

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

PEAR & ROASTED ROOT VEGETABLE BISQUE ^{GF V} 8

Spiced Pear Compote

BLUE HERON SALAD ^{GF V *} 8

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

ROASTED BEET SALAD ^{GF V} 14

Roasted Beets & Onions, Wilted Baby Greens
Crumbled Great Hill Blue Cheese
Warm Sesame Balsamic Vinaigrette

BUTTERNUT SQUASH TOAST ^V 10

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

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

FRIED BRUSSELS SPROUTS ^{GF} 10

Nuoc Cham, Kimchi Mayo
Cilantro, Peanuts

HONEY GARLIC CHILI SHRIMP ^{*} 15

Grilled Bread

PAN FRIED OYSTERS 16

Champagne Butter Sauce
Cabbage Compote

TUNA PICADO ^{GF} 16

Olive Oil Poached Ahi Tuna
Olive, Tomato, Pepper, Garlic & Caper Relish

PAN SEARED SEA SCALLOPS ^{GF} 18

Lentils du Puy, Applewood Bacon
Apple Cider Reduction, Mascarpone Cream

ENTREES

SUMAC DUSTED FAROE ISLAND SALMON ^{GF} 32

Lemon Caper Beurre Blanc
Local Micro Greens
Roasted Fingerling Potatoes
Evening Vegetable

JURGIELEWICZ FARM DUCK

TWO WAYS ^{GF} 36

Pan Roasted Breast & Confit of Leg
Grand Marnier Duck Jus
Pickled Cherries, Sweet Potato Mousseline
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 FARMS

14 OZ RIBEYE ^{GF} 45

Brandied Green Peppercorn Demi-Glace
Caramelized Onion Whipped Potatoes
Evening Vegetable

MEDITERRANEAN

SEAFOOD STEW ^{GF} 32

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

AUTUMN VEGETABLE SCAMPI ^V 26

Housemade Pappardelle
Roasted Pumpkin & Cauliflower
White Wine, Garlic, Sage, Brown Butter

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

POMEGRANATE CUSTARD ^{GF* V} 10

Vanilla Custard, Pomegranate Curd
Ginger Shortbread Cookie*

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