



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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ALL DAY DINING & BEVERAGES

ALL DAY DINING

BLT on Sourdough 11.95

*Fresh tomato, Romaine lettuce,
bacon and avocado mayo*

Albacore Tuna or Chicken 11.95

Salad Sandwich

*Fresh tomato, Romaine lettuce and
mayo on slices of sourdough toast*

Fresh Garden Salad 10.95

*Fresh greens, tomato, cucumber,
vidalia onion, housemade croutons*

ADD CHICKEN OR TUNA SALAD 5.00

Grilled American Cheese 7.95

Four slices of cheese on sourdough

ADD BACON AND GRILLED TOMATO 4.00

Cheese & Meat Board 12.95

*Selection of fine cheeses, cured meats,
breads, crackers and accoutrements*

BEVERAGES

Freshly Brewed Coffee 3.50

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

Hot Chocolate 3.50

Served with whipped Cream

FROM THE BAR

Mimosa 10.00

*Fresh squeezed orange Juice
and Champagne*

Bloody Mary 10.00

*Vodka and house-made bloody
mary mix garnished with celery*

Tropic Sunrise 12.00

*Vodka, amaretto and fresh
squeezed orange juice with
garnishes*

Jasmine 12.00

*Fords gin, Grand Marnier,
Campari, simple syrup and
lemon juice with garnishes*

Adult Shirley Temple 12.00

*Grey Goose vodka, grenadine and
lemon lime soda with garnishes*

Mojito 12.00

*Rum, fresh mint, lime and
soda water*

Grapefruit Sour

Mocktail 7.00

*Non-alcoholic gin, simple syrup,
lemon and grapefruit juice*

Mojito Mocktail 7.00

*Fresh mint leaves, simple syrup,
lime and soda water*

Irish Coffee 10.95

*Jameson whiskey or Bailey's Irish
Creme, fresh brewed coffee,
maple syrup and whipped cream*

Italian Coffee 10.95

*Godiva chocolate liquor, fresh
brewed coffee and whipped cream*

Mexican Coffee 10.95

*Kahlua, fresh brewed coffee and
whipped cream*