

BLUE HERON BISTRO



BREAKFAST MENU

CROISSANT with butter & jam 1.25

DAILY SPECIAL: Croissant, fresh fruit and scrambled eggs with chopped salami and green onions 4.25

SIDE ORDERS Side of Virginia Ham or link sausage 2.00

Filet of sole or German bratwurst 2.50

CEREAL MUESLI - Swiss-style cereal of grains, nuts, fruit. With milk & fresh fruit 3.75

STUFFED CROISSANT: filled with egg, ham, mushrooms & green peppers. Fresh fruit 5.00

OMELETTES (OMELETTES ONLY served until 11:30 AM):

the HEIDELBERG - omelet with ham, mushrooms, Swiss. Served with fruit & toast 5.00

FLORENCE NIGHTINGALE - with fresh spinach, mushrooms, cheddar. Fruit & toast 5.00

LUNCH MENU



try the **EXPRESS-LUNCH**

UPON REQUEST, between 11:30 and 1:30, items highlighted in yellow can be served within 10 minutes after you order...or NO charge!



SOUP: Choice of two soups daily. Cup 2.25, bowl 2.75; served with home-baked bread; your choice of French, whole wheat or German sourdough rye.

the **SOUP'n SANDWICH:** a cup of soup (no bread), plus any half DELI sandwich on the menu (see other side). 4.50

the **COMBO** - cup of soup and bread of your choice, and one of the following: mixed green salad, warm French potato salad or fresh fruit 4.75

the **SOUP KITCHEN:** a bowl of soup, bread & butter, fresh fruit and cheese 5.50

SALADS: Choice of homemade blue cheese, house ranch, honey mustard, 1000 island or Italian dressing. Served with fresh homemade bread.

CHARLESTON BOOGIE: lettuce, tuna salad, avocado, tomato, greek olives, sesame seeds 5.00

GREEN REVOLUTION: lettuce, sprouts, avocado, tomato, mushrooms, cukes, olives, onions 5.00

SUNSHINE SALAD: lettuce, sprouts, tomato, sliced olives, cheese & ham 5.00

SHRIMP SALAD: lettuce, sprouts, tomato, avocado, mushrooms and Pacific shrimp 6.75

PASTA SALAD: (LARGE) homemade noodles tossed with olive oil, wine vinegar, spices, veggies; served with cucumber, tomato, red onion, Greek olives & Parmesan. With bread 5.00

small Pasta salad: 2.50. With bread 3.00. Side of Pasta salad (cup) .75.

French POTATO SALAD: warm redskin potatoes tossed with wine vinegar, virgin olive oil, bacon, scallions and herbs, topped with mayonnaise. Small plate 2.50. With bread 3.00. Cup .75

FRUIT PLATES - a selection of fresh fruits, served with bread and fruit yogurt, cottage cheese or ice cream 4.00

ENTREES:

SEAFOOD QUICHE - 1/5 of a thick, 10" quiche, made with shrimp, smoked salmon and ling cod. Served with salad or fruit. (other quiches may be available) 6.75

Blackened SNAPPER - coated with Cajun spices and quickly grilled so it stays moist inside. Served with salad & bread. 6.75

LING COD - breaded and grilled, served with Dijon mustard sauce. Salad & bread 6.75

Filet of SOLE - sauteed with butter, mushrooms and garlic. With salad & bread 6.25

LASAGNA - layers of homemade pasta, 3 cheeses, tomatoes, meat and vegetables.

With salad & bread 7.25

German SAUSAGE Plate: veal bockwurst (large), sauerkraut, warm potato salad and German sourdough rye bread 5.75

CHICKEN SATEH - Indonesian chicken with spicy peanut sauce, Nasi Goreng (fried rice) and Kroepoek (shrimp crackers) 7.25



We accept: (In order of preference) CASH, local checks, VISA & MasterCard.

100 W. COMMERCIAL COOS Bay, OREGON 97420 503-267-3933

SANDWICHES



BLUE HERON BISTRO



COFFEE AND ESPRESSO

Espresso	1.25	Double	1.75
Espresso with whipped cream			1.50
Iced espresso			1.25
Espresso Cassis (espresso, whipped cream & black currant syrup)			1.75
Cappuccino (espresso with steamed milk)			1.50
Almond Cappuccino (with sweet almond syrup)			1.75
Iced Cappuccino			1.50
Double Cappuccino			2.00
Caffe Latte (espresso with hot milk)			1.75
Caffe Mocha (espresso, hot chocolate and whipped cream)			2.00
- with mint syrup added			2.25
Caffe Fantasia (espresso, hot milk, whipped cream & sweet almond)			2.00
Caffe Fantasia (espresso, hot milk, whipped cream & sweet almond)			2.00
Caffe Midnight (espresso, hot milk, whipped cream & sweet anise)			2.00

DECAF Espresso/Cappuccino drinks
NO extra charge !

Coffee, our secret house blend	.75
Decaf, Columbian water-processed	.75

TEA

Earl Grey, English Breakfast, Morning Thunder, Caravan; Chamomile, Ruby Mist, Wintermint, Red Zinger, Crepe Faire; Orange Spice, Jasmine Spice, Licorice Spice, Lemon Spice	
cup .75 pot	1.50

SODAS, WATERS, JUICES, FLOATS

FRENCH SODAS: no artificial flavors, colors or chemicals. We have raspberry, strawberry, blackberry, grenadine (pomegranate), black currant, almond, mint & anise		1.50
CREMOSA Soda (same, with cream)		1.75
Pepsi-Cola, 7-Up, Dr. Pepper,		
Diet Pepsi	1.00	
PERRIER, 11 oz, with lemon wedge	1.75	
Apple Juice, unfiltered, 1.00 & 1.25		
Orange Juice, fresh, made to order:		
8 oz. 1.75 12 oz.	2.25	
V-8 Juice	.75	
Apple Juice Float (with vanilla ice cream)	2.00	
Fruit Soda Float	2.00	
Orange Juice Float	2.50	

MILK

2 percent milk, 10 oz.	1.00
hot milk toddy (with whipped cream and either sweet almond or anise syrup)	1.50
hot chocolate - with whipped cr.	1.50
with mint syrup added	1.75



BEVERAGES

APERITIFS, SHERRY, PORT

HARVEYS Bristol Cream Sherry	2.50
GRAHAM Port, Ruby or Tawny	2.00
LILLET White, on the rocks	2.25
DUBONNET Red, on the rocks	2.00

KIR (white wine or champagne with a dash of black currant syrup) 2.50

HOUSE WINES:

WHITE:

California Chablis - half liter 4.50. Glass 1.75
German Liebfraumilch. 1.2 liter 5.00. Glass 2.00

RED: INSPIRATION - Oregon Red Wine by Bridgeview, in Cave Junction. Bottle 7.50. Glass 2.00

ROSE: COUNTRY ROSE, Oregon fruity blush wine by Girardet, near Roseburg. Bottle 7.50. Glass 2.00

House CHAMPAGNE - Single Serving 2.00. Bottle 6.00.

Other wines -- white:

MÂCON LUGNY 1986 "Les Genievres" (Latour). Excellent, noble French Chardonnay. Bottle 16.00. Glass 4.00

Any of these wines:

Bottle 12.00
Glass 3.00

Any of these wines:

Bottle 9.50
Glass 2.50

BRIDGEVIEW 1987 Oregon Chardonnay. Well-made, good character, from Cave Junction, Oregon
VOUVRAY Blanc de Blancs 1987, Monmousseau, France. Crisp, dry, fruity wine.

FETZER 1987 Calif. Dry Sauvignon Blanc - Valley Oaks Fume. Dry, with subtle "smoky" aroma.

BEL ARBORS Sauvignon Blanc, Washington/Calif. blend. Good body, med. dry, smoky undertones.

Ste MICHELLE 1987 Washington Chenin Blanc. Med. dry, slightly fruity, very drinkable.

PONZI 1988 Oregon Dry White Riesling. Good with rich seafood dishes.

HILLCREST 1987 Oregon Umpqua Valley Riesling. Also a dry style, hence good with seafood.

MONTINORE 1987 Oregon Muller-Thurgau. Very fragrant, near-sweet, good sipping wine.

AMITY 1987 Oregon Dry Gewurztraminer. Floral, spicy, fragrant but dry-style so it's good with food.

GIRARDET 1988 Oregon Gewurztraminer (LATE HARVEST !)
Excellent sipping and dessert wine, but too sweet for food.

WEISINGER 1988 Oregon Cabernet Sauvignon Blanc.

A blush wine with just the right combination of fruit and dryness to make it a good dinner wine.

GIRARDET 1987 Oregon Vin Blanc. Delicate and crisp.

APELIA Dry White (Greece). Dry, crisp & fruity; mix of Pinot Gris and Chenin Blanc. Good value.

Red wines:

WOLF BLASS 1983 So. Australian Cabernet Sauvignon. Full-bodied but soft, full of fruit, with depth and complexity. Bottle 18.00. Glass 4.50.

Any of the wines below are: bottle 12.00. Glass 3.00.

VALPOLICELLA MARAINO Classico Superiore 1985 (Italy). "Best Buy" in The Wine Spectator. Excellent with meats.

BEAUJOLAIS VILLAGES Drouhin 1987 (France). Light to medium-bodied, dry with a hint of fruit. Works well with seafood dishes.

GLEN-ELLEN 1986 Calif. Merlot, Prop. Reserve. A nicely balanced, medium-bodied red wine.

KOUROS 1985 Dry Red (Greece). Lots of aroma make this one similar to a Cote du Rhone. Good value.

ICE CREAM

CONE or DISH: 1 scoop	1.00; 2 sc.	1.50
MINI-SUNDAE: dish with fruit topping and whipped cream		2.00
SUPER-SUNDAE; bigger		3.00

BLUE HERON BISTRO

BEER



(including Pilsners, Ales, Stouts, Abbey Ale, Bok and Fruit Beers)

No matter what style beer you fancy, we have one for you in our collection of 40 brews from around the world.

LIST



(11-12 oz bottle unless noted)

Pilsners (also known as lager, or bottom-fermented beer; see glossary)

American Pilsner-style beers:

BUDWEISER, COORS, HENRY WEINHARD, MILLER LITE, LOWENBRAU 1.75

Imported & Premium Pilsners:

SAMUEL ADAMS Boston Lager. Voted the best American beer made. Striking aroma 2.50
BECK'S (Germany) a well-balanced beer 2.50
CARLSBERG (Denmark) a great Pilsner 2.50
CORONA - full-bodied Mexican beer 2.50
ELEPHANT (Denmark) a strong lager 2.50
FOSTER'S Lager (Australia), a 25-oz can of hearty beer 4.00
GROLSCH DRY (Holland) - very fine, smooth, fewer calories 2.50
HEINEKEN Light (Holland) a classic 2.50
MICHELOB DRY - better than regular 1.75
MOOSEHEAD (Canada) 2.50
PILSNER UR-QUELL (Czechoslovakia). From the original source; the granddaddy of all Pilsner beers. Great taste 2.50
SMITH & REILLY (Olympia). Good body 2.00

Dark & Amber Beers:

ANCHOR STEAM (San Francisco) 2.50
DOS EQUIS (XX) Mexico 2.50
HEINEKEN Dark (Holland) 2.50
WATNEY'S RED BARREL (England) 2.50
PAULANER OKTOBERFEST (Germany) Pint 3.00

Non-Alcoholic:

CLAUSTRALER (Germany) - with the real flavor of a premium import 2.00

Ales (top-fermented; see glossary)

BASS & Co Ale (England). English style ale, creamy, dry, slightly bitter 2.50
BLUE HERON Ale. This has to be good. Amber Pale Ale from Portland, Oregon 2.50
CHIMAY (Belgium), mellow, medium-dark and wonderful, brewed by the Trappist monks of Chimay. The champagne-corked bottle holds about a fifth; SHARE IT! 8.50
DUVEL. Very aromatic Belgian ale, highly hopped and malted. The secondary fermentation gives it a big head. Excellent with seafood 3.50
FULL-SAIL Ale from Hood River, Ore. Pale-ale style with good body 2.50
HOEGAARDEN GRAND CRU (Belgium). Triple-fermented, part-wheat ale with herbs, with complex, incredible flavor 3.50
KILLIAN'S RED ALE. Pleasant introduction to ales, by Coors. Fairly light style 1.75
Mac EWAN'S SCOTCH Ale. Flavorful, more mellow, rich and dark than English ale 2.75
RED HOOK ESB (Seattle) Northwest micro-brew ale, pale style, pronounced aroma. 2.50
SIERRA NEVADA Pale Ale (Chico, Calif.) 2.50
WESTMALLE. Our other Belgian Trappist ale, Very dark, not dry, but mellow and flavorful. DON'T order it - the owner would just as soon keep it for himself 3.75

Wheat Beers:

HOEGAARDEN WHITE (Belgium) a light ale made with wheat and herbs. Extremely refreshing, close to a dry champagne in flavor 3.00
SPATEN CLUB WEISSE (Germany) made with wheat; mild and slightly sweet. Try with lemon or a dash of fruit syrup. PINT bottle 3.00
EKU Hefe-WEISSE DUNKEL. Roasting part of the malt makes this a dark wheat beer. PINT 3.50

Bock Beers:

PAULANER SALVATOR Double-bock beer; brewed since old times in Munich, as the savior of weary travelers. Nice, dark, malty. PINT 3.50
EKU 28 Kulminator. A red bock beer, powerful in flavor as well as in alcohol: 8.6% by weight, 11% by vol. 3.00

Fruit Beers:

Liefmans KRIEKBIER. This unusual Belgian ale is flavored with fresh cherries and double-fermented. Makes an excellent aperitif. Not sweet; comes in champagne-corked bottle. Not really a beer but good! 5.50
Liefmans FRAMBOZENBIER. This is an ale made with raspberries, double-fermented and packaged champagne-style. Tastes more like a good red wine 5.50

Other types:

Young's OLD NICK (England). Barley wine-style ale. Ruby, mellow 3.00
GUINNESS STOUT - the Irish national drink, brewed with very darkly burnt malt and plenty of hops. Dry, bitter 2.50

A GLOSSARY OF BEER TERMS

"BEER" is a generic term for all malt beverages. All of these are drinks brewed and fermented from water, malted barley, hops and yeast. In addition to the malted barley, other starchy grains such as wheat and rice may be used.

MALT: Barley that has been steeped in water to produce sprouting, then kiln-dried. (Sometimes, wheat malt is used). Barley malt is what gives beer its "body".

HOPS: the dried, ripe cones of the female flowers of a climbing vine of the nettle family. The resin or extract from the cones is used for preserving the beer, which gives it a bitter flavor. As hops vary widely in flavor, so does beer.

"BREWING" is the mixing and cooking of the basic ingredients. After the brewing, which takes some 10 or 12 hours, the mixture is chilled and fermented. The temperature at which fermentation takes place depends on the strain of yeast used.

"TOP-FERMENTED" vs. "BOTTOM-FERMENTED": whether a beer is one or the other depends on the yeast but mainly on the temperature maintained. Top-fermentation takes place between 15-20° Centigrade; bottom-fermentation between 5-10° Centigrade. The latter produces the LAGER or PILSNER style beer which has only been produced widely during the last 100 years when commercial refrigeration became possible.

"LAGER": the name given to today's bottom-fermented beer, which is brewed and aged under refrigeration. The German verb "lagern" means "to store". All major US beers are lagers.

PILSNER: A pale LAGER beer, highly hopped and fresh tasting. It gained its original fame in Pilsen or PLZEN, now located in Czechoslovakia. While most major beers in the world are pilsner-style LAGERS, the American ones have the least flavor.

DARK BEER: Unless it is called an Ale, Stout, Bock or Porter, a beer called "Dark" is one brewed by the LAGER method, except with the use of darker ingredients. Usually the barley malt used has been subjected to additional roasting. Simple "dark beer", therefore, cannot approach the intensity of flavor found in dark ales.

"LIGHT" BEER: a questionable benefit to mankind. Except for removing the alcohol, which does contain "empty" calories, the only way you can make a low-calorie beer is by watering it down. This makes an insipid - tasting beer, though you can drink more of it. But the same thing can be achieved by enjoying a GOOD beer or ale in MODERATION.

ALE: the most ancient style of brewing. All ales are top-fermented. Almost all beers were actually ales until some time during the 19th century when "Pilsner" beers became widespread. Ales vary widely from light to dark and include a much greater variety of flavors than Lager beers. The alcohol content of some ales approaches that of wine - so enjoy them in moderation.

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TRAPPIST/ABBEY ALES: Only five beers in the world can be called true monastic ales: all are made in Belgium. Originally, at a time when ale was safer to drink than water, the monks brewed for their own use but during the 19th century expanded their brewing activity for commercial distribution. All are intensely flavored beers.

PORTER: A type of ale developed in England, with a rich and heavy head. Very dark malt is used in porter, which is similar to stout but not quite as strong.

STOUT: A further variation of Ale, dark and richly flavored. There are two basic styles: English stouts are a bit sweeter, Irish stouts more bitter. Guinness is about 8 % alcohol.

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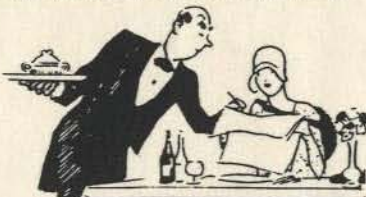
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