PASTA
ALL of our PASTA products are made on the premises. 
Pasta entrees served with steamed veggies and choice of 
mixed salad, soup or fresh fruit.

FETTUCCINE ALFREDO - fettuccine tossed with butter, 
cream, mushrooms, Parmesan, garlic, spices 7.75
FETTUCCINE with MEAT SAUCE 7.75
LINGUINI with PESTO - spinach linguini and veggies tossed with a sauce 
of fresh basil, Parmesan, pine nuts, olive oil and garlic 8.50
LASAGNA - homemade pasta sheets layered with 3 cheeses, tomatoes, meat and veggies 7.25
RAVIOLI - stuffed with spinach, 3 cheeses and spices. Your choice of Ravioli tossed 
with butter & Parmesan, OR with MEAT sauce, OR with PESTO (fresh basil sauce) 9.00

CHILDREN's PASTA portions: half-order of Fettuccine Alfredo, Pesto, or Meat 
Sauce. Served with bread, but no soup or salad. 3.00
Spinach linguini or side of ravioli 5.00

SANDWICHES
In addition to the sandwiches listed below, we will fix any Deli sandwich 
that is listed on the Lunch menu.

CHICKEN BREAST SANDWICH - a boneless, skinless chicken breast, grilled, 
on a toasted onion-roll with mayo, avocado & sprouts 6.25
BLACKENED SNAPPER SANDWICH - served on a toasted onion-roll, with mayo, 
green chiles, onions and lettuce 6.00
LING COD SANDWICH - breaded, grilled ling cod - on a toasted onion-roll, 
with mayo, pickles, lettuce & tomato 6.00
OYSTER SANDWICH PICANTE - open-faced, with poached oysters on cheese & herb bread, with 
green chiles, mayo, horseradish & onions. With small side of pasta salad 6.00
SHRIMP BOAT - broiled, open-faced sandwich with shrimp, cream cheese, avocado, jack 
cheese on cheese & herb bread. Served with fresh fruit garnish 5.25
SHRIMP CROISSANT - fresh croissant stuffed with Rondele cheese, shrimp, cucumber & sprouts. 
Served with fresh fruit garnish 5.25
the HAMBURGER: 1/3 lb hamburger, on our own toasted onion-roll, seerved with Kettle chips 4.50.
MONSTER BURGER (2 patties) 5.75.

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 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, vegies: 
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
**BLUE HERON BISTRO**

**SANDWICHES**

**ALL DELI MEAT Sandwiches same price: 4.50**

**HALF DELI Sandwich: 2.75**

**HOME-BAKED ROAST BEEF**

**PLAIN JANE** - Roast Beef on a white roll.

**SGT. PEPPER** - Roast Beef, cream cheese, cucumber & horseradish, on cheese & herb bread

**FAT CITY** - Roast Beef, ham, Swiss & tomato on a white roll

**RIP SNORTER** - Roast Beef, mozzarella, ham, lettuce & pickles on whole wheat.

**HOME-BAKED TURKEY**

**QUACK-QUILLE** - Turkey, lettuce & tomato on cheese & herb bread

**WABASH CANNONBALL** - Turkey, avocado, tomato on cheese & herb bread

**AMERICAN PIE** - Turkey, Roast Beef, cheddar & tomato, on onion-roll

**GOOSE BAY** - Turkey, pastrami, Jack cheese, avocado on white roll

**VIRGINIA HAM**

**ZINCHBERG SPECIAL** - Ham, Swiss, lettuce & tomato, on whole wheat

**QUEEN ANNE** - Ham, cream cheese, olives and lettuce on a white roll

**PASTRAMI**

**BONNIE & CLYDE** - Pastrami, Jack cheese, lettuce & tomato, on an onion-roll

**HARD SALAMI**

**LEANING TOWER** - Salami, pastrami, mozzarella & tomato, on an onion-roll

**TUNA**

**CHARLIE TUNA** - Tuna Salad & lettuce, on a white roll 4.50

**FLIPPER** - Tuna Salad, avocado & sprouts on an onion-roll 4.50

**CREAM CHEESE**

**SUZY CREAMCHEESE** - cream cheese, olives & sprouts on cheese & herb bread 4.00

**MR NATURAL** - cream cheese, avocado and sprouts, on whole wheat 4.00

**VEGIE**

**VEGIE QUEEN** - avocado, cucumber, tomato, sprouts & red onions on whole wheat 4.00

**SUPER VEGIE** - Rondele cheese, avocado, cucumber, tomato, sprouts, mushrooms, olives & red onions, on whole wheat 4.50

**PJ SPECIAL** - peanut butter, honey (or jam) on wheat 1.75

**GRILL-TOASTED SANDWICHES**

**SON OF REUBEN** - Pastrami, Swiss cheese & Sauerkraut on whole wheat 5.25

**JUICY LUCY** - Ham, turkey, jack cheese & tomato on cheese & herb bread. 5.25

**TITANIC** - Pastrami, salami, Swiss & tomato, on cheese & herb bread 5.25

**GRILLED CHEESE** - just cheddar on whole wheat 4.00

**HAMBURGER**

1/3 lb hamburger, on our own onion-roll and served with Kettle chips 4.50

**MONSTER BURGER** (2 patties) 5.75.

**KETTLE CHIPS** - 75 c a bag

**CHICKEN SANDWICH** - a boneless, skinless chicken breast, grilled, on a toasted onion-roll, with mayo, avocado and sprouts 6.25

**SEAFOOD SANDWICHES**

**BLACKENED SNAPPER SANDWICH** - served on a toasted onion-roll with mayo, green chiles, onions and lettuce 6.00

**LING COD SANDWICH** - breaded, grilled ling cod - on a toasted onion-roll, with mayo, pickle, lettuce & tomato 6.00

**OYSTER SANDWICH PICANTE** - open-faced, with poached oysters on cheese & herb bread, with green chiles, mayo, horseradish & onions. With small side of pasta salad 6.00

**SHRIMP BOAT** - broiled, open-faced sandwich with shrimp, cream cheese, avocado and jack cheese on cheese & herb bread. Served with fresh fruit garnish 5.25

**SHRIMP CROISSANT** - fresh croissant stuffed with Rondele cheese, shrimp, cucumber & sprouts. Served with fresh fruit garnish 5.25

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