



**BREAKFAST & LUNCH A.K.A BRUNCH ~9AM- 3PM DAILY**  
**HAPPY HOUR 3 - 5PM ~ DINNER 4 - 10PM ~ HAPPY HOUR AGAIN 8PM - CLOSE**

MONDAY, SEPTEMBER 18

**CHICKEN TIKKA WRAP ~ 21**

WARM FLOUR TORTILLA, MANGO SALSA, CHICKEN TIKKA, FRESH COLSLAW, CILANTRO,  
ROASTED RED PEPPER, CHOKESLAM HOT SAUCE & AIOLI  
**FRIED POTATOES WITH CARAMELIZED ONIONS OR HOUSE CUT FRIES OR CUP OF DAILY SOUP**  
**+2 TO SUB** IN ORGANIC GREENS WITH DIJON-SHALLOT VINAIGRETTE

**HOMEMADE DEEP DISH QUICHE ~13**

1. TOMATO, HAM, GRUYERE & THYM  
OR  
2. BACON, ROASTED RED ONION, CHEDDAR, & ARUGULA  
**FRIED POTATOES WITH CARAMELIZED ONIONS OR HOUSE CUT FRIES OR CUP OF DAILY SOUP**  
**+2 TO SUB** IN ORGANIC GREENS WITH DIJON-SHALLOT VINAIGRETTE **OR** FRESH CUT FRUIT

**DAILY SOUP:**

CREAM OF MUSHROOM

DESSERTS

**WARM CHOCOLATE BROWNIE~11**

VANILLA ICE CREAM & DULCHE DE LECHE

**CHOCOLATE DOMED MOUSSE ~12**

GLUTEN-FREE CHOCOLATE BOMB WITH CRANBERRY COULIS & SHAVED WHITE CHOCOLATE

**STRAWBERRY & VANILLA BEAN BREAD PUDDING ~10**

VANILLA BEAN ICE CREAM, CARAMEL SAUCE

LUNCH WINE

6oz ~10 9oz ~14.75

**RATHJEN CELLARS BUNKER WHITE** SAANICH PENINSULA, VANCOUVER ISLAND

**CATENA MALBEC** MENDOZA, ARGENTINA

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ON TAP

**ISLANDER LAGER** ~ 5% VANCOUVER ISLAND BREWERY, VICTORIA

**KAPITAN PILSNER** ~ 5% LIGHTHOUSE, VICTORIA

**NIGHTWATCH COFFEE LAGER** ~ 5% LIGHTHOUSE, VICTORIA

**WHITE BARK WITBIER** ~ 5% DRIFTWOOD BREWERY, ESQUIMALT

**YUZU HAZY PAL ALE** ~ 5% MOON UNDER WATER, VICTORIA

**TIGERSHARK CITRA PALE ALE** ~ 4.7% PHILLIPS, VICTORIA

**SHIPWRECK IPA** ~ 7% LIGHTHOUSE, VICTORIA

**SHINE ON HAZY I.P.A** ~ 6% HOYNE, VICTORIA

**DINOSAUR STONEFRUIT SOUR** ~ 4.2% PHILLIPS, VICTORIA

20OZ PINTS ~9 10OZ GLASS ~5.5

BOTTLES & CANS

**HOYNE PILSNER** 650ML BOTTLE ~13 **HOYNE** **DARK MATTER** 650ML BOTTLE ~13 **HOYNE**

**FAT TUG IPA** 650ML BOTTLE ~13 **DRIFTWOOD**

**GUINNESS STOUT** 440ML CAN ~ 9.5 **IRELAND**

**LAKETOWN PILSNER** 355ML BOTTLE ~9.5 **MILWAUKEE** (GLUTEN FREE)

**PERONI LAGER** 330ML BOTTLE ~ 9.5 **ITALY**

**BECK'S LAGER** 330ML BOTTLE ~8.5 **GERMANY** **0% ABV**

**IOTA HAZY IPA** OR **IOTA PILSNER** 355ML CAN ~8.5 **PHILLIPS, VICTORIA** **0.5% ABV**

500ML BOTTLES OF CIDER ~13

**TWISTED PEAR** SEMI-DRY PEAR & APPLE ~ 6.5%

**NOMAD APPLE CIDER** SEMI-DRY ~ 6.5%

**SCENIC ROAD RAZZ** SEMI-DRY RASPBERRY & APPLE ~ 6.7%

**LIVE BLUES, JAZZ, FUNK, ROCK & SOUL EVERY MONDAY AND SATURDAY 7-9:30PM**

HERONROCKBISTRO.CA

## WINES

| <u>SPARKLING</u>   | 6oz / 9oz / BTL  | <u>ROSÉ</u>  | 6oz / 9oz / BTL |
|--|------------------|--|-----------------|
| <b>JAUME SERRA CAVA</b><br>SPAIN   | 11.5 / 16.5 / 45 | <b>DOMAINE HOUCART ROSÉ</b><br>PROVENCE, FRANCE                              | 12.25 / 18 / 48 |
| <b>UNSWORTH CHARME DE L'ÎLE</b><br>COWICHAN VALLEY, VANCOUVER ISLAND       | 16      60       |  |                 |
| <u>WHITES</u>  | 6oz / 9oz / BTL  | <u>REDS</u>  | 6oz / 9oz / BTL |
| <b>CHÂTEAU STE MICHELLE CHARDONNAY</b><br>COLUMBIA VALLEY, WASHINGTON      | 12.25 / 18 / 48  | <b>MARICHEL 'ESTATE' SYRAH</b><br>OKANAGAN VALLEY, BC                        | 13 / 19 / 50    |
| <b>HOWLING BLUFF SAUVIGNON BLANC</b><br>OKANAGAN VALLEY, BC                | 12.25 / 18 / 48  | <b>CATENA MALBEC</b><br>MENDOZA, ARGENTINA                                   | 13 / 19 / 50    |
| <b>BLUE GROUSE ESTATE PINOT GRIS</b><br>COWICAH VALLEY, VANCOUVER ISLAND   | 13 / 19 / 50     | <b>MERF CABERNET SAUVIGNON</b><br>COLUMBIA VALLEY, WASHINGTON                | 12.25 / 18 / 48 |
| <b>BURROWING OWL SAUVIGNON BLANC</b><br>OKANAGAN, BC                       | 60               | <b>MUGA RESERVA TEMPRANILLO</b><br>RIOJA, SPAIN                              | 70              |
| <b>SONOMA CUTRER CHARDONNAY</b><br>SONOMA, CALIFORNIA                      | 65               | <b>PIRRAMIMMA SHIRAZ</b><br>MCLAREN VALE, AUSTRALIA                          | 65              |
| <b>LA PIERRELÉE CHARDONNAY</b><br>CHABLIS, FRANCE                          | 65               | <b>QUAILS' GATE OLD VINES FOCH</b><br>OKANAGAN, BC                           | 60              |
| <b>JOIE NOBLE BLEND</b><br>OKANAGAN, BC                                    | 55               | <b>BURROWING OWL MERLOT</b><br>OKANAGAN, BC                                  | 65              |
| <b>RATHJEN CELLARS BUNKER WHITE</b><br>SAANICH PENINSULA, VANCOUVER ISLAND | 45               | <b>CHÂTEAU DE LA GARDINE</b><br>CHÂTEAUNEUF-DU-PAPE, FRANCE                  | 120             |
| <b>SELBACH RIESLING</b><br>MOSEL, GERMANY                                  | 55               | <b>AUSTIN HOPE CABERNET SAUVIGNON</b><br>PASO ROBLES, CALIFORNIA             | 140             |
|  |                  | <b>BERINGER KNIGHTS VALLEY CABERNET SAUVIGNON</b><br>NAPA VALLEY, CALIFORNIA | 85              |
|  |                  | <b>LOUIS LATOUR PINOT NOIR</b><br>BURGUNDY, FRANCE                           | 85              |
|  |                  | <b>CEDAR CREEK PINOT NOIR</b><br>OKANAGAN, BC                                | 55              |

## COCKTAILS

### **THE TOFINO MULE ~ 14 (2oz)**

**TOFINO DISTILLERY'S JALEPEÑO VODKA, COCK N' BULL GINGER BEER, FRESH LIME**

### **RHUBARB LEMONADE ~ 15 (2oz)**

**SHERINGHAM DISTILLERY'S RHUBARB GIN, LEMON JUICE, SIMPLE SYRUP & SODA**

### **PARABOLA GIN GIMLET ~14 (2oz)**

DISTILLED BY **DRIFTWOOD BREWERY**, FRAGRANT & FLORAL GIN SHAKEN WITH FRESH LIME, LEMON & A DROP OF SIMPLE SYRUP

### **COWICHAN BAY COSMOPOLITAN ~14 (2oz)**

**STILLHEAD DISTILLERY'S WILD BLACKBERRY VODKA & COINTREAU, FRESH LIME, SPLASH OF CRANBERRY, SHAKEN**

### **SEASIDE NEGRONI ~ 15 (3oz)**

EQUAL PARTS: **SHERINGHAM'S SEASIDE GIN, CAMPARI, CINZANO, FRESH ORANGE TWIST**

### **PAPA'S MILK ~ 14**

**TOFINO DISTILLERY'S PSYCHEDELIC JELLYFISH ABSINTHE SHAKEN ON ICE & Poured OVER SPANISH BUBBLY**

### **DARK & STORMY ~ 14 (2oz)**

**GOSLING'S BLACK RUM, COCK N' BULL GINGER BEER, FRESH LIME**

### **WHISKY OR WHISKEY SOUR (2oz)**

LEMON JUICE, EGG WHITES, SIMPLE SYRUP, BITTERS & FRESH ORANGE

**STILLHEAD DOUBLE OAK RYE WHISKY ~17 BULLEIT BOURBON AMERICAN WHISKEY ~15 BLACK BUSH IRISH WHISKEY ~15**

### **DOCTOR J. STILLGOOD ~ 14 (2oz)**

**SINGLE BARREL JACK DANIEL'S & STILLHEAD BLACKBERRY VODKA,**  
SHAKEN WITH FRESH BREWED COLD BERRY TEA, FRESH LEMON JUICE, EGG WHITES & SIMPLE SYRUP

### **MARGARITA GRANDE ON THE ROCKS (2oz)**

CHOICE OF TEQUILA (3 PARTS), GRAND MARNIER (1 PART), FRESH LIME & LEMON, EGG WHITES, SIMPLE SYRUP, COARSE SALT  
**CAZADORES BLANCO ~15 OR DON JULIO REPOSDAO ~22 OR PATRON ANEJO ~24**

### **WEST COAST PICK ME UP ~ 15 (2oz)**

**TOFINO DISTILLERY'S ESPRESSO VODKA, KAHLUA, BAILEY'S & FRESH BREWED FARM & FOREST ESPRESSO**

**LIVE BLUES, JAZZ, ROCK, FUNK & SOUL**

EVERY MONDAY AND SATURDAY 7-9:30PM