

BLUE HERON RESTAURANT & CATERING

112 N MAIN ST, SUNDERLAND, MA 01375
413.665.2102 | www.blueherondining.com
@blueherondining



PROPRIETORS: DEBORAH SNOW & BARBARA WHITE
EXECUTIVE CHEF: JUSTIN MOSHER
GENERAL MANAGER: KENDRA MALONE

SOUP, SALADS & small plates

NEW ENGLAND CLAM CHOWDER 10
Oyster Crackers

BLUE HERON SALAD GF V * 8
*Organic Mixed Greens, Roasted Red Peppers
Daikon, Roasted Shallot Vinaigrette
add Great Hill Blue Cheese +1*

PEAR & BEET SALAD GF V 15
*Port Wine Poached Blue Cheese Stuffed Pear
Mixed Greens, Roasted Beets
Beet Tuile, Marcona Almonds
Honey White Balsamic Vinaigrette*

FRIED BRUSSELS SPROUTS GF* V * 8
*Calabrian Chili Oil, Lemon Zest
Parmigiano-Reggiano*

SALMON POKE GF* 16
*Mango, Cucumber, Scallion, Cilantro
Sweet Potato Chips**

HONEY GARLIC CHILI SHRIMP * 15
Grilled Bread

FRIED CALAMARI 15
*Lemon Aleppo Pepper Salt
Tomato, Pepperoncini & Feta Salad
Calabrian Chili Roasted Garlic Aioli*

RICOTTA & LOCAL HONEY GF* V 9
Fennel Pollen Grilled Bread

ROASTED OLIVES GF V 6
*Preserved Lemon, Chili Pepper
Herbes de Provence*

HANDCUT FRENCH FRIES GF* V * 9
Housemade Ketchup & Truffled Mayo

**BACON WRAPPED
BLUE CHEESE DATES** GF 9
(Includes 3 Dates)

PAN FRIED OYSTERS 16
Champagne Butter Sauce, Cabbage Compote

PAN SEARED SEA SCALLOPS GF 18
*(Includes 3 Sea Scallops)
Lentils du Puy, Applewood Bacon
Apple Cider Reduction, Mascarpone Cream*

ARTISANAL CHEESE BOARD GF* 18
*Assorted Local & Imported Cheeses
Marcona Almonds, Fig Jam, Seasonal Fruit
Housemade Crostini**

entrees

PAN SEARED DAYBOAT COD GF 32
*Fresh Herb Chimichurri
Roasted Red Pepper Paprika Oil
Jalapeño Cumin Creamed Corn
Salt Roasted Marble Potatoes*

**JURGIELEWICZ FARM
DUCK TWO WAYS** GF 36
*Crispy Skin Duck Breast & Confit Leg
Black Currant Jus, Braised Red Cabbage
Maple Whipped Sweet Potatoes*

LIGHTLY SMOKED PORK CHOP GF 32
*Apple Brandy Demi-Glace
Apple Bacon Jam, Leek & Taleggio Risotto
Sautéed Green Beans*

FETTUCCINE WITH MUSHROOMS V * 28
*Sautéed Mushroom Blend, Truffle Oil
Savory Coconut Cream Sauce
Roasted Tomato Herb Salad*

**GRILLED CREEKSTONE FARM
FILET MIGNON** GF 40
*8oz Filet Mignon
Green Peppercorn Demi-Glace
Warm Mushroom Parsley Salad
Smoked Onion Whipped Potatoes
Sautéed Green Beans*

**MEDITERRANEAN BRAISED
BONE-IN LAMB SHANK** GF 32
*Red Wine, Kalamata Olives, Orange
Orange & Parsley Gremolata
Classic Whipped Potatoes
Sautéed Green Beans*

BLUE HERON BURGER 18
*Foxbard Farm Grass-fed Beef
Fontina Cheese, Caramelized Onion Jam
Cole Slaw, Handcut French Fries
Housemade Ketchup & Truffled Mayo*

desserts

CHOCOLATE TRUFFLE TORTE GF 12
*Coffee Ice Cream, Brandied Cherries
Whipped Cream*

APPLE CRISP V 10
*Clarkdale Farm Apples, Streusel Topping
Vanilla Ice Cream, Caramel Sauce*

BROWN SUGAR PECAN TART V 10
*Bourbon Caramel
Spiced Whipped Cream*

**CINNAMON SUGAR
RICOTTA DONUTS** V 6
*Order of 4 Donut Holes
Chocolate Sauce, Caramel Sauce*

BRANDIED PEAR SHORTCAKE GF V 12
*Brandy Roasted Clarkdale Farm Pears
Corn Cake, Whipped Cream*

SORBET OF THE EVENING GF* V ** 8
*Hazelnut Tuile Cookie **

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.

Before placing your order, please inform your server if a person in your party has a food allergy.

V Indicates vegetarian * Indicates vegan GF Indicates gluten free

* Indicates can be made gluten free/vegan if left off

* Indicates a higher spice level