

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

SOUP, SALADS & small plates

GARLIC BREAD ^V 4

Toasted Ciabatta, Garlic Herb Butter

VICHYSOISE ^{GF V} 9

Potato, Leek, Onion
Truffled Cream

BLUE HERON SALAD ^{GF V *} 8

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

ARUGULA SALAD ^{GF V} 16

Strawberries, Chèvre, Spiced Cashews
Lemon Honey Vinaigrette

RICOTTA TOAST ^V 12

Housemade Ricotta, Local Honey
Cracked Black Pepper, Microgreens

ROASTED OLIVES ^{GF V *} 6

Preserved Lemon, Chili Pepper
Herbes de Provence

HANDCUT FRENCH FRIES ^{GF* V *} 9

Housemade Ketchup
Truffled Mayonnaise

BACON WRAPPED BLUE CHEESE DATES ^{GF} 9

FRIED CALAMARI ^{GF} 15

Pepperoncini, Roasted Tomato,
& Kalamata Olive Salad
Lemon Feta Vinaigrette

HONEY GARLIC CHILI SHRIMP ^{*} 16

Grilled Bread

TUNA PICADO ^{GF} 16

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

PAN SEARED SEA SCALLOPS ^{GF} 20

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

entrees

PAN SEARED MOROCCAN SPICED SALMON ^{GF} 32

Lemon Harissa Beurre Blanc
Shaved Fennel Salad
Salt Roasted Peewee Potatoes
Roasted Asparagus

PAN ROASTED MISTY KNOLL BREAST OF CHICKEN ^{GF} 34

Whole Grain Mustard Chicken Jus
Roasted Garlic Polenta
Roasted Asparagus

JURGIELEWICZ FARM DUCK TWO WAYS ^{GF} 38

Pan Roasted Breast & Confit of Leg
Roasted Grape Duck Jus
Pickled Cherries, Wild Rice Pilaf
Roasted Asparagus

LIGHTLY SMOKED PORK CHOP ^{GF} 32

Apple Cider Demi Glace
Apple Black Pepper Bacon Jam
Leek & Taleggio Risotto
Roasted Asparagus

GRILLED CREEKSTONE FARMS FILET MIGNON ^{GF} 45

Red Wine Demi-Glace
Roasted Mushroom & Parsley Salad
Parmesan Whipped Potatoes
Roasted Asparagus

FETTUCCINE WITH SPRING VEGETABLES ^V 28

Mushrooms, Asparagus, Peas, Leeks
Mushroom Madeira Cream Sauce

desserts

CHOCOLATE TRUFFLE TORTE ^{GF V} 12

Brandied Cherries, Whipped Cream

STRAWBERRY RHUBARB CRISP ^V 12

Vanilla Ice Cream

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

Tuile Cookie*

COCONUT LEMON CURD CHEESECAKE ^V 11

Blackberry Coulis, Whipped Cream

CINNAMON SUGAR RICOTTA DONUTS ^V 8

Order of 4 Donut Holes
Caramel, Chocolate Sauce

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