



## Appetizers

### Fresh Baby Clams

Steamed with fresh herbs, garlic, white wine butter sauce \$11.95

### Sambucca Prawns

Sauteed with sambucca and cream \$9.25

### Escargot

Stuffed in grilled plum tomato, topped with provencal sauce \$8.25

### Digby Scallops

Grilled and served chilled with a melon salsa \$9.95

### Prawn and Crab Cakes

Baked and served with sweet chili and ginger \$11.95

### Home Smoked Rainbow Trout

Topped with honey mustard \$9.95

### Camembert

Pan fried and served on a bed of triple berry sauce \$9.00

### Fresh B.C. Oysters

Served on the half shell with cocktail sauce \$10.95

### Blue Heron Oysters

Baked with mozzarella and parmesan cheese \$11.95

### Baked Goat Cheese

Served on a garlic bread crouton topped with caramelized red onions and balsamic vinaigrette \$10.95

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## Dinner Menu

### Live Dungeness Crab

Steamed whole, served with garlic & ginger butter sauce \$28.95

### Prawns

Sautéed with coconut, ginger and chili sauce \$23.00

### Smoked Black Cod

Steamed with sundried tomato butter sauce \$28.95

### Wild B.C. Salmon

Grilled and served on a bed of roasted corn salsa \$22.95

### Dover Sole

Baked and served with menuire sauce \$32.95

### Digby Scallops

Seared with a tarragon, leek & sambucca sauce \$26.95

### Queen Charlotte Halibut

Broiled in garlic, fresh herbs, sided with strawberry and red onion salsa \$25.95

### Live Nova Scotia Lobster

1.5lb steamed with fresh dill, butter, lemon and garlic \$45.95

### Veal Limonie with Prawns

Sautéed scaloppini with garlic, lemon and parsley \$29.95

### Free Range Chicken Breast

Grilled with mushrooms and goat cheese, served with a caper, lime, ginger sauce \$22.95

### Chicken and Prawn Satay

Stirfried with a mild Indonesian flair \$25.95

### Fraser Valley Duck

Roasted and caramelized with a papaya and berry sauce \$29.95

### Pork Loin and Churizo

Grilled and served on a bed of sliced pears topped with a Portuguese style sauce \$27.95

### Rack of Australian Lamb

Roasted with dijonnaise \$33.95

### Alberta Sirloin Steak

Grilled and topped with roast caramelized garlic cloves in a Bordelaise wine sauce \$28.95

### Filet Mignon

Grilled and topped with a peppercorn and brandy sauce \$32.95

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Toll Free Reservations: 1.800.818.8977 or Reserve Online [www.blueheronrestaurant.ca](http://www.blueheronrestaurant.ca)

