

Heron's Sushi

Veggie Roll 13
Avocado, cucumber and shredded carrots, toasted black sesame seeds and Japanese mayo

Dragon Roll 16
Smoked salmon, avocado, cucumber, cream cheese, and toasted sesame seeds. Finished with fish roe and eel sauce

BC catch of the week Sashimi 18
Hand-torched sashimi, prawns, cucumber, avocado and toasted white sesame seeds. Finished with spicy Japanese mayo and toasted pumpkin seeds

Tuna Roll 21
Chopped BC local spicy tuna on avocado cucumber rolls with black sesame seeds. Finished with nanami chili pepper & onion crunch on top

Salads

Caprese Salad 17
Roma tomatoes and bocconcini salad. Finished with house-made pesto and balsamic glaze

Heron's Salad 18
Wine poached apples, carrots, toasted pumpkin seeds, goat cheese and Tuscan greens. Finished with a green onion and maple balsamic dressing

Appys

Bruschetta Al Pomodoro 15
Butter grilled baguette with two toppings: Roma tomatoes and parmesan; Ricotta & garlic confit with sautéed mushrooms. Topped with a balsamic glaze reduction
Add: Italian cured meat \$3

Vegetarian Flatbread 18
Tomatoes, basil and bocconcini on top of a house-made pesto

Prawn & Pesto Flatbread 20
Roasted red peppers, red onions, poached prawns and goat cheese on top of house-made pesto. Finished with a balsamic glaze reduction

Tuna Tataki 20
BC Albacore Tuna with a black sesame crust, lightly seared. Finished in togorashi with a side of wasabi Japanese mayo

Seared Scallops 22
On a green pea velouté, topped with candied bacon crumbles and a side of wakame salad

Heron's Menu

Entrées

Wild Mushroom Risotto 23
Local wild mushrooms, fresh thyme, shallots, garlic and parmesan in a white wine cream sauce

Brined Pork Loin Chop 23
Bone out pork loin chop, slow cooked for 12 hours in a herb brine. Topped with chimichurri and served with garlic mashed potatoes, and local seasonal vegetables

Ling Cod 30
Locally sourced ling cod, pan seared with a shallot and white wine beurre blanc sauce. Served with local seasonal vegetables

NY Strip Loin Steak 36
8oz grilled to your preference, with a crushed peppercorn & thyme red wine demi. Served with fondant potatoes and local seasonal vegetables

Ribeye Steak 36
8oz grilled to your preference, with a crushed peppercorn & thyme red wine demi. Served with fondant potatoes and local seasonal vegetables

Steamed Clams 24
1lb local clams steamed in a white wine, shallot and tarragon broth. Served with toasted baguette brushed with clarified butter

Desserts

Mario's Gelato 9
Your choice of mango sorbet, chocolate, or vanilla

Crème Brulée 10
A rich custard topped with a layer of hardened caramelized sugar, made in-house

New York Cheesecake 12
Served with whipped cream, strawberries and chocolate drizzle

Chocolate Cake 12
Served with whipped cream, strawberries and chocolate drizzle

Gluten Free Carrot Cake 12
Served with whipped cream and caramel drizzle

Add: 1 scoop Mario's Gelato ice cream \$3