



**BREAKFAST EVERYDAY ~ 10AM - 3PM ~ WEEKENDS 9AM - 3PM**

**CLASSICS**

**BLUE COLLAR ~ 17**

3 FREE RUN EGGS, 2 HERTEL'S BACON & 1 BRITISH BANGER, PAN-FRIES W/ CARAMELIZED ONIONS

**GRILLED TOMATO ~ 7.5**

FREE RUN EGG, GRILLED TOMATO, FRIED POTATOES W/ CARAMELIZED ONIONS

**QUICK START ~ 9.75**

FREE RUN EGG, 2 HERTEL'S BACON OR 1 BRITISH BANGER, PAN-FRIES W/ CARAMELIZED ONIONS

**CLASSIC BREAKFAST ~ 14**

2 FREE RUN EGGS, 3 HERTEL'S BACON OR 2 BRITISH BANGER, PAN-FRIES W/ CARAMELIZED ONIONS

**THE ABOVE BREAKFASTS ARE SERVED WITH**

PORTOFINO TOAST // GLUTEN FREE TOAST IS AVAILABLE +\$2.5

**FRENCH TOAST ~ 14**

100% PURE CANADIAN MAPLE SYRUP, FRESH CUT FRUIT

**ADD: 4 STRIPS OF HERTEL'S BACON OR 2 BRITISH BANGERS +6**

**BREAKFAST POUTINE ~ REGULAR 15 ~ LARGE 18**

HOUSE CUT FRIES, CHEESE CURDS, HOUSE GRAVY & BACON LARDONS TOPPED WITH 1 POACHED EGG

**BENEDICTS**

topped with 2 free run poached eggs & hollandaise ~ with fried potatoes & caramelized onions

**CLASSIC EGGS BENNY ~17 ~ ½ 11**

LOCAL HAM

**TOMATO & GUACAMOLE ~17 ~ ½ 11**

GRILLED TOMATO, HOUSE MADE GUACAMOLE

**FRIED CHICKEN & WAFFLE BENNY ~ 19.5 ~ ½ 13**

BACON LARDONS, MAPLE SYRUP, BUTTERMILK FRIED CHICKEN, HOUSE MADE WAFFLE

**STILTON, BACON & MUSHROOM BENNY ~ 18 ~ ½ 12**

ENGLISH BLUE CHEESE, BACON LARDONS, PORTABELLA & BUTTON MUSHROOMS

**PORK BELLY & KIMCHI BENNY ~ 18 ~ ½ 12**

CRISPY PORLK BELLY, HOUSE MADE KIMCHI

**CHORIZO & GUACAMOLE BENNY ~ 18 ~ ½ 12**

LITTLE QUALICUM FRESH CHEESE, CHORIZO SAUSAGE, GUACAMOLE

**SMOKED SALMON BENNY ~18 ~ ½ 12**

LOCAL SMOKED SALMON, LEMON HORSERADISH CREAM CHEESE, CRISPY CAPERS

**CHEF'S CHOICE TRIPLE BENNY ~19.5 SERVED À LA CARTE**

**HASHES**

ALL TOPPED WITH 2 FREE RUN POACHED EGGS & HOLLANDAISE

**CORNED BEEF HASH ~18.5**

HOUSE-CURED CERTIFIED ANGUS BEEF BRISKET, IPA BRAISED CABBAGE, GRUYÈRE, FRIED POTATOES & CARAMELIZED ONIONS

**PULLED PORK HASH ~17.5**

SLOW BRAISED PORK, HAVARTI CHEESE, FRIED POTATOES, CARAMELIZED ONIONS & CHIPOTLE ONION RELISH

**CHORIZO SAUSAGE HASH ~17.5**

CHORIZO, FRIED POTATOES, CARAMELIZED ONIONS, TOMATO, MUSHROOMS, SHARP CHEDDAR, FRESH ROSEMARY

**ROASTED GARLIC & MUSHROOM HASH (VEG) ~17.5**

PORTABELLA & BUTTON MUSHROOMS, FRESH THYME, ROASTED RED ONION & RED PEPPERS, PROVOLONE, ARUGULA PESTO

**HUEVOS HASH (VEG) ~17.5**

BLACK BEANS, TOMATO, LITTLE QUALICUM FRESH CHEESE, GREEN ONIONS, FRIED POTATOES, CARAMELIZED ONIONS, MOJO SAUCE

**BREAKFAST SANDWICHES ~ 8.5 ON HOUSE BAKED BUN**

**CHORIZO SAUSAGE & GUACAMOLE**

LITTLE QUALICUM FRESH CHEESE, PAPRIKA AIOLI

**PORK BELLY & KIMCHI**

HOUSE MADE KIMCHI, CRISPY PORK BELLY, AIOLI

**HAM & CHEESE**

LOCAL HAM, HAVARTI, MORNAY, GRAINY MUSTARD AIOLI

**TOMATO, PESTO & BRIE**

FRESH TOMATO, ARUGULA PESTO, COMOX BRIE, AIOLI

**BREAKFAST & LUNCH EVERYDAY** until 3pm

**HAPPY HOUR** ~ 3-5PM & 8-CLOSE ~ **DINNER** 4 -10PM

**SANDWICHES & BURGERS**

**MUFFALETTA** ~ 16.5

HERTEL'S HAM, GENOA SALAMI, OLIVE & CAULIFLOWER SALAD, PROVOLONE & AIOLI ON FRENCH BAGUETTE

**GRILLED REUBEN** ~ 18.5

HOUSE-CURED BRISKET, IPA BRAISED CABBAGE, MUSTARD AIOLI & GRUYÈRE CHEESE ON PORTOFINO MARBLE RYE

**FISH N' CHIPS** ~ 1 OR 2 PC. **PRICE DEPENDS ON THE FISH**

BEER BATTERED LOCAL FISH, HOUSE CUT FRIES, TARTAR, COLESLAW

**FATBUOY BEEF BURGER** ~ 16.5

B.C RANGLANDS BEEF BURGER, CHIPOTLE ONION RELISH, AIOLI, FRESH BAKED BUN

**LAMB BURGER** ~ 17.5

LOCAL LAMB, BLUE CHEESE, CHIPOTLE ONION RELISH, AIOLI, FRESH BAKED BUN

**FRIED CHICKEN BURGER** ~ 16.5

FRIED LOCAL CHICKEN, HOMEMADE BREAD & BUTTER PICKLES, spicy aioli, fresh baked bun

**ADD:** SAUTÉED MUSHROOMS (+2), SHARP CHEDDAR (+2), HERTEL'S BACON (+3), WORKS (+5)  
guacamole (+3), fried free run egg (+2.5), substitute Gluten-Free Bun (+2.5)

**ALL OF THE ABOVE:** DAILY SOUP OR ORGANIC SALAD OR HOUSE CUT FRIES

**SUBSTITUTE:** FANCY FRIES +3, CHOWDER +3, CAESAR SALAD +3, POUTINE +4

**STARTERS, SOUPS & SALADS**

**FRENCH ONION SOUP** ~ BOWL 12

RICH BEEF STOCK, CARAMELIZED ONIONS, HOUSE BAKED BREAD, GRUYÈRE CHEESE

**MANHATTAN CHOWDER** ~ CUP 9 ~ BOWL 11

TOMATO BASED WITH SCALLOPS, CLAMS & BACON

**DAILY SOUP** ~ CUP 7 ~ BOWL 9

**HOUSE CUT FRIES** ~5 **FANCY FRIES** ~8

**CLASSIC POUTINE** ~ STARTER 10 ~ LARGE 14

**ADD TO YOUR POUTINE:** SHREDDED DUCK CONFIT ~ PULLED PORK & BBQ SAUCE ~ BACON LARDONS & BLUE CHEESE +5

**DUCK WINGS** ~14

ORANGE CORIANDER VINAIGRETTE, HOUSE MADE BREAD & BUTTER PICKLES

**KALAMARI** ~14

CRISPY-FRIED SQUID, PAPRIKA AIOLI, FRESH LEMON, BREAK & BUTTER PICKLES

**DUNGENESS CRAB CAKES** ~18.5

LOCAL CRAB & BABY SRHIMP CAKES

**SOUP, SALAD & FRESH BREAD** ~12

CUP OF **DAILY SOUP**, ORGANIC GREENS WITH DIJON-SHALLOT VINAIGRETTE, FRESH BAKED BREAD & BUTTER  
+3 TO SUBSTITUTE FOR **MANHATTAN CHOWDER** ~ +6 TO SUBSTITUTE FOR **FRENCH ONION**

**HERON ROCK WALDORF?**

**HOUSE SALAD** ~ STARTER 9 ~ LARGE 13

ORGANIC GREENS, DIJON-SHALLOT VINAIGRETTE, BACON LARDONS, RED GRAPES, TOASTED SEEDS, APPLE

**WARM FRENCH LENTIL SALAD** ~ 17

LEMON, OLIVE OIL & SPICES, ORGANIC ARUGULA, PICKLED BEETS, CHÈVRE

**CAESAR SALAD** ~ STARTER 10 ~ LARGE 14

BACON LARDONS, FRIED CAPERS, HOUSE CROUTONS, FRESH SHAVED MANCHEGO, CLASSIC CAESAR VINAIGRETTE

ADD TO ANY SALAD:

**local chicken breast ~ fish cake ~ kalamari ~ local fish +8**



## DINNER

DAILY ~ 4-10PM

### TO START

**Oysters** ~ ½ Dozen 16 ~ Dozen 30

fresh shucked local oysters, lemon, horseradish & hot sauce

**Mussels** ~ 18

¾ lbs of local mussels steamed with white wine, garlic & parsley

**Duck Wings** ~ 14

orange coriander vinaigrette, house made 'bread & butter' pickles

**Dungeness Crab Cakes** ~ 18.5

local crab & baby shrimp cakes, caper remoulade, organic greens

**Kalamari** ~ 14

crispy-fried squid, paprika aioli, fresh lemon and house made 'bread & butter' pickles

**Chicken Liver Mousse** ~ 12

roasted garlic, gherkins, grainy Dijon mustard, house made crostini

**Cheese & Roasted Garlic** ~ 12

Warm and gooey Comox brie, roasted garlic bulb, seasonal fruit preserve, spicy candied almonds, crostini

**Marinated Olives** ~ 7

Mixed Mediterranean olives with house bread

**FANCY FRIES** ~ 8.5

HAND-CUT KENNEBEC POTATOES TOPPED WITH FRESH SHAVED MANCHEGO CHEESE & TRUFFLE OIL

**Classic Poutine** ~ starter 10 ~ large 14

**ADD:** SHREDDED DUCK CONFIT ~ PULLED PORK & HOUSE BBQ SAUCE ~ BACON & BLUE CHEESE +5

### SOUPS & SALADS

**French Onion Soup** ~ bowl 12

rich beef stock, caramelized onions, house bread & gruyère

**Manhattan Chowder** ~ cup 9 ~ bowl 11

tomato based chowder with scallops, clams & bacon

**Feature Soup** cup ~ 7 bowl ~ 9

**Chicken Avocado Salad** ~ 19.5

LOCAL CHICKEN BREAST, AVOCADO, FREE-RUN EGG, TOMATO, CRUMBLed STILTON, ORGANIC GREENS, STILTON VINAIGRETTE

**Organic Greens** ~ starter 9 ~ large 13

GRANNY SMITH APPLE, RED GRAPES, TOASTED SEEDS, HERTEL'S BACON LARDONS, DIJON-SHALLOT VINAIGRETTE

**Caesar Salad** ~ starter 10 ~ large 14

CRISPY CAPERS, HERTEL'S BACON LARDONS, CROUTONS & SHAVED MANCHEGO CHEESE, CLASSIC CAESAR VINAIGRETTE

**Warm French Lentil Salad** ~ 17

lemon, olive oil and spices, organic arugula, pickled beets, chèvre

**ADD TO YOUR SALAD:** LOCAL CHICKEN BREAST ~ CRISPY FRIED KALAMARI +8 ~ FRESH LOCAL FISH +10

SUNDAY Prime Rib Yorkshire Pudding

MONDAY Live Music ~ 6:30 - 9pm

HAPPY HOUR ~ 3pm - 5pm & 8pm - Close

BRUNCH EVERYDAY ~ 10am - 3pm

9am start on the weekends

**Menus and Updates on Events, Off Sales & Delivery**

heronrockbistro.ca



## **DINNER ~ DAILY 4-9pm**

### **MAINS**

#### **N.Y. STEAK FRITES**

**6oz ~27 8oz ~33 10oz ~ 39 12oz ~ 45** add vegetables +6  
Certified Angus Beef New York cut to order, hand-cut Kennebec fries & aioli,  
topped with compound butter

#### **MOULES FRITES ~ 22**

Local mussels with white wine & garlic, hand-cut Kennebec fries & aioli

#### **LAMB SHANK ~ 28**

Mint chutney, potatoes, roasted grape tomatoes & broccolini

#### **CHICKEN SAUSAGE ~ 26**

HOUSE MADE SAUSAGES, ROASTED PORTABELLA & BUTTON MUSHROOMS, YAM PURÉE,  
CELERIAC REMOULADE WITH PICKLED MUSTARD SEED

#### **PRIME RIB SPAGHETTI BOLOGNAISE ~ 21**

BRAISED CERTIFIED ANGUS BEEF RIBEYE IN A RICH TOMATO SAUCE WITH MANCHEGO CHEESE

#### **SPAGHETTI PUTTANESCA ~ 18**

FRESH GARLIC, CAPERS, OLIVES, BLISTERED GRAPE TOMATOES, FRESH DILL, MANCHEGO CHEESE

**ADD: LOCAL CHICKEN BREAST +8 OR FRESH LOCAL FISH +10**

#### **WARM FRENCH LENTIL SALAD ~ 17**

lemon, olive oil and spices, organic greens, pickled beets, chèvre

**ADD: LOCAL CHICKEN BREAST OR KALAMARI +8 ~ FRESH LOCAL FISH +10**

#### **FISH n' CHIPS ~ 1 pc. 16 ~ 2 pc. 21**

Beer battered local lingcod, hand-cut Kennebec fries, tartar, coleslaw

### **BURGERS & SANDWICHES**

#### **GRILLED REUBEN ~ 18.5**

HOUSE-CURED BRISKET, IPA BRAISED CABBAGE, MUSTARD AIOLI & GRUYÈRE CHEESE ON PORTOFINO MARBLE RYE

#### **MUFFALETTA ~ 17**

Hertel's ham, Genoa salami, olive & cauliflower salad, provolone cheese & aioli on French baguette

#### **FATBUOY ~ 16.5**

B.C RANCHLANDS BEEF BURGER, CHIPOTLE ONION RELISH, AIOLI, LETTUCE & TOMATO ON A FRESH BAKED BUN

#### **LAMB BURGER ~ 17.5**

LOCAL LAMB, STILTON BLUE CHEESE, CHIPOTLE ONION RELISH, AIOLI, LETTUCE & TOMATO ON A FRESH BAKED BUN

#### **FRIED CHICKEN BURGER ~ 17**

FRIED LOCAL CHICKEN, HOMEMADE 'BREAD & BUTTER' PICKLES, spicy aioli & lettuce on a fresh baked bun

#### **ADD TO YOUR BURGER:**

SAUTÉED MUSHROOMS ~2 SHARP CHEDDAR ~2 HERTEL'S BACON ~3 WORKS ~5

Blue Cheese ~3 Guacamole ~3 Fried Egg ~2.5 substitute Gluten-Free Bun ~2.5

**ALL OF THE ABOVE BURGERS AND SANDWICHES COME WITH:**

**CUP OF DAILY SOUP ~ ORGANIC GREENS WITH DIJON-SHALLOT VINAGRETTE ~ HOUSE CUT FRIES**

**SUBSTITUTE: FANCY FRIES +3, CHOWDER +4, CAESAR SALAD +3, POUTINE +4, FRENCH ONION SOUP +6**

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