

BLUE HERON BISTRO

Wim de Vriend

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

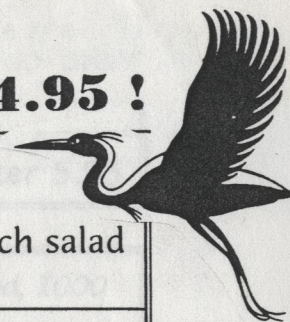


SPECIAL ON THIS PAGE: 4.95 !

COMBO 4.95:

& BREAD, plus one of these:

ca salad - French potato salad - spinach salad
e - Southern rice & black beans.



1/2 SANDWICH 'n SOUP 4.95 (See list of deli sandwiches below)

1/2 SANDWICH 'n SALAD 4.95 (See list of deli sandwiches below)

1/2 SANDWICH 'n FRUIT 4.95 (See list of deli sandwiches below)

LARGE DELI SANDWICHES 4.95. Your choice of:

QUACK-QUILLE: turkey, lettuce & tomato, on cheese & herb-bread.
WABASH CANNONBALL: Turkey, avocado & tomato, on c & h-bread.
ZINCHBERG SPECIAL: Ham, Jack cheese, lettuce & tomato on whole wheat.
FAT CITY: Ham, smoked Gouda cheese, turkey & tomato on onion-roll.
BONNIE & CLYDE: Pastrami, Jack cheese, lettuce, tomato, on an onion-roll.
LEANING TOWER: Salami, pastrami, smoked Gouda, tomato on onion-roll.
SUZY CREAMCHEESE: Cr. cheese, olives, sprouts, on cheese & herb-bread.
MR. NATURAL: avocado, cream cheese & sprouts, on whole wheat.
VEGIE QUEEN: avocado, cucumber, tomato, sprouts & onions on wheat.
SUPER VEGIE: Rondelé cheese, avocado, cucumber, tomato, sprouts,
mushrooms, olives & onions, on wheat.



FRUIT PLATE 4.95: a selection of fresh fruits, with bread and
your choice of cheese, yogurt or ice cream.

HOT SANDWICHES 4.95. Your choice of:

SON OF REUBEN - pastrami, smoked Gouda & sauerkraut on whole wheat.
JUICY LUCY - Ham, turkey, Jack cheese, tomato on cheese & herb-bread.
MEXICAN GRILLED CHEESE: Cheddar, green chiles, salsa & black olives on
wheat, served with black beans.
MEATBALL SANDWICH - meatballs, Italian sauce, Jack cheese, onions, bell
peppers, on toasted onion-roll.
CHICKEN SANDWICH - two skewers of teriyaki chicken on a toasted onion-
roll, with mayonnaise, tomato, sprouts, lettuce & pickle.

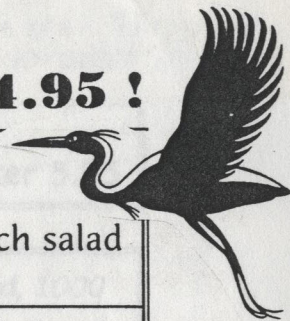
VEGETARIAN SALADS 4.95: Choice of blue cheese, ranch, honey-mustard,
1000 Island, oil & vinegar or Italian. Served with home-baked bread.

GREEN REVOLUTION: lettuce, sprouts, avocado, tomato, cucumber, black
olives, grated vegies & onions.

PASTA SALAD: homemade, served with cucumbers, tomato, red onion,
Greek Kalamata olives and grated Parmesan cheese. Smaller size 3.45



ANY LUNCH SPECIAL ON THIS PAGE: 4.95 !



The COMBO 4.95:

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mixed salad - fresh fruit - pasta salad - French potato salad - spinach salad
- oriental fried rice - Southern rice & black beans.

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LUNCH MENU -- continued:



SOUP: Served with home-baked bread. Cup 2.65; bowl 3.25.
THE SOUP KITCHEN: bowl of soup, fresh fruit, cheese, bread & butter 5.95

ENTRÉE SALADS: 5.95. Choice of blue cheese, ranch, honey-mustard, 1000 Island, oil & vinegar or Italian. Served with home-baked bread.

CAJUN SNAPPER SALAD - grilled spicy, blackened snapper on lettuce, cucumber, tomato, Greek olives, grated vegies.

HONG KONG CHICKEN SALAD - 2 skewers of Teriyaki chicken on lettuce, with grated vegies, bean sprouts, cilantro, tomato & cucumber.

SPINACH SALAD - Fresh spinach, 2 sliced, hard-boiled eggs, tomato, grated vegies, crispy-fried onions and Parmesan.

SHRIMP SALAD - lettuce, sprouts, avocado, mushrooms, grated vegies & shrimp.

Specialty: French **POTATO SALAD**, served hot, made with redskin potatoes, wine vinegar, olive oil, bacon & green onions. Plate, with bread : 3.95

SEAFOOD SANDWICHES 6.45:



BLACKENED SNAPPER SANDWICH on toasted onion-roll, with mayo, green chiles, red onions and lettuce.

OYSTER SANDWICH PICANTE - small oysters poached in salsa, on toasted cheese & herb-bread, with mayo, red onions & green chiles, and served with a cup of pasta salad.

SHRIMP CROISSANT - split, toasted croissant with Rondelé cheese, shrimp, cucumber & sprouts. Served with fresh fruit.

HAMBURGER: 1/3 lb, on our onion-roll, with chips 4.45

BANDITO BURGER: with grilled green chiles and cheese 5.45

MONSTER BURGER: two patties. 5.95

International LUNCH Entrées 6.95: (Not served after 5 PM)

BLACKENED SNAPPER with rice, black beans & corn relish.

German BRATWURST, a large one (no nitrites) with hot potato salad, sauerkraut stewed with apples, and hot mustard.

TERIYAKI CHICKEN or **CHICKEN SATEH** - 2 skewers of marinated chicken, served with Indonesian fried rice and cucumber-bean-sprout-relish.

To make it **CHICKEN SATEH** we add a spicy peanut sauce.

SPAGHETTI with meat balls & homemade sauce, 6.95 incl. salad & bread.

Vegetarian SPAGHETTI: 4.95



INTERNATIONAL DINNER MENU

Selections may change daily - Served after 5 PM
Dinners are served with bread & butter,
plus salad or soup



Cajun, Caribbean and French Creole Dishes:

BLACKENED RED FISH - blackened red snapper with Southern rice, black beans and corn relish . . . 10.95

JAMBALAYA - seafood, sausage, okra, lima beans and corn in a spicy red Creole sauce, served on Southern rice . . 10.95

DEEP RIVER SHRIMP PASTA - prawns, shrimp, spinach, garlic & homemade fettuccine in a Cajun cream sauce . . . 11.45

NEW ORLEANS OYSTERS, blackened small oysters served with a remoulade sauce, Southern rice and black beans . . 10.95

SALMON VERACRUZ - grilled salmon filet topped with a fresh salsa of tomato, red onion & cilantro, and served with rice, black beans & corn relish . . . 12.45

PAELLA - chicken, sausage, fish, shrimp, mussels, spinach and peppers on a bed of Spanish rice . . . 12.45

QUESADILLAS MAZATLÁN - with red onion salsa, shrimp and jack cheese. Served with rice and black beans . . . 10.95

FAJITA POLLITA - corn tortillas filled with grilled chicken, peppers, tomatoes & onions and served with rice, black beans & corn relish . . . 10.95

BENITO'S BURRITO - Black-bean burrito with red onion salsa and sour cream, with rice, corn relish and fruit salsa 7.95

APPETIZERS:

SHRIMP COCKTAIL: small 3.50, large 6.00

OYSTER SHOOTER: 4 raw, small oysters 4.95

ANTIPASTO PLATE: sliced meats and cheeses, shrimp, pasta and potato salad, Greek olives, bread with Kopanisti (Greek olive spread), sliced tomatoes, pickles, extra-virgin olive oil, french bread & butter (will serve 2 or more) . . 11.50

BLACKENED OYSTERS with remoulade sauce 5.95

Green-lipped MUSSELS with lemon-cream sauce 7.45

Grilled TERIYAKI chicken skewer 2.00 each

Black BEANS and RICE 4.25

SOUP: Bowl 3.25, cup 2.65. Without bread .70 less.

Dinner SALAD 2.75. Bread .70





Italian Dishes:

SALMON FLORENTINE - Grilled salmon filet with a sauce of spinach, garlic, onions and white wine. Served with rice, snow peas and grilled red peppers . . . 12.45

SNAPPER MARSALA - with a sauce of mushrooms and Marsala wine, served with rice, snow peas and grilled red peppers 10.95

FETTUCCHINE ALFREDO - homemade fettuccine in a creamy sauce with mushrooms, Parmesan and nutmeg . . . 8.25

FETTUCCHINE with PESTO - homemade fettuccine in a sauce of fresh basil, garlic, pine nuts, parmesan and cream, with snow peas and green peppers . . . 8.25

SPAGHETTI or FETTUCCHINE with our vegetarian Italian sauce 7.25

SPAGHETTI or FETTUCCHINE with meatballs or Italian link sausages . . . 8.95

ARRIVEDERCI: Spaghetti or Fettuccine with *The Works*: meatballs, Italian sausage and chicken . . . 9.95

CHILDREN'S HALF PORTIONS include bread but no soup or salad:
1/2 portion Fettuccine Alfredo or Spaghetti 3.95;
1/2 portion Spaghetti with meatballs or Italian link sausage . . . 4.95

RAVIOLI - homemade, with our own filling of spinach and three cheeses: served tossed with our Italian sauce, or with Pesto, bell peppers and snow peas . . . 11.45



Other International Dishes:

CHICKEN TERIYAKI - 2 skewers of chicken with fried rice and cucumber-bean-sprout-salad . . . 8.95

CHICKEN SATEH - 2 skewers of chicken with Indonesian peanut sauce, sesame seeds, Nasi Goreng (fried rice) and cucumber-bean-sprout-salad . . . 8.95

German BRATWURST (a large one, with no nitrites), sauerkraut cooked with apples, fried potatoes and hot mustard 9.45

OKTOBERFEST Special: Three kinds of sausage, grilled ham, sauerkraut cooked with apples, fried potatoes and hot mustard . . . 10.95





BREAKFAST BEVERAGES

COFFEE AND ESPRESSO

ESPRESSO: single 1.25, double 1.50
 Sgl. espresso w. whipped cream 1.50
 CAPPUCINO (Espresso with milk foam):
 single 1.50, double 1.75
 CAFFE LATTE (Espresso with steamed
 milk): single 1.75, double 2.00
 CAFFE MOCHA (Espresso with hot choco-
 late & real whipped cream):
 single 2.00, double 2.25
 CAFFE FANTASIA (Espresso w. hot milk,
 whipped cream & sweet almond: 2.00



DOUBLES (2 shots of espresso): .25 extra.
 TALL (more milk, etc): .25 extra.
 Whipped cream: .25 extra.

SYRUPS ADDED: .25 extra. We have:

*Almond, Amaretto, Blackberry, Black
 Currant, Cafe Mocha Trio, Caramel,
 Grenadine (pomegranate), Hazelnut, Irish
 Cream, Mint, Peach, Raspberry, Sambuca
 (anise/licorice), Strawberry and Vanilla.*

ICED ESPRESSO 1.50
 ICED LATTE 2.00

DECAF Espresso drinks - no extra charge !!

COFFEE, our secret house blend .85
 One refill, no limit with food.
 Brewed ICED TEA, refill included .85

TEA : cup 85, pot 1.75

Black Teas: Earl Grey, English
 Breakfast, Darjeeling;
Herb Teas: Chamomile, Ruby Mist,
 Crepe Faire, Peppermint;
Mixed: Orange Spice, Jasmine Spice,
 Licorice Spice, Lemon Spice.



HOT WATER (no tea, no food) .60

SODAS, JUICES, MILK, FLOATS

European-style SODA: 1.50.
 CREMOSA (With cream added) 1.75

SODA FLAVORS: Almond, Amaretto,
 Blackberry, Black Currant, Cafe
 Mocha Trio, Caramel, Grenadine
 (pomegranate), Hazelnut, Irish
 Cream, Mint, Peach, Raspberry,
 Sambuca (anise/licorice),
 Strawberry and Vanilla.

Coca-Cola, Dr. Pepper, 7-Up, Diet
 Coke .95
 Thomas Kemper ROOT BEER 1.75
 REED's GINGER BREW, Jamaican-style
 ginger-lime beer 2.25
 SNAPPLE, various flavors 1.50
 APPLE JUICE, unfiltered, 8 oz 1.00
 12 oz 1.50
 V-8 JUICE 1.00
 ORANGE JUICE, made fresh to order;
 8 oz.: 2.00, 12 oz: 3.00
 Apple Juice FLOAT (w. ice cream) 2.00
 Fruit Soda FLOAT 2.00
 ORANGE Juice FLOAT 3.00
 2 percent milk 1.00
 Hot Milk TODDY (steamed milk,
 whipped cream & sweet almond) 1.50
 Hot CHOCOLATE - with whipped cream,
 1.50. Syrup added .25

Blue Heron Bistro Beer List

No matter what style of beer you fancy, we have one for you in our collection of over forty brews.

NOTE: All bottles contain 11 to 12 oz. unless noted otherwise...Alcohol contents over 4% listed.

PILSNER or LAGER BEERS:

BECK's, a well-balanced brew from Bremen, Germany 3.00
BUDWEISER, the old stand-by 1.95
COORS light 1.95
CARLSBERG, the Great Dane 2.50
CORONA - full-bodied Mexican beer. Lime on request. 3.00
HEINEKEN Light (from Holland), a classic 3.00
SAMUEL ADAMS Boston Lager. Voted best U.S. beer 3.00

DARK & AMBER LAGER BEERS:

ANCHOR STEAM (San Francisco) mellow ale flavor 3.00
DOS EQUIS (XX) Amber lager from Mexico 2.75
HEINEKEN Dark (Holland) sweet, mellow 3.00
NEW FRONTIER - first all-organic brew, quite tasty 2.75
PAULANER OKTOBERFEST (Germany), pint bottle 4.25
RED WOLF - new, tasty brew from Anheuser-Busch 1.95
WATNEY's RED BARREL, red, dry, tasty British lager 3.00

IMPORTED ALES (top-fermented):

BASS & Co Ale (England): mellow, hoppy and dry 3.00
MacEWAN's Scotch Ale. Flavorful & mellow. 4.8% alc. 3.50
NEWCASTLE Brown Ale (England) smooth, clear-amber 3.50

LOCAL MICRO-BREWED ALES:

BLUE HERON Ale - amber ale by Bridgeport, Portland 3.00
FULL SAIL from Hood River, Oregon. Tasty Pale Ale 3.00
PORTLAND ALE - another local brew 3.00
RED TAIL Ale - great micro-brew from Hopland, Ca. 4.2% 3.00
RED HOOK ESB, Extra-Special Bitter by Redhook, Seattle 3.00

ROCK, STOUT & PORTER:

BLACK BUTTE PORTER dark and malty micro-brew
from Bend, Oregon 2.50
GUINNESS STOUT, Irish, lots of hops & dark malt. Dry 3.00
PAULANER SALVATOR German double-bock.
Dark & malty Pint. 6.0% 4.25
SAMUEL SMITH Oatmeal Stout. Mellow English brew 3.75

BELGIAN ALES (a class by themselves)

CHIMAY: mellow, amber, wonderful brew by the Trappist monks of Chimay Abbey. Corked bottle holds approx. a Fifth: Share it or you will feel it! 5.1% 9.75
DUVEL ("devil" in Flemish): pale, aromatic, highly hopped. Big head, great with seafood. 5.0% 4.25
GRIMBERGEN DOUBLE; double-fermented in the bottle, a dark, sweet, malty Abbey ale. 4.8% 3.75
GUEUZE Lambic - only beer in the world brewed with wild yeasts. Unique, tart flavor. No returns; it's expensive; BUD drinkers should not order it. 12 oz bottle 8.75

WHEAT BEERS:

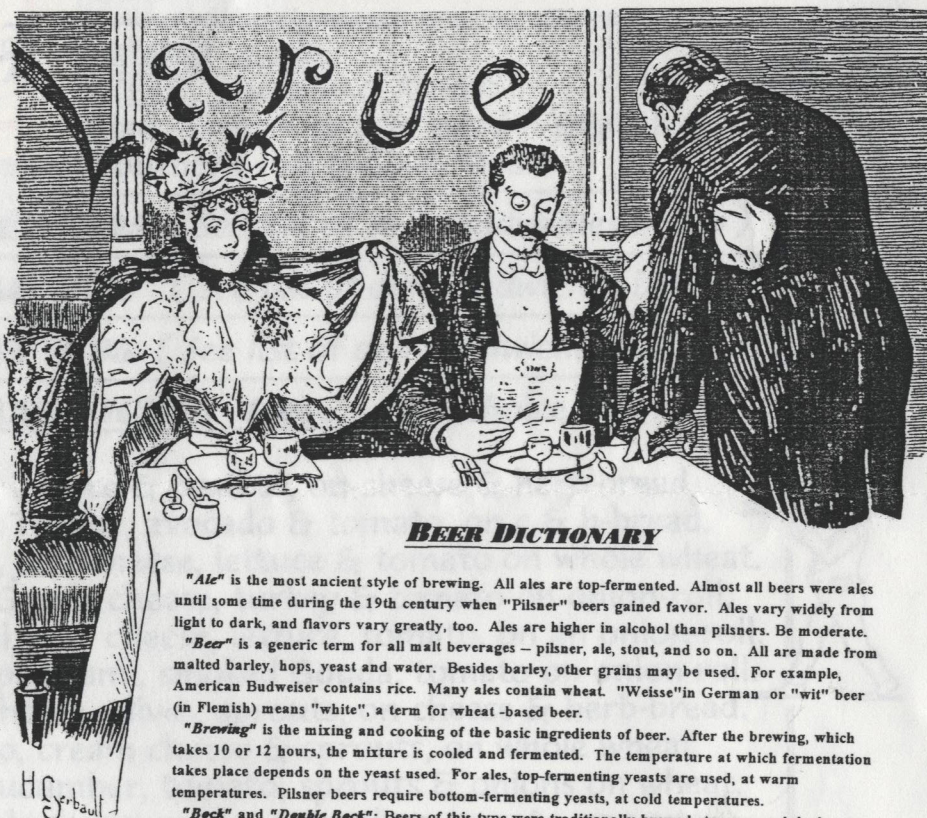
BLANCHE DE BRUGES (White from Brugge). Refreshing, slightly sweet Belgian wheat ale made with herbs 3.25
PYRAMID Hefe-Weizen (Yeast-wheat), a Northwest micro-brew from Kalama, WA. This was the first wheat beer made in the U.S. since Prohibition! 2.75
SPATEN Club WEISSE (Germany). Mild, slightly sweet. Try with lemon or syrup. Pint bottle, 4.2% 4.25

FRUIT BEER AND CIDER:

Liefmans KRIEKBIER. Belgian, double-fermented wheat ale brewed with fresh cherries. Tastes more like good dry red wine than beer. Corked 12 oz bottle, 4.2% 6.00
Thomas KEMPER Weizen berry - a wheat beer with subtle raspberry flavor, from Seattle, WA 2.75
TAUNTON's Dry BLACKTHORN Fermented English Cider 3.50

NON-ALCOHOLIC:

Coors CUTTER 1.75
BITBURGER Drive, deliciously dry German import 2.50
REED's GINGER BREW, Jamaican style ginger-lime beer 2.25



BEER DICTIONARY

"Ale" is the most ancient style of brewing. All ales are top-fermented. Almost all beers were ales until some time during the 19th century when "Pilsner" beers gained favor. Ales vary widely from light to dark, and flavors vary greatly, too. Ales are higher in alcohol than pilsners. Be moderate.

"Beer" is a generic term for all malt beverages - pilsner, ale, stout, and so on. All are made from malted barley, hops, yeast and water. Besides barley, other grains may be used. For example, American Budweiser contains rice. Many ales contain wheat. "Weisse" in German or "wit" beer (in Flemish) means "white", a term for wheat-based beer.

"Brewing" is the mixing and cooking of the basic ingredients of beer. After the brewing, which takes 10 or 12 hours, the mixture is cooled and fermented. The temperature at which fermentation takes place depends on the yeast used. For ales, top-fermenting yeasts are used, at warm temperatures. Pilsner beers require bottom-fermenting yeasts, at cold temperatures.

"Bock" and "Double Bock": Beers of this type were traditionally brewed stronger and darker to withstand the rigors of storage at summer temperatures. Nowadays they are produced year-round. A few bock beers are light but most are dark and have substantial alcohol content. Paulaner Salvator is a "Double Bock".

"Dark Beer": Unless it's called an Ale, Stout, Bock or Porter, a beer called "Dark" is one brewed by the LAGER (Pilsner) method, but with darker ingredients. Usually the barley malt has been roasted to a darker color. Simple "dark" beers cannot provide the intense flavors of dark ales.

"Double" and "Triple-fermented": After the first brewing, additional sugars and yeasts are added to the bottled ale to obtain a second fermentation. Sometimes the process, most popular in Belgium, is repeated for a third fermentation. It's actually similar to Champagne production. Duvel, Chimay and Grimbergen, all from Belgium, are double-fermented. They have more complex and mellow flavors than single-fermented English ales. They also contain more alcohol; don't guzzle!

"Draft Beer": the main difference between draft and bottled beers is that draft beer has not been pasteurized. So-called bottled "Draft" beer has not been pasteurized, either, because it has been run through a filter. However, this applies to Pilsner beers only. Many of our micro-brews and imported ales have neither been pasteurized nor filtered. Unlike American Pilsners, unpasteurized Belgian ales will improve with age.

"Hefe" is the German word for "yeast". "Hefe-weisse" or weizen is a white, or wheat-based beer that still contains the yeast; it has not been filtered out.

"Hops" are the dried, ripe cones of the female flowers of a climbing vine. Brewers started using their extract, or resin, for preserving beer, and continued doing so because it gives it a slightly bitter, refreshing flavor. Hops vary widely in flavor, as do beers and ales.

"Kriek", "Lambic" and "Gueuze": exceptions to the rule that cultivated yeasts are used in brewing. These beers (only found in Belgium) are started in open vats, and obtain yeasts from the air. Variations have cherries and raspberries added. These drinks are not sweet, and surprisingly refreshing.

"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.

"Lite" beer: at no charge to you, we divulge a successful recipe for "Lite" beer. Take equal parts of regular American beer and soda water. Stir. You now have "Lite" beer. It will have the same flavor as regular American beer, and make you burp even more.

"Malt": Barley that has been sprouted in water, then kiln-dried. Barley malt is what gives beer its "body".

"Pilsner" beer: the brewing style named after PLZLN, or Pilsen (originally German, but today in the Czech republic). Pilsner beer has become widespread widely only during the last 100 years, when the required refrigeration became available. All major American beers are pilsners.

"Porter" and "Stout": traditional English variations of Ale, dark and richly flavored.

"Top-Fermented" vs. "Bottom-fermented": Top-fermentation (for ales) takes place between 15-20 Centigrade; bottom fermentation (for Pilsners) between 5 and 10 C.

"Trappist" and "Abbey Ales": When ale was safer to drink than water, monks would brew ales for their own use. Later they expanded for commercial distribution. There are five beers in the world which are still true monastic ales. "Chimay" is one. "Abbey ales" are usually brewed by a commercial brewer, using the monks' recipe. Grimbergen is an abbey ale. All such ales are intensely flavored brews.

"Wheat beers": Unlike all other German beers, so-called White Beer has wheat as an additional ingredient. Such beers are light and refreshing, and are sometimes served with lemon. In Belgium, where brewers have more liberty, wheat or "white" beers may have additional ingredients, herbs or even fruits. See also "beer".

National Restaurant Association
Menu Collection