SEEDS, LARDONS & DIJON-SHALLOT VINAIGRETTE	8
CAESAR SALAD	FRIED CAPERS, LARDONS, HOUSE CROUTONS & FRESH SHAVED PARMESAN CHEESE TOSSED WITH CLASSIC CAESAR VINAIGRETTE (½ 6.50)	10
DUCK CONFIT	ARUGULA & MIXED LETTUCES, SUN-DRIED CRANBERRIES, GALA APPLE, PECANS, POTATO CROUTONS AND FIG-BALSAMIC VINAIGRETTE	15
CHICKEN AVOCADO SALAD	COWICHAN BAY CHICKEN BREAST, AVOCADO, FREE-RUN EGG, TOMATO, CRUMBLLED STILTON CHEESE AND STILTON VINAIGRETTE	15
DUNGENESS CRAB CAKES	PAN-FRIED CAKES OF LOCALLY CAUGHT DUNGENESS CRAB & SHRIMP MIXED WITH ROASTED RED PEPPERS, GARLIC, SHALLOTS & CILANTRO; SERVED WITH A SMALL HOUSE SALAD	14
KALAMARI	CRISPY CUMIN-BATTERED SQUID WITH ORGANIC GREENS MIXED WITH ORANGE-CORIANDER VINAIGRETTE	11

SANDWICHES & SOUPS

SERVED WITH DAILY SOUP, FRIES OR ORGANIC GREENS

SUBSTITUTE CUP OF CHOWDER 1

BOWL OF FRENCH ONION 4

CAESAR SALAD 2

CROQUE MADAME	GRILLED HAM & CHEESE SANDWICH ON SOURDOUGH, TOPPED WITH A SUNNY FRIED FREE RUN EGG & MORNAY SAUCE	13
PULLED PORK SANDWICH	SLOW-BRAISED PORK SHOULDER WITH OUR SIGNATURE KANSAS CITY-STYLE BBQ SAUCE AND COLESLAW	13
STEAK SANDWICH	PAN-SEARED <i>CERTIFIED ANGUS BEEF</i> WITH CARAMELIZED ONION & MUSHROOM ON HOUSE BREAD, TOPPED WITH BALSAMIC BUTTER	17
CROQUE MONSIEUR	GRILLED HAM & CHEESE SANDWICH ON SOURDOUGH	10
SOUP, SALAD & FRESH BREAD	SMALL HOUSE SALAD & SOUP WITH OUR HOMEMADE BREAD & BUTTER	11
SMOKED SALMON CLUBHOUSE	SMOKED SOCKEYE SALMON WITH LEMON-HORSERADISH CREAM CHEESE, BACON, LETTUCE, TOMATO, AÏOLI AND BANANA PEPPERS	12
ROASTED VEGETABLE SANDWICH	ROASTED PORTABELLA & BUTTON MUSHROOM, RED ONION & RED PEPPER, WITH SMOKED CHEDDAR, TOMATO & WHOLE GRAIN MUSTARD ON HOUSE BREAD	12
CREAMY CHOWDER	NEW ENGLAND-STYLE CLAM AND SCALLOP CHOWDER (½5)	7
FRENCH ONION SOUP	CARAMELIZED ONION & RICH BEEF BROTH WITH MELTED GRUYÈRE CHEESE	9
QUICHE	ASK YOUR SERVER FOR TODAY'S FEATURE FLAVOUR	10

ADDITIONAL OPTIONS SHOWN ON TODAY'S FEATURE BOARDS

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LUNCH

11 AM—4 PM MONDAY—FRIDAY

FISH, FRIES & POUTINE

ADD A POACHED FREE-RUN EGG 2

HALIBUT & CHIPS	KENNEBEC POTATOES & TEMPURA BEER BATTERED HALIBUT WITH COLESLAW AND HOMEMADE TARTAR SAUCE	1 PC	12
		2 PC	16
HOUSE FRIES	HAND-CUT KENNEBEC POTATOES WITH HOMEMADE GARLIC AÏOLI		5
DUCK POUTINE	SLOW-COOKED DUCK CONFIT, GREEN ONIONS & HOUSE GRAVY (SMALL 12)		16
CLASSIC POUTINE	THE UNADORNED QUEBEC CLASSIC (SMALL 7)		9
BRISKET POUTINE	CERTIFIED ANGUS BEEF BRISKET, MUSHROOM & ONION GRAVY (SMALL 10)		14
PULLED PORK POUTINE	SLOW-BRAISED PORK TOPPED WITH HOMEMADE BBQ SAUCE (SMALL 9)		13
BACON & EGG POUTINE	BACON, GREEN ONION, POACHED FREE-RUN EGG & MAPLE-BUTTERMILK DRESSING (SMALL 10)		14

BENEDICTS

SERVED WITH HOLLANDAISE FROM HEAVEN • SUBSTITUTE ORGANIC SALAD OR FRESH FRUIT 2

CLASSIC BENEDICT	ALL NATURAL HAM (½ 9)		13
SMOKED SALMON BENEDICT	SMOKED SOCKEYE SALMON, LEMON HORSERADISH CREAM CHEESE WITH CRISPY CAPERS (½ 10)		14
STILTON & BACON BENEDICT	STILTON CHEESE, LOCAL BACON & SAUTÉED BUTTON MUSHROOM (½ 10)		14
PULLED PORK BENEDICT	COLESLAW GARNISH & HOMEMADE BBQ SAUCE (½ 10)		14
TOMATO & AVOCADO BENEDICT	GRILLED TOMATO & GUACAMOLE (½ 10)		13
DUNGENESS BENEDICT	CRAB & LOCAL BABY SHRIMP WITH SHALLOT, CILANTRO & ROASTED RED PEPPER (½ 10)		14
PORTABELLA & SMOKED CHEDDAR BENEDICT	ROASTED PORTABELLA & BUTTON MUSHROOMS, RED PEPPERS & GREEN ONIONS WITH SMOKED CHEDDAR (½ 10)		14

BURGERS

SERVED WITH LETTUCE, TOMATO AND GARLIC AÏOLI ON OUR HOUSE BREAD

FAT BUOY BURGER	NATURALLY RAISED B.C. RANCLANDS BEEF BURGER WITH CHIPOTLE ONION RELISH		12
SSI LAMB BURGER	NATURALLY RAISED LOCAL LAMB, STILTON CHEESE & CHIPOTLE ONION RELISH		14
COWICHAN BAY CHICKEN BURGER	WITH PORTABELLA & BUTTON MUSHROOMS AND GRUYÈRE CHEESE		15

BURGER BAR 1.50 • CHOOSE THREE 3.50

SAUTÉED MUSHROOMS • GRUYÈRE • HERTEL'S BACON • SMOKED CHEDDAR • GUACAMOLE • STILTON PICKLES • GOAT CHEESE • SHARP WHITE CHEDDAR • FRIED EGG • PULLED PORK

ADDITIONAL OPTIONS SHOWN ON TODAY'S FEATURE BOARDS

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BURGERS & SANDWICHES

4:30 PM 7 DAYS A WEEK

COWICHAN BAY CHICKEN BURGER 15

WITH PORTABELLA & BUTTON MUSHROOMS AND GRUYÈRE CHEESE



FAT BUOY BURGER 12

NATURALLY RAISED B.C. RANGLANDS BEEF BURGER WITH CHIPOTLE ONION RELISH



SSI LAMB BURGER 14

NATURALLY RAISED LOCAL LAMB WITH STILTON CHEESE & CHIPOTLE ONION RELISH



BURGER BAR 1.50 • CHOOSE THREE 3.50

SAUTÉED MUSHROOMS • GRUYÈRE • HERTEL'S BACON • SMOKED CHEDDAR • GUACAMOLE
STILTON • PICKLES • GOAT CHEESE • SHARP WHITE CHEDDAR • FRIED EGG • PULLED PORK



PULLED PORK SANDWICH 14

SLOW-BRAISED PORK SHOULDER WITH OUR SIGNATURE KANSAS CITY-STYLE BBQ SAUCE AND COLESLAW



CROQUE MADAME 14

GRILLED HAM & CHEESE SANDWICH ON SOURDOUGH, TOPPED WITH A SUNNY FRIED FREE RUN EGG & MORNAY SAUCE

MAINS

N.Y. STEAK FRITES

CERTIFIED ANGUS BEEF N.Y. STRIPLOIN, CUT TO ORDER

WITH CARAMELIZED SHALLOT & BALSAMIC BUTTER, FRIES & GARLIC AÏOLI

6 OZ 21 | 8 OZ 25 | 10 OZ 28 | 12 OZ 31 | ADD LOCAL VEGETABLES 4



FRASER VALLEY PORK CHOP 22

POTATO, BACON & ORGANIC SHIITAKE MUSHROOM HASH

WITH ROSEMARY APPLE CIDER SAUCE



TUCKER FARM CHICKEN BREAST 23

PARMIGIANO MASHED POTATOES, HOUSE-PICKLED BEET, GRILLED ASPARAGUS & CRISPY YAM CHIPS

WITH MAPLE-BUTTERMILK SAUCE



MOULES FRITES 19

LOCAL GULF ISLAND MUSSELS & HAND-CUT FRENCH FRIES

LEEKS, BACON, TOMATO, CREAM & THYME • WHITE WINE, GARLIC & PARSLEY • COCONUT CURRY & CILANTRO



CHEF'S VEGETARIAN PLATE PRICE WILL VARY

ASK YOUR SERVER ABOUT TODAY'S FEATURED VEGETARIAN CREATION



CHEF'S FEATURE PASTA PRICE WILL VARY

ASK YOUR SERVER ABOUT TODAY'S FEATURED PASTA CREATION



PROSCIUTTO-WRAPPED HALIBUT 25

STUFFED WITH ROASTED RED PEPPERS & LOCAL BACON

ON MASHED YAMS, GRILLED ASPARAGUS, MARINATED CHERRY TOMATOES AND CRANBERRY VINAIGRETTE

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TO START

4:30 PM 7 DAYS A WEEK

LOCAL OYSTERS	FRESH-SHUCKED LOCAL OYSTERS SERVED ON ICE (½ DOZEN) WITH LOUISIANA HOTSAUCE, LEMON & SHAVED HORSERADISH OR HOUSE MIGNONETTE SAUCE (EA 2.50, DOZEN 22)	12
CRAB & SHRIMP CAKES	PAN-FRIED CAKES OF LOCALLY CAUGHT DUNGENESS CRAB & SHRIMP, WITH SAANICH ORGANIC GREENS & CAPER REMOULADE	14
FRENCH ONION SOUP	CARAMELIZED ONIONS & RICH BEEF BROTH WITH MELTED GRUYÈRE	9
KALAMARI	HOMEMADE TARTAR SAUCE & CRISPY CUMIN BATTER	11
CLAM CHOWDER	NEW ENGLAND-STYLE CLAM & SCALLOP CHOWDER (CUP 5)	7
BISTRO PLATTER	SMOKED SOCKEYE SALMON, PROSCIUTTO, ST. ANDRE CHEESE, RED GRAPES, GALA APPLE AND CRACKERS	15

SALADS

ADD KALAMARI, CRAB CAKE OR COWICHAN BAY CHICKEN 6

HOUSE SALAD	ORGANIC LETTUCES, GALA APPLE, TOASTED SEEDS & LARDONS	8
CAESAR SALAD	FRIED CAPERS, LARDONS, HOUSE CROUTONS & FRESH SHAVED PARMESAN CHEESE TOSSED WITH CLASSIC CAESAR VINAIGRETTE (½ 6.50)	10
CHICKEN AVOCADO SALAD	COWICHAN BAY CHICKEN BREAST, AVOCADO, FREE-RUN EGG, TOMATO, CRUMBLLED STILTON CHEESE AND STILTON VINAIGRETTE	15
DUCK CONFIT	ARUGULA & MIXED LETTUCES, SUN-DRIED CRANBERRIES, GALA APPLE, PECANS, POTATO CROUTONS AND FIG-BALSAMIC VINAIGRETTE	15

FRIES & POUTINE

HOUSE FRIES	HAND-CUT KENNEBEC POTATOES & GARLIC AÏOLI	5
DUCK POUTINE	SLOW-COOKED DUCK CONFIT, GREEN ONIONS & HOUSE GRAVY (SMALL 12)	16
CLASSIC POUTINE	THE UNADORNED QUEBEC CLASSIC (SMALL 7)	9
BRISKET POUTINE	CERTIFIED ANGUS BEEF BRISKET, MUSHROOM & ONION GRAVY (SMALL 10)	14
PULLED PORK POUTINE	SLOW-BRAISED PORK TOPPED WITH HOMEMADE BBQ SAUCE (SMALL 9)	13
BACON & EGG POUTINE	BACON, GREEN ONION, POACHED FREE-RUN EGG & MAPLE-BUTTERMILK DRESSING (SMALL 10)	14

BUILD YOUR OWN HERON ROCK PLATTER

SERVED WITH HOMEMADE CRACKERS

ST. ANDRE	6	ROASTED GARLIC	1.50
STILTON	6	OLIVE TAPENADE	2.50
MANCHEGO	6	WHOLE GRAIN MUSTARD	1.50
BLUE JULIETTE	6	CORNICHONS	2.50
CENDRILLON	6	RED GRAPES	2.50
SMOKED SOCKEYE SALMON	5	GALA APPLE	1.50
PROSCIUTTO	4.50	HARD-BOILED EGG	2
DUCK CONFIT	7.50		

ADDITIONAL OPTIONS SHOWN ON EVENING FEATURE BOARDS



WINE

ALL BOTTLES \$10 OFF ON LIVE MUSIC MONDAYS

ALL BOTTLES OF CABERNET \$10 OFF ON PRIME RIB SUNDAYS

WHITE WINES	GLASS	½ LITRE	BOTTLE
HERON ROCK HOUSE WHITE (BC)	6	17	32 (1L)
DR. LOOSEN RIESLING (MOSEL, GERMANY)	8	25	38
RED ROOSTER PINOT BLANC (OKANAGAN, BC)	7.5	23.5	36
ROCKY CREEK PINOT GRIS (COWICHAN VALLEY, BC)	8	25	38
PFaffenHEIM PINOT GRIS (ALSACE, FRANCE)	8	25	38
OYSTER BAY SAUVIGNON BLANC (NEW ZEALAND)	8	25	38
MT. BOUCHERIE UNOAKED CHARDONNAY (OKANAGAN, BC)	7.5	23.5	36
RED ROOSTER CHARDONNAY (OKANAGAN, BC)	7.5	23.5	36
RED WINES			
HERON ROCK HOUSE RED (BC)	6	17	32 (1L)
ROCKY CREEK PINOT NOIR (COWICHAN VALLEY, BC)	8.5	27	40
LES COMBELLES GRENACHE SYRAH (CÔTES DU RHÔNE, FRANCE)	6.5	21.5	30
ERRAZURIZ MAX RESERVA SHIRAZ (CHILE)	8.5	27	40
HOGUE 'GENESIS' MERLOT (COLUMBIA VALLEY, WASHINGTON)	9	29	44
SANDHILL CABERNET MERLOT (OKANAGAN, BC)	8.5	27	40
EL JAMON TEMPRANILLO (ARAGON, SPAIN)	8	25	38
DON DAVID CABERNET SAUVIGNON (ARGENTINA)	7.5	23.5	36
WHITES BY THE BOTTLE			
LUCIEN ALBRECHT GEWURZTRAMINER (ALSACE, FRANCE)			45
SANDHILL SMALL LOTS VIOGNIER (OKANAGAN, BC)			50
HENRI BOURGEOIS SANCERRE 'LES BARONNES' (LOIRE VALLEY, FRANCE)			55
HEGGIES CHARDONNAY (EDEN VALLEY, AUSTRALIA)			55
RODNEY STRONG CHALK HILL CHARDONNAY (SONOMA COUNTY, CALIF.)			50
REDS BY THE BOTTLE			
MEIOMI PINOT NOIR (CALIFORNIA COAST)			55
7 DEADLY ZINS ZINFANDEL (CALIFORNIA)			55
OGIER 'LES BRUNELLES' SYRAH (CROZES-HERMITAGE, FRANCE)			50
QUAILS' GATE OLD VINES FOCH (OKANAGAN, BC)			45
BONTERRA CABERNET SAUVIGNON (PASO ROBLES, CALIFORNIA)			45
TRUCHARD CABERNET SAUVIGNON (NAPA VALLEY, CALIFORNIA)			55
OSOYOOS LAROSE 'LE GRAND VIN' (OKANAGAN, BC)			70
SANDHILL SMALL LOTS MALBEC (OKANAGAN, BC)			55
BLUSH			
SANDHILL ROSÉ (OKANAGAN, BC)	7.5	23.5	36
BUBBLY			
PERGOLA PROSECCO (VENETO, ITALY)	7.5		36
OYSTER BAY SPARKLING ROSÉ (MARLBOROUGH, NEW ZEALAND)			50
'SEE YA LATER' BRUT (OKANAGAN, BC)			50
PERRIER JOUET GRAND BRUT (CHAMPAGNE, FRANCE)			100



BEER

LIGHTHOUSE BREWERY ON TAP

BEACON INDIA PALE ALE, RACE ROCKS ALE AND LIGHTHOUSE LAGER (ESQUIMALT)

GLASS 4 | PINT 6.5

BOTTLES

DRIFTWOOD FARMHAND ALE 650ML (VICTORIA) 8.5

LIGHTHOUSE SEASONAL 650ML (ESQUIMALT) 8.5

LIGHTHOUSE KEEPERS STOUT (ESQUIMALT) 5

PHILLIPS SLIPSTREAM CREAM ALE (VICTORIA) 5

LIGHTHOUSE FISGARD 150 LAGER (VICTORIA) 5

PHILLIPS BLUE BUCK ALE (VICTORIA) 5

HERMANN'S DARK LAGER (VICTORIA) 5

LUCKY LAGER (CANADA) 5

PERONI LAGER (ITALY) 5.5

CORONA LIGHT (MEXICO) 5.5

NEGRO MODELO (MEXICO) 5.5

MERRIDAL MERRI BERRI CIDER (COBBLE HILL) 7.5

MERRIDAL TRADITIONAL APPLE CIDER (COBBLE HILL) 7.5



‘TASTY’ LIBATIONS

TASTY LIBATIONS SERVED AS DOUBLES

PRETTY LADY 9

VODKA, WHITE CRÈME DE CACAO, SPLASH OF CHAMBORD, CREAM & FRESH SHAVED NUTMEG

PICK UP ARTIST 9

VODKA, BAILEY’S, KHALÚA & FRESHLY BREWED ESPRESSO

ESPRESSO MARTINI 9

VODKA, KAHLÚA & FRESHLY BREWED ESPRESSO

COSMO 8

VODKA, COINTREAU, FRESH LIME & ORANGE WITH A SPLASH OF CRANBERRY

MOSCOW MULE 8

FINLANDIA, JAMAICAN GINGER BEER, FRESH LIME & PINEAPPLE

DARK + STORMY 8

LAMB’S NAVY, JAMAICAN GINGER BEER, FRESH LIME & PINEAPPLE

FRESH MINT MOJITO 9

LAMB’S WHITE RUM, RAW SUGAR, SODA, FRESH LIME & MINT

MARGARITA 9

SAUZA TEQUILA, TRIPLE SEC, FRESH LIME, LEMON & ORANGE ON THE ROCKS

BUBBLY COCKTAILS

PERGOLA PROSECCO 7.5

BOTTLE 36

THE BUBBLY TART 10

VICTORIA GIN & FRESH GRAPEFRUIT

HARVEY’S BUBBLES 10

FINLANDIA VODKA & GALLIANO WITH FRESH ORANGE

ICED BLACKBERRY 10

ROCKY CREEK BLACKBERRY WINE, RIESLING ICE WINE & FRESH LEMON

‘GRANDE’ ROYALE 10

GRAND MARNIER & CHAMBORD WITH FRESH ORANGE



'PROPER' DRINKS

PROPER DRINKS SERVED AS DOUBLES

GIN MARTINI

BEEFEATER 8 | BOMBAY 10 | VICTORIA GIN 14

VODKA MARTINI

FINLANDIA 8 | ICEBERG 10 | GREY GOOSE 14
ADD STILTON STUFFED OLIVES FOR 2

MANHATTAN

CANADIAN CLUB 8 | CROWN ROYAL 10 | WOODFORD RESERVE 14
SWEET VERMOUTH & BITTERS

RUSTY NAIL 9

TEACHER'S HIGHLAND CREAM & DRAMBUIE ON THE ROCKS

MOTHER THERESA 10

GIN, GRAND MARNIER, TEQUILA, FRESH LIME, LEMON & ORANGE

'H ROCK' CAESARS

SPICED WITH A KISS OF HORSERADISH, PEPPER, WORCESTERSHIRE & TABASCO

CAESARS ARE SINGLES, DOUBLES ADD 2.5

1 SLICE OF HERTEL'S BACON TO ANY CAESARS ADD 1

TRADITIONAL BLOODY CAESAR 5

VODKA, CLAMATO, CELERY, JUMBO OLIVE

DILL PICKLE CAESAR 5

VODKA, CLAMATO, PICKLE JUICE & A DILL PICKLE

BACON & BLUE CHEESE CAESAR 6.5

GIN, CLAMATO, STILTON CHEESE, HERTEL'S BACON, STILTON STUFFED OLIVE

TEQUILA OYSTER CAESAR 7.5

SAUZA GOLD, CLAMATO, CHOKESLAM HOT SAUCE, GULF ISLAND OYSTER, CELERY

BLOODY MARY 6

VODKA, TOMATO JUICE, FRESH LEMON, CELERY, JUMBO OLIVE

WHISKEY CAESAR 5

CANADIAN CLUB, CLAMATO, FRESH LIME & CELERY

LIVE JAZZ & BLUES MON. & FRI. • \$10 OFF ALL BOTTLES OF WINE MON.
OYSTERS & A PINT FRI. • OYSTERS & PROSECCO SAT. • PRIME RIB & CABERNET SUN.
WWW.HERONROCKBISTRO.CA 250.383.1545



DESSERTS

MADE WITH LOVE

STILTON CHEESECAKE 7

ROASTED PECANS & ROCKY CREEK BLACKBERRY WINE REDUCTION

BREAD PUDDING 6

HOMEMADE VANILLA BEAN ICE CREAM & CARAMEL SAUCE

CHOCOLATE DOMED MOUSSE 7

WITH CRANBERRY COULIS

DAD'S FLOAT 6

HOMEMADE VANILLA BEAN ICE CREAM & DAD'S ROOT BEER

ESPRESSO MILKSHAKE 6

FRESHLY BREWED DARK ROAST ESPRESSO IN A VANILLA BEAN MILKSHAKE
ADD SAMBUCCA, KHALUA OR BAILEY'S 4

ASK YOUR SERVER ABOUT TODAY'S FEATURED DESSERTS



LIQUID DESSERTS

NUTTY IRISHMAN 6

BAILEY'S & FRANGELICO INTO STEAMED MILK WITH FRESHLY BREWED ESPRESSO — DOUBLE 8.5

BRANDY ALEXANDER 6

BRANDY & KAHLÚA INTO STEAMED HALF & HALF CREAM WITH FRESH SHAVED NUTMEG — DOUBLE 8.5

CAFÉ MONTE CRISTO 6.5

KAHLÚA & GRAND MARNIER INTO DARK ROAST COFFEE WITH FRESH WHIP CREAM — DOUBLE 9

SPANISH CAFÉ 6

KAHLÚA & BRANDY INTO DARK ROAST COFFEE WITH FRESH WHIP CREAM — DOUBLE 8.5



DESSERT WINE

2 OZ

ROCKY CREEK WILD BLACKBERRY 8

(COWICHAN VALLEY, BC)

FONSECA BIN 27 PORTO 7

(PORTUGAL)

JACKSON-TRIGGS RIESLING ICE WINE 12

(OKANAGAN, BC)



PRIME RIB & CABERNET NIGHT

ALL BOTTLES OF CABERNET PRICED \$10 OFF
SUNDAY

9OZ CERTIFIED ANGUS BEEF PRIME RIB,
YORKSHIRE PUDDING, ROASTED POTATOES,
FRESH VEGETABLES & RED WINE PAN GRAVY **26**



DON DAVID (ARGENTINA) 26

AROMAS OF BLACK FRUIT & PAPRIKA ON THE NOSE WITH RIPE TANNINS ON THE PALATE
MAKE DON DAVID AN EXCELLENT VALUED CAB

MUSE (VANCOUVER ISLAND, BC) 30

BLACK CURRANT, VANILLA & PEPPER ON THE NOSE, MERLOT & PETIT VERDOT BLENDED IN
TO MAKE A FULL BODIED CAB WITH SOFT VELVETY TANNINS

LIBERTY SCHOOL (PASO ROBLES, CALIFORNIA) 35

FROM THE CENTRAL COAST OF CALIFORNIA, THIS CAB HAS BEAUTIFUL AROMAS
OF CASSIS, CHOCOLATE & DARK BERRIES. GOOD ACIDITY AND FIRM TANNINS

BONTERRA (NORTH COAST, CALIFORNIA) 35

THIS IS 100% ORGANICALLY GROWN. RASPBERRY, CHERRY AND CURRANT ON THE NOSE & PALATE
SUPPORTED BY GOOD ACIDITY & POLISHED TANNINS

TRUCHARD (NAPA VALLEY, CALIFORNIA) 45

BIG & BEAUTIFUL WITH GREAT COLOUR, GOOD BALANCE, AND A NICE FINISH.
CAB FRANC BLENDED IN FOR STRUCTURE

OYOYOOS LAROSE (OKANAGAN VALLEY, BC) 60

'LE GRAND VIN' USES THE CLASSIC BORDEAUX GRAPES:
MERLOT, CABERNET SAUVIGNON, MALBEC, PETIT VERDOT & CAB FRANC.
BIG & BOLD WITH FIRM TANNINS WITH A LONG, ELEGANT FINISH