

BLUE HERON BISTRO



PASTA

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

FETTUCCHINE ALFREDO - fettuccine tossed with butter, cream, mushrooms, Parmesan, garlic, spices 7.75

FETTUCCHINE with MEAT SAUCE 7.75

LINGUINI with PESTO - spinach linguini and vegies 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 vegies 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, 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, 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, served 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

no roll!



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

AAAHH...



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

served with side of French potato or pasta salad.

SON OF REUBEN - Pastrami, Swiss cheese & Sauerkraut on whole wheat 5.25
 BIG BOPPER - Pastrami, mozzarella and black olives on cheese & herb bread. 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 ¢ 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

