

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

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

WARM MUSHROOM SALAD ^{GF V *} 16

Mixed Greens, Roasted Mushrooms
Crispy Shoestring Potatoes
Sherry Mustard Vinaigrette

BUTTERNUT SQUASH TOAST ^V 10

Garlicky Smashed Roast Butternut Squash
Arugula, Honey Aleppo Pepper, Lemon, EVOO
Grilled Ciabatta, Parmigiano-Reggiano

ITALIAN MEATBALLS 18

Basil, Mint, Almond, & Arugula Pesto
Spicy Sicilian Tomato Sauce
Ricotta, Grilled Bread

HONEY GARLIC CHILI SHRIMP ^{*} 15

Grilled Bread

PAN FRIED OYSTERS 16

Champagne Butter Sauce
Cabbage Compote

CHARCUTERIE ^{GF*} 18

Chicken Liver Mousse, Prosciutto
Genoa Salami, Vermont Sharp Cheddar
Capers, Cornichons, Whole Grain Mustard
Red Onion, House Pickled Vegetables, Crostini*

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

HERB MARINATED MISTY KNOLL CHICKEN BREAST ^{GF} 30

Mustard & Caramelized Honey Jus
Pumpkin & Chèvre Whipped Potatoes
Evening Vegetable

LIGHTLY SMOKED PORK CHOP ^{GF} 32

Apple Cider Demi Glace
Apple 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

MEDITERRANEAN

SEAFOOD STEW ^{GF} 30

Seared Scallops, Shrimp, Calamari
Tomato, Garlic, White Wine, Rosemary
Creamy Mascarpone Polenta

MOROCCAN

CHICKPEA TAGINE ^{V *} ^{GF*} 26

Tomatoes, Olives, Currants, Garlic, Onion
Roasted Butternut Squash
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

LOCAL APPLE CRISP ^V 12

Crumb Topping, Vanilla Ice Cream
Caramel Sauce

HAZELNUT PUMPKIN

MOUSSE BOMBE ^{GF V} 12

Chocolate Shell, Cranberry Coulis
Pumpkin Brittle

PECAN TART ^V 10

Salted Caramel, Spiced Whipped Cream

CINNAMON SUGAR

RICOTTA DONUTS ^V 8

Order of 4 Donut Holes
Caramel, Chocolate Sauce

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