

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 AND SMALL PLATES

GARLIC BREAD ^V 4

Toasted Ciabatta, Garlic Herb Butter

TOMATO FENNEL ARTICHOKE BISQUE ^{GF V} 8.5

BLUE HERON SALAD ^{GF V *} 8

Organic Mixed Greens, Roasted Red Peppers
Daikon, Roasted Shallot Vinaigrette
add Great Hill Blue Cheese +1

WARM MUSHROOM SALAD ^{GF V} 16

Mixed Greens, Roasted Mushrooms
Crispy Shoestring Potatoes
Sherry Mustard Vinaigrette

HOUSEMADE POTATO CHIPS ^{GF V} 8

Caramelized Onion Dip
Red Pepper Blue Cheese Dip

FRIED CORN ON THE COB ^{GF V} 7

Cumin Lime Beurre Blanc, Feta, Cilantro

TUNA CRUDO 18

Yellowfin Tuna, Watermelon, Feta Cheese
Kalamata Olives, Green Grapes, Radish
White Soy, Lime, EVOO, Jalapeño

HONEY GARLIC CHILI SHRIMP ^{*} 15

Grilled Bread

PAN FRIED OYSTERS 16

Champagne Butter Sauce
Cabbage Compote

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 SEARED SEA SCALLOPS ^{GF} 18

(Includes 3 Sea Scallops)
Lentils du Puy, Applewood Bacon
Apple Cider Reduction, Mascarpone Cream

ENTREES

PAN SEARED SWORDFISH ^{GF} 32

Caper, Herb & Sultana Vinaigrette
Sage Brown Butter Smashed Potatoes
Evening Vegetable

PAN ROASTED SIRLOIN OF VENISON ^{GF} 38

Red Wine Juniper Marinade
Blueberry Demi Glace
Sweet Potato Mousseline
Braised Red Cabbage

LIGHTLY SMOKED PORK CHOP ^{GF} 32

Apple Cider Demi Glace
Charred Peach Black Pepper Bacon Jam
Leek & Taleggio Risotto
Evening Vegetable

BLUE HERON BURGER 18

Foxbard Farm Ground Beef
Fontina Cheese, Caramelized Onion Jam
Cole Slaw, Handcut French Fries
Housemade Ketchup & Truffled Mayo

GRILLED CREEKSTONE FARM

8OZ FILET MIGNON ^{GF} 42

Caramelized Onion Truffle Demi-Glace
Lemon Arugula & Herb Salad
Roasted Tomato Whipped Potatoes
Evening Vegetable

SHRIMP SCAMPI 28

Sautéed Jumbo Shrimp, Capellini
White Wine, Butter, Garlic, Shallot
Lemon, Capers, Parmigiano-Reggiano

MOROCCAN

CHICKPEA TAGINE ^{V GF*} 26

Tomatoes, Olives, Currants, Garlic, Onion
Kale, Moroccan Spices, Harissa
Chermoula, Couscous*

EVENING SPECIAL MP

Your Server Will Inform You of the
Chef's Preparation

DESSERTS

CHOCOLATE TRUFFLE TORTE ^{GF} 12

Brandied Cherries, Espresso Ice Cream
Whipped Cream

SEASONAL FRUIT SHORTCAKE ^{GF V} 12

Corn Cake, Macerated Local Fruit
Whipped Cream

LOCAL BLUEBERRY CRISP ^V 12

Crumb Topping, Vanilla Ice Cream
Caramel Sauce

CINNAMON SUGAR

RICOTTA DONUTS ^V 6

Order of 4 Donut Holes
Caramel, Chocolate Sauce

VANILLA BEAN CHEESECAKE ^V 12

Local Peach Compote, Basil Syrup
Whipped Cream

SORBET OF THE EVENING ^{GF* V**} 8

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