

# starters

**pulled pork tacos** 18  
three tacos with pulled pork (chef's BBQ sauce), house-made slaw, & salsa; with cilantro & lime

**crispy cod tacos** 17  
three tacos with beer battered local BC rock cod, house-made slaw, & salsa; with parsley and lemon

**wings** 15  
tender & crispy double-cooked salt & pepper wings; celery, carrot & cucumber, ranch dip *choose...*  
· cajun · blue cheese · teriyaki · blazin' blue · house chili-lime · sweet chili · honey garlic · hot

**poutine** half/full 14/16  
made with house-cut BC Kennebec potatoes, cheese curds and gravy  
add bacon 3; add fried free-range egg 2

**yam fries** 10  
seasoned; with house-made chili mayo

**daily soup** cup/bowl 6/10  
seasonal and delicious

**house-cut fries** half/full 7/10  
made with house-cut BC Kennebec potatoes  
spice up your fries, add house-made chipotle mayo or truffle mayo 1.25

# salads

**caesar salad** half/full 13/17  
romaine, garlic croutons, crispy bacon & parmigiano-reggiano in house-made caesar dressing

**house greens** half/full 9/13  
mixed lettuces, fresh vegetables & toasted sunflower seeds  
choice of vinaigrette: balsamic, roasted garlic-avocado, honey-mustard or ranch

**pump up your salad** *add*  
wild salmon *three ounces* 10  
cheddar or swiss cheese 2  
garlic fried mushrooms 2  
garlic grilled chicken breast *five ounces* 9

# specialties

**quadra creole** 24  
penne pasta, spicy creole sauce, sweet plump BC spot prawns, house-made corn bread

**chicken curry** 23  
with coconut and chick peas; over basmati rice, with naan bread

**teriyaki salmon bowl** 26  
with basmati rice, creamy avocado, julienne carrots, cucumber, tomato, sunflower seeds

**craft beer battered fish & chips** one piece 17; two pieces 21  
local BC rock cod with house-cut Kennebec fries and tartar sauce

# handhelds

with your choice of french fries, cup of soup or house greens; substitute caesar salad for \$3; yam fries or poutine for \$4  
*gluten free bread or bun add \$4*

**char-grilled beef burger** 19  
always a favourite: six ounce hand-made Canadian Angus beef patty; tomato, lettuce, pickle & red onion; Portofino brioche & house awesomesauce  
*customize your burger experience...*  
add mushrooms 2; add bacon 2; add cheddar or Swiss 2; add fried egg 2; add an extra patty 6




**wild salmon burger** 20  
grilled sockeye salmon, tomato, lettuce, marinated red onion & tartar sauce on a peasant bun

**black bean & quinoa burger** 18  
house-made patty; chili mayo, lettuce, pickled onion and tomato on a Portofino brioche bun

**b·l·t** 16  
the classic: bacon, lettuce, tomato and house-made truffle mayo on sourdough

**chicken brie·l·t** 19  
garlic-herbed chicken breast with bacon, brie, lettuce, tomato & truffle mayo on a peasant bun

all our vinaigrettes and mayos are made in-house; ask your server about gluten-free options

 = gluten-wise  = vegetarian  = hot stuff

# welcome

The Heriot Bay Inn has been serving fun-loving locals & visitors for over 100 years.

The cooperative ownership of the Inn believes prosperity and success bloom through community, authentic experiences... and awesome entertainment (when permitted).

Authentic also describes our food: we believe in sustainability and sourcing ingredients as locally as possible.

The Heriot Bay Inn is committed to protecting the health of our guests and staff. We are operating beyond government-approved spacing and protocols. Enjoy your Heriot Bay Inn & Quadra Island experience!

# cocktails

**heriot bay sunset** 2 oz 12  
Amaretto, Southern Comfort, orange & cranberry juices, a dash of bitters

**Empress garden** 2 oz 16  
Empress gin, lychee liqueur, lemon, grapefruit & soda water

**the "steezer"** 1 oz 13  
aka Steve's caesar: two steps from our signature caesar: muddled limes & pickle juice

**tea & coffee** 1.5 oz 11  
hot brewed organic English Breakfast tea with kahlua & brandy

**wine** 6oz / 9oz / ½ litre  
white wine

**Southend Winery, bara, rosé** 12 / 16 / 28  
Quadra Island BC · 2019

**Quail's Gate, chenin blanc** 11 / 15 / 27  
Westbank, BC · 2017

**Wine O'Clock, pinot grigio** 9 / 13 / 22

red wine

**Rosemount, diamond shiraz** 12 / 16 / 29  
south Australia · 2018

**Wine O'Clock, merlot** 9 / 13 / 22

# on tap

glass / mug / pitcher

Piper's Pale Ale & Alexander Keith's 4.50 / 7.75 / 21

Blue Buck Ale, Dark Matter, feature 5 / 8 / 22

Merridale Cider 5.75 / 9.75 / 29

# bottled beer

**import** 7.75  
Beck's; Corona; Heineken; 1664 Blanc; Miller Genuine Draft; Stella Artois; Guinness

**premium** 7.50  
Phillips Blue Buck; Sleeman's Cream Ale; Steamworks Pilsner; Steamworks Pale Ale; Steamworks IPA; Hoyne Pilsner; Hoyne Helios; Hoyne IPA

**standard** 7.25  
Budweiser; Bud Light; Canadian; Coors Light; Kokanee; Keith's India Pale Ale; Keith's Red Amber Ale; Labatt's Blue; Lucky

**non-alcoholic** 6.25  
O'Doul's Lager; O'Doul's Amber Ale; Clausthaler; Budweiser Prohibition;