



Blue Heron

BREAKFAST

LITE & HEALTHY

Yogurt Parfait 9.50

Local yogurt, seasonal fruit, granola and finished with local honey

Avocado Multi Grain Toast 10.95

Smashed avocado, fresh tomato, pickled radish and vidalia onion

Housemade Oatmeal 5.95

Served with milk and local maple syrup.

Add seasonal fruit 3.00

GRIDDLE DELIGHTS

Buttermilk Maine
Blueberry Pancakes 11.95

Petite Maine blueberries amid three buttermilk pancakes

Belgain Waffle with
Fresh Seasonal Fruit 11.95

Served with homemade whipped cream

French Toast 10.95

Three slices of Challah bread french toasted in rich egg batter with cinnamon and powdered sugar

Add bacon, ham or
sausage 5.00

Add hashbrowns 4.00

Eggs sourced from local Thomas Poultry. Rolls and breads come from Rockland Bakery and maple syrup from Jourdin's Maple Syrup.

EGG-CEPTIONAL EGGS

Egg Sandwich 9.95

Two local farm fresh eggs, cheese and choice of bacon, ham or sausage on a NY hard roll.

Add Hollandaise 3.00

Eggs Any Style 6.95

Two local farm fresh eggs, served with toast and hash browns

Omelets 12.95

Choose your cheese: American, swiss or cheddar cheese

Choose your meat: bacon, ham or sausage

Choose your vegetables: fresh spinach, mushrooms, onions, roasted red peppers, tomato, avocado, or cherry peppers

Chrissy's Special 11.95

Two local farm fresh eggs, cream cheese, mushrooms and fresh spinach served with toast

Eggs Benedict 13.95

Two local farm fresh poached eggs atop an English muffin with shaved ham and hollandaise sauce

Eggs Florentine 13.95

Two local farm fresh poached eggs atop a portobello mushroom cap with tomato roasted red pepper and hollandaise sauce

Tim's Special 11.95

Two farm fresh local eggs atop a buttermilk biscuit with homemade sausage gravy. Served with hash browns



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FOR THE KIDS & BEVERAGES

FOR THE KIDS

Select one entree below
with milk or juice 6.95

Silver Dollar Pancakes
*Petite pancakes served with
butter and maple syrup*

Two eggs any style
*Local farm fresh eggs, served
with toast*

French Toast
*One slice of Challah bread
french toasted in rich egg
batter with cinnamon and
powdered sugar*

Belgian Waffle
*Half a waffle served with
butter and maple syrup*

Add bacon, ham or
sausage 2.00

Add fresh fruit 2.50

Add an egg 1.95

BEVERAGES

Freshly Brewed Coffee 3.25
Regular, Decaf

Cappucino 5.00

Espresso (single or double) 3.00/4.00

Freshly Brewed Herbal Tea 3.50

Juice 3.50
Orange, apple or cranberry

Freshly Squeezed OJ 6.00

Soda 3.00

Milk 3.00

*We proudly source local ingredients from
Thomas Poultry, Rockland Bakery, Jourdin's
Maple Syrup and JEM Farms.*