

# THE HERON

## RESTAURANT WEEK LUNCH MENU

OCT 30TH - NOV 10 2024

\$24.95 (EXCLUDING TAX & TIP)

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### CHOICE OF ONE

#### LEMON CHICKEN SOUP

HOMEMADE CHICKEN BONE BROTH, ORZO PASTA, SPINACH, DILL & LEMON

#### MIXED BABY LETTUCE SALAD

SHAVED VEGETABLES, VEGAN CROUTONS & LEMON POPPY VINAIGRETTE

#### HOMEMADE BISCUIT & BUTTER

MADE FRESH DAILY SERVED WARM WITH HONEY BUTTER

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### CHOICE OF ONE

#### FRIED CHICKEN SANDWICH

CRISPY CHICKEN THIGH DRIZZLED WITH HONEY & JALAPEÑOS WITH LETTUCE,  
KIMCHI KETCHUP & DILL PICKLE RANCH ON A WHITE COUNTRY BUN

#### HERON VEGGIE BURGER

OUR HANDCRAFTED VEGETARIAN BURGER COATED IN CRISPY PANKO  
BREADCRUMBS TOPPED WITH LETTUCE, ONION, PICKLE, AND SRIRACHA MAYO ON A  
WHITE COUNTRY BUN

#### CRISPY KATSU TOFU BURRITO

MARINATED & COATED IN GLUTEN FREE PANKO WRAPPED WITH QUINOA, AVOCADO,  
SWEET POTATO, LETTUCE, CABBAGE & VEGAN AIOLI IN A GRILLED FLOUR TORTILLA.

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### AND FOR DESSERT

#### HOMEMADE ICE CREAM

VANILLA OR OUR VEGAN ICE CREAM

**SORRY NO SUBSTITUTIONS**

# THE HERON

## RESTAURANT WEEK DINNER MENU

OCT 30TH - NOV 10 2024  
\$44.95 (EXCLUDING TAX & TIP)

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### CHOICE OF ONE

#### ROASTED PEPPER BISQUE

A CREAMY SOUP OF FIRE ROASTED PEPPERS, VEGGIES & WARM SPICES  
WITH MELTED CHEDDAR, CILANTRO & GARLIC CRUMB

#### MIXED BABY LETTUCE SALAD

SHAVED VEGETABLES, VEGAN CROUTONS & LEMON POPPY VINAIGRETTE

#### PEEL & EAT SHRIMP

SHELL ON SHRIMPS SERVED IN WARM GARLIC BUTTER & PARSLEY WITH  
HOMEMADE PICKLES

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### CHOICE OF ONE

#### BUTTERMILK FRIED CHICKEN

A BREAST, LEG & WING - DIPPED IN LOCAL BUTTERMILK, FRIED CRISPY & SERVED  
WITH YUKON GOLD MASHED POTATOES & WHITE PEPPER GRAVY

#### BLACKENED CATFISH

BLACKENED WILD CAUGHT CATFISH THE CAJUN WAY WITH JALAPEÑO CHEDDAR  
GRITS, GARLIC SPINACH, PICKLED ONIONS & REMOULADE SAUCE

#### VEGAN TOFU GRAIN BOWL

KATSU STYLE CRISPY TOFU WITH GRAINS (QUINOA, BLACK RICE, KASHA)  
CHICKPEAS, CREMINI MUSHROOMS, MINT, CARROT-COCONUT PURÉE,  
SWEET POTATO & AVOCADO

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### AND FOR DESSERT

#### HOMEMADE ICE CREAM

VANILLA OR OUR VEGAN ICE CREAM

**SORRY NO SUBSTITUTIONS**