

HERONS

STARTERS 4

Beef Carpaccio * Prime beef tenderloin dressed with lemon and extra virgin olive oil, peppery arugula, shaved parmesan, and capers

Peach Bruschetta Grilled rustic bread topped with ripe peaches, whipped cheese, basil and a drizzle of honey and aged balsamic

Slow-Roasted Pork Belly Bao Buns ^ Soy-ginger glazed pork belly and Asian slaw in pillowy bao buns

Zucchini Flowers ^ Delicate zucchini blossoms, lightly fried and served with hot honey dipping sauce and a herbed ricotta dip

SOUP 4 Soup du Jour *or* She-Crab Soup

SIDE SALAD

Caesar ^ 4 Romaine hearts, shaved parmesan, croutons, and Caesar dressing

House * 4 Spring mix, strawberries, blueberries, toasted almonds, and feta

Salad Bar 5

Dressings: Ranch, Caesar, Balsamic, Blue Cheese, Citrus Vinaigrette, Strawberry Vinaigrette, Red Wine Vinaigrette ALL DRESSINGS CONTAIN GARLIC

SIDES 2

Starch du Jour

Vegetable du Jour

Baked Potato *

Baked Sweet Potato *

Fresh Fruit *

White Rice *

Brown Rice *

Sauteed Green Beans *

Buttered Turnips *

Roasted Eggplant and Tomato *



* made without gluten ^ contains garlic

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness especially if you have certain medical conditions.

ENTREE SALADS 10

ADD CHICKEN, SHRIMP, OR SALMON 4 ALL DRESSINGS CONTAIN GARLIC

Classic Caesar ^

Romaine hearts tossed in a creamy Caesar dressing with shaved parmesan, herb croutons,

Blueberry & Peach Salad

Spinach, peaches, blueberries, blue cheese crumbles, and cognac dressing

Tomato Basil Salad

Arugula, vine-ripened tomatoes, basil, and mozzarella finished with extra virgin olive oil and sea salt

Waldorf Salad

Romaine, apples, celery, toasted walnuts, and honey-lime dressing

ENTREES Includes choice of soup or salad and two sides

Linguine Pasta with Walnuts and Blue Cheese ^ 15

Tender linguine tossed with toasted walnuts and creamy blue cheese

Coffee Rub Pork Tenderloin * 17

Pan-seared and finished with a Rooibos Port Gastrique

Peach Bourbon Glazed Airline Chicken Breast * 17

Pan-seared and finished with a peach and bourbon reduction

Grilled Cedar Plank Salmon * 20

Grilled on a cedar plank, finished with a whole grain mustard glaze

Filet Mignon * 23

Cream sauce infused with cracked black peppercorns

Healthy Choice 16 Daily Special 18 Fresh Catch 20

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