

# The Blue Heron

## small plates

### MUSSELS

Prince Edward Island mussels steamed in garlic, white wine, herbs and butter,  
served with crostini 12

### AHI TUNA <sup>GF</sup>

Lightly seared, shaved cucumber, red pepper, pickled red onion, sesame  
and wasabi dressing 14

### PECAN BREADED BRIE

Pecan crusted fried brie cheese, served with a raspberry coulis 9

### CRISPY FRIED CALAMARI

Tender hand breaded calamari, banana peppers, topped with fresh  
parmesan cheese, and served with our housemade marinara 12

### TELLICO VODOO SHRIMP

Five large hand breaded shrimp tossed in a spicy remoulade sauce,  
garnished with green onions 14

### STEAK TARTARE <sup>RAW</sup>

Beef tenderloin, capers, shallots, parsley, & quail egg 16

### JUMBO SHRIMP COCKTAIL <sup>GF</sup>

Five jumbo shrimp served chilled with our zesty cocktail sauce 14

## SALADS / SOUP

Additions: Chicken 5 | Salmon 6 | Shrimp 7 | Filet 10

### SOUP OF THE DAY

Cup 4 | Bowl 5

### BEET SALAD <sup>GF</sup>

Red beets, golden beets on spring mix with fresh goat  
cheese, dusted pistachios with balsamic reduction 11

### CAPRESE SALAD <sup>GF</sup>

Fresh mozzarella cheese, heirloom tomatoes on spring mix, olive oil,  
balsamic reduction topped with garden fresh basil 12

### WEDGE

Baby iceberg lettuce, bacon, bleu cheese, grape tomatoes,  
red onion and garlic croutons 8

### STRAWBERRY CHICKEN SALAD <sup>GF</sup>

Baby spinach, blue cheese crumbles, strawberries, dried cranberries,  
diced red onions, pecans, served with a raspberry vinaigrette 15

### CAESAR

French romaine, croutons, caesar dressing, parmesan cheese.  
Anchovies available upon request +1  
Half 4 | Full 8

## SANDWICHES / PASTA

Gluten free buns available buns upon request +2

### BBQ PULLED PORK

Brioche bun, French fries, & coleslaw 10

### VILLAGER BURGER

Brioche bun with bacon, lettuce, tomato, onion, house pickles, and choice of cheese.  
Served with French fries 12

### FRENCH DIP

House roasted prime rib, melted swiss cheese, and au jus for dipping.  
Served with French fries 13

### GRILLED CHICKEN SANDWICH

Brioche bun with bacon, lettuce, tomato, onion, house pickles, and choice of cheese.  
Served with French fries 12

### TUSCAN CHICKEN PENNE PASTA

Sun dried tomatoes, kalamata olives, artichokes hearts, spinach in a white  
wine garlic butter sauce  
Half 12 | Full 16

### CRISPY SOUTHERN STYLE CHICKEN TENDERS

Southern style breaded chicken tenders, sweet potato french fries. Honey mustard dipping sauce 15

The FDA advises consuming raw or under - cooked meats, poultry, seafood or eggs, may increase your risk of food borne illness.  
20% gratuity included for parties of 6 or more.

## ENTRÉES

(ALL ENTRÉES INCLUDE A HOUSE SALAD, UPGRADE TO A CAESAR FOR \$1)

### FRESH CATCH OF THE DAY

Ask Server \* Mrkt. Price

### SLOW ROASTED PRIME RIB <sup>GF</sup>

Heavily aged Midwestern beef, served with  
garlic whipped potatoes, french green beans and au jus  
8oz. 21 | 12oz. 25 | 16oz. 29

### BEER BATTERED COD

Flash fried Wild-Caught Alaskan Cod, coleslaw garnish,  
dill caper sauce and french fries 14

### HAND CUT 12OZ NY STRIP <sup>GF</sup>

Simply seasoned with salt & pepper.  
Served with garlic whipped potatoes & grilled asparagus.  
Topped with veal bone demi glace 26

### 8 OZ PORK CHOP <sup>GF</sup>

Center cut bone in seasoned chop, garlic whipped potatoes  
& sweet baby carrots 19

### BOURSIN PETITE FILET DUO

Boursin cheese, crispy tobacco onions.  
Garlic whipped potatoes, french green beans and veal bone demi glace 30

### PAN SEARED SALMON

Dill flavored couscous with fennel, fresh spinach,  
roasted tomatoes, crispy leeks, topped with a lemon beurre blanc 24

### APPLEWOOD SMOKED BABY BACK RIBS <sup>GF</sup>

Served with french fries  
Half - 17 | Full - 24

### PETITE FILET <sup>GF</sup>

Garlic whipped potatoes, french green beans, & veal bone demi glace 17

### TERIYAKI GLAZED GRILLED CHICKEN BREAST <sup>GF</sup>

Rice pilaf, steamed broccoli, and pineapple salsa 16

### SHRIMP & GRITS <sup>GF</sup>

Anson Mills stone ground grits topped with housemade tasso,  
trinity vegetables, creole sauce, spinach and shrimp 18

### BRAISED ANGUS BEEF POT ROAST <sup>GF</sup>

Served with garlic whipped potatoes & sweet baby carrots.  
Veal bone demi glace 18

### VEAL PICCATA

Pan seared veal cutlet, tangy lemon, capers, & white wine butter sauce.  
Served with garlic whipped potatoes & roasted root vegetables 23

### SEAFOOD RISOTTO

Pan seared scallops & shrimp, roasted tomatoes, spinach, garlic,  
& white wine cream sauce 19

## SIDES

Baked Potato 4 <sup>GF</sup>

Broccoli 4 <sup>GF</sup>

Onion Rings 4

French Fries 4

Sweet Potato Fries 4 <sup>GF</sup>

French Green Beans 4 <sup>GF</sup>

Squash & Zucchini 4 <sup>GF</sup>

Garlic Whipped Potatoes 4 <sup>GF</sup>

Roasted Root Vegetables 4 <sup>GF</sup>

<sup>GF</sup> - Signifies dish is made without gluten <sup>RAW</sup> - signifies dish is made with raw ingredients  
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