



# BREAKFAST

9 AM—4 PM MONDAY—FRIDAY | 8:30 AM—4 PM SATURDAY & SUNDAY

## HASHES

WITH PORTOFINO MULTIGRAIN, SOURDOUGH OR MARBLE RYE  
ADD PULLED PORK, CHORIZO SAUSAGE, BACON OR GUACAMOLE (+2.5)

<b>Corned Beef Hash</b>	House-cured <i>Certified Angus Beef</i> <sup>®</sup> brisket, IPA-braised cabbage, gouda, fried potatoes & caramelized onions, topped with poached free-run eggs & hollandaise	16
<b>Portabella &amp; Roasted Garlic Hash</b>	Roasted portabella & button mushrooms, red onion, roasted garlic, red peppers, gruyère cheese, fried potato & fresh thyme, topped with poached free-run eggs & hollandaise	15
<b>Chorizo Sausage Hash</b>	Caramelized onion, tomato, portabella & button mushrooms, sharp cheddar cheese, fried potato & fresh rosemary, topped with poached free-run eggs & hollandaise	15
<b>Pulled Pork Hash</b>	Slow-braised pork, havarti & chipotle-onion relish with fried potatoes, caramelized onions, topped with poached free-run eggs & hollandaise	15
<b>Huevos Cubanos</b>	Black beans, tomato, Little Qualicum queso fresco, cilantro and green onion, with fried potatoes, caramelized onions, mojo sauce & guacamole topped with poached free-run eggs & hollandaise	16

## BENEDICTS

ON AN ENGLISH MUFFIN WITH PAN-FRIES & CAMELIZED ONIONS  
SUBSTITUTE ORGANIC SALAD (+2) OR FRESH FRUIT (+2)

<b>Classic Benny</b>	All natural ham (½ 10)	15
<b>Smoked Salmon Benny</b>	Smoked spring salmon, lemon horseradish cream cheese, crispy capers (½ 12)	17
<b>Stilton &amp; Bacon Benny</b>	Stilton cheese, local bacon & sautéed button mushroom (½ 11)	16
<b>Dungeness Benny</b>	Crab & baby shrimp with shallot, cilantro & roasted red pepper (½ 11)	16
<b>Duck Confit Benny</b>	Slow-cooked duck confit, Comox brie, orange coriander vinaigrette & chives (½ 12)	17
<b>Wild Mushroom Benny</b>	Wild mushrooms, grilled asparagus, fresh thyme & manchego cheese (½ 11)	16
<b>Roasted Veggie Benny</b>	Portabella & button mushroom, red pepper, havarti on an English muffin, topped with poached free-run eggs, hollandaise and green onions (½ 10)	15
<b>Fried Chicken &amp; Waffle Benny</b>	Buttermilk fried chicken, bacon lardons and maple syrup on house made waffles topped with poached eggs, hollandaise and green onions (½ 12)	17
<b>Triple Benedict 3 ways</b>	<b>Chef's choice; Add pan-fries (+3), fruit cup (+3.5) or salad (+4.5)</b>	18

## CLASSICS

<b>Blue Collar</b>	Three free run eggs, bacon & sausage, pan-fries & portofino toast	15
<b>Grilled Tomato</b>	Free run egg, grilled tomato, pan-fries & portofino toast	6.5
<b>Quick Start</b>	Free run egg, 2 bacon or 1 sausage, pan-fries & portofino toast	8.5
<b>Classic</b>	Two free run eggs, pan-fries, bacon or sausage & portofino toast	12
<b>Breakfast Poutine</b>	House cut fries, cheese curds, house gravy, bacon lardons, topped with 1 free run poached egg and green onions	13/15
<b>Homemade French Toast</b>	Canadian maple syrup & fresh fruit <b>Add 4 strips of bacon or 2 British bangers (+5)</b>	12
<b>Quiche</b>	Flavours change daily, served with local organic greens	10

ADD GUACAMOLE TO ANY BREAKFAST (+2.5)  
SUBSTITUTE GRILLED TOMATOES FOR PORTOFINO TOAST OR PAN-FRIES (+1)

HERON ROCK HAPPY HOUR 7 DAYS/WEEK 3—5 PM & 8 PM—CLOSE  
LIVE BLUES, GYPSY JAZZ, FUNK & SOUL | \$10 OFF ALL BOTTLES OF WINE MONDAY  
MONDAY, FRIDAY & SATURDAY | PRIME RIB & CABERNET SUNDAY



# LUNCH

9 AM—4 PM MONDAY—FRIDAY | 8:30 AM—4 PM SATURDAY & SUNDAY

## FRIES & POUTINE

		sm/lg
House Fries	Hand-cut kennebec potatoes & garlic aioli	5
Fancy Fries	Manchego cheese, truffle oil & garlic aioli	8
Classic Poutine	The unadorned Québec classic	9/11
Duck Poutine	Slow-cooked duck confit, green onions & house gravy	15/17
Pulled Pork Poutine	Slow-braised pork topped with homemade BBQ sauce	12/14
Bacon & Blue Poutine	Bacon, green onion & Stilton cheese	12/14
Breakfast Poutine	House cut fries, cheese curds, house gravy, bacon lardons topped with 1 poached egg and green onions	13/15

## SOUPS, SALADS & SEAFOOD

House Salad	Organic greens, apple, grapes, seeds, bacon lardons & Dijon-shallot vinaigrette	7/10
Caesar Salad	Fried capers, bacon lardons, house croutons & fresh shaved manchego cheese tossed with classic caesar vinaigrette	8/12
Chicken Avocado Salad	Marinated local chicken breast, avocado, free-run egg, tomato crumbled Stilton cheese, organic greens & Stilton vinaigrette	18
Soup, Salad & Bread	Organic greens & daily soup with our fresh baked homemade bread & butter	10

ADD TO SALADS: KALAMARI, CRAB CAKE, LOCAL CHICKEN BREAST, ALBACORE TUNA, CAJUN FRIED SNAPPER OR DUCK CONFIT (+7.5)

Seared Albacore Tuna	Seared rare local tuna, roasted tomatoes, grilled asparagus, fingerling potatoes with green goddess dressing and olive relish	17
Dungeness Crab Cakes	Locally caught dungeness crab & shrimp mixed with roasted red peppers, garlic, shallots and cilantro; served with a small house salad	16
Kalamari	Tempura battered crispy-fried squid with spicy paprika aioli, fresh lemon and homemade bread & butter pickles	12
Creamy Chowder	New England-style clam & scallop chowder	7/9
Daily Soup	Homemade soup of the day	5.5/7.5
French Onion Soup	Caramelized onion & rich beef broth with melted gruyère cheese	10

ADD HOMEMADE BREAD & BUTTER (+1.5)

## MAINS

CHOICE OF DAILY SOUP, ORGANIC SALAD OR HOUSE CUT FRIES  
SUBSTITUTE FANCY FRIES (+3), CHOWDER (+2), CAESAR SALAD (+3) OR POUTINE (+4)

Fish & Chips	Lighthouse beer battered local "catch of the day" with hand-cut kennebec fries, coleslaw and homemade tartar sauce	12/16
Croque Madame/Monsieur	Grilled ham & cheese sandwich on portofino sourdough, topped with a sunny fried free run egg & mornay sauce	15/11
Grilled Reuben	House-cured <i>Certified Angus Beef</i> <sup>®</sup> brisket, IPA-braised cabbage, mustard aioli & gruyère cheese on portofino marbled rye	16
Roasted Veggie Po' Boy	Sautéed portabella & button mushrooms, roasted red peppers & red onions, melted havarti, Saanich Organics greens, whole grain mustard aioli, with homemade bread & butter pickles on French baguette	14
Snapper & Bacon Po' Boy	Cajun spiced local snapper, Hertel's bacon, spicy aioli, with local vegetable chow-chow on French baguette	15
Fat Buoy Burger	Naturally raised B.C. Ranchlands beef burger with chipotle onion relish on housemade bun	15
Lamb Burger	Naturally raised local lamb, Stilton cheese & chipotle onion relish	16
Fried Chicken Burger	Crispy-fried naturally raised chicken with homemade bread & butter pickles, lettuce, tomato and spicy aioli	15

ADD TO BURGERS: SAUTÉED MUSHROOMS (+1.5), CHEESE (+1.5), HERTEL'S BACON (+2.5) GUCAMOLE (+2.5), FRIED EGG (+2.5), SUBSTITUTE GLUTEN-FREE PORTOFINO BUN (+2)



## MAINS

4:30 PM 7 DAYS A WEEK

### STEAK FRITES

6 oz 25 8 oz 31 10 oz 35 12 oz 39

*Certified Angus Beef*<sup>®</sup> N.Y. Strip Loin, cut to order, with hand-cut kennebec fries & garlic aioli topped with caramelized shallot-balsamic butter  
Add local vegetables (+5)

### CHICKEN & DUMPLINGS 22

Local chicken braised with chorizo sausage, peppers, tomatoes and garlic with gluten-free corn and manchego dumplings

### BRAISED LAMB SHANK 25

63 Acres lamb slow-braised in dark ale with fingerling potato, squash and Brussels sprout hash topped with fresh orange and horseradish gremolata

### ROASTED TROUT 23

Whole local trout stuffed with braised fennel, finished with caramelized lemon vinaigrette with pumpkin risotto cake and braised winter greens

### MOULES FRITES 22

Local Gulf Island mussels and hand-cut kennebec fries with choice of broths: white wine, garlic and parsley  
OR garlic-chipotle and craft beer with pickled red onions and cilantro

### SEARED ALBACORE TUNA 23

Seared rare local tuna, roasted tomatoes, grilled asparagus and fingerling potatoes with green goddess dressing and olive relish

### HAND-MADE GNOCCHI 18

Roasted wild mushrooms, mascarpone cheese, cream and chives  
Add cajun fried snapper or local chicken breast (+7.5), bacon lardons (+5)

### PRIME RIB SPAGHETTI BOLOGNAISE 18

Braised *Certified Angus Beef*<sup>®</sup> prime rib in a rich tomato sauce with manchego cheese

## BURGERS & SANDWICHES

CHOICE OF DAILY SOUP, ORGANIC SALAD OR HOUSE CUT FRIES

FANCY FRIES (+3), CHOWDER (+2), CAESAR SALAD (+3), POUTINE (+4) OR FRENCH ONION SOUP (+5)

### FRIED CHICKEN BURGER 15

Crispy-fried naturally raised chicken with homemade bread & butter pickles, lettuce, tomato and spicy aioli on housemade bun

### FAT BUOY BURGER 15

Naturally raised B.C. Ranchlands beef burger with chipotle onion relish

### LAMB BURGER 16

Naturally raised local lamb with Stilton cheese and chipotle onion relish

ADD TO BURGERS: SAUTÉED MUSHROOMS (+1.5), CHEESE (+1.5), HERTEL'S BACON (+2.5)  
GUCAMOLE (+2.5), FRIED EGG (+2.5), SUBSTITUTE GF PORTOFINO BUN (+2)

### SNAPPER & BACON PO' BOY 15

Cajun spiced local snapper and Hertel's bacon with local vegetable chow-chow and spicy aioli on French baguette

### ROASTED VEGGIE PO' BOY 14

Sautéed portabella & button mushrooms, roasted red peppers & red onions, melted havarti on French baguette with whole grain mustard, garlic aioli, Saanich Organics greens, homemade bread & butter pickles

### GRILLED REUBEN 16

House-cured *Certified Angus Beef*<sup>®</sup> brisket, IPA-braised cabbage, mustard aioli and gruyère cheese on portofino marbled rye



# TO START

4:30 PM 7 DAYS A WEEK

		sm/lg
<b>Local Oysters</b>	Fresh-shucked local oysters (½ dozen/1 dozen) with Louisiana hot sauce, lemon & shaved horseradish OR house mignonette	14/25
<b>Crab &amp; Shrimp Cakes</b>	Pan-fried cakes of locally caught dungeness crab & shrimp with Saanich organic greens & caper remoulade	16
<b>Duck Wings</b>	1 lb crispy duck wings, orange coriander vinaigrette, bread & butter pickles	14
<b>Kalamari</b>	Tempura battered crispy-fried squid with spicy paprika aioli, fresh lemon and homemade bread & butter pickles	12
<b>Cheese &amp; Roasted Garlic</b>	Warm and gooey Comox Brie cheese, slow-roasted garlic bulb, seasonal fruit preserve, spicy candied almonds and crostinis	10
<b>House Pâté</b>	House pâté, whole grain mustard, bread & butter pickles, roasted garlic, crostinis; <b>Add cheese (+5)</b>	10
<b>Moules</b>	¾ lb of steamed local Gulf Island mussels with choice of broths: white wine, garlic & parsley, OR garlic-chipotle and craft beer with pickled red onions & cilantro	18
<b>Marinated Olives</b>	Mixed mediterranean olives with house bread	6

## SOUPS & SALADS

<b>House Salad</b>	Organic lettuces, gala apple, grapes, toasted seeds & bacon lardons with Dijon-shallot vinaigrette	7/10
<b>Caesar Salad</b>	Fried capers, bacon lardons, croutons & shaved manchego cheese, tossed with classic caesar vinaigrette	8/12
<b>Chicken Avocado Salad</b>	Marinated local chicken breast, avocado, free-run egg, tomato, crumbled Stilton cheese, organic greens & Stilton vinaigrette	18

**ADD TO SALADS: KALAMARI, CRAB CAKE, LOCAL CHICKEN BREAST, ALBACORE TUNA,  
CAJUN FRIED SNAPPER OR DUCK CONFIT (+7.5)**

<b>Clam Chowder</b>	New England-style clam & scallop chowder	7/9
<b>French Onion Soup</b>	Caramelized onions & rich beef broth with melted gruyère	10
<b>Daily Soup</b>	Homemade soup of the day	5.5/7.5

## FRIES & POUTINE

<b>House Fries</b>	Hand-cut kennebec potatoes & garlic aioli	5
<b>Fancy Fries</b>	Manchego cheese, truffle oil & garlic aioli	8
<b>Classic Poutine</b>	The unadorned Québec classic	9/11
<b>Duck Poutine</b>	Slow-cooked duck confit, green onions & house gravy	15/17
<b>Pulled Pork Poutine</b>	Slow-braised pork topped with homemade BBQ sauce	12/14
<b>Bacon &amp; Blue Poutine</b>	Bacon, green onion & Stilton cheese	12/14

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