

# The Blue Heron

## SMALL PLATES

### PROVENCAL MUSSELS

Prince Edward Island mussels steamed in garlic, white wine, ripe tomatoes, crushed red pepper, and butter served with crostini 14

### 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 VOODOO 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 6 | Salmon 8 | Shrimp 8 | Filet 14

### SOUP OF THE DAY

Cup 5 | Bowl 6 -

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

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

### TOMATO CAPRESE WITH FRESH BURRATA <sup>GF</sup>

Creamy burrata mozzarella, Heirloom tomatoes, fresh basil, red onion, olive oil and balsamic glaze 12

### WEDGE <sup>GF</sup>

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

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

Mixed greens, grape tomatoes, julienne red onions, Kalamata olives, cucumbers, Feta cheese, and Greek dressing 15

### CAESAR <sup>GF</sup>

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

## SANDWICHES / PASTA

Gluten free bun available upon request +2

### 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

### TELLICO HOT CHICKEN SANDWICH

Nashville style hot and spicy chicken breast with shredded lettuce, Bread & Butter pickles on a Brioche bun. Served with French fries 12

### TUSCAN CHICKEN PENNE PASTA

Sun dried tomatoes, Kalamata olives, artichoke 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 GF

Heavily aged Midwestern beef, served with garlic whipped potatoes, french green beans and au jus 8oz. 24 | 12oz. 30

## FRESH LAKE SUPERIOR WALLEYE

Flash fried Ritz cracker crumbed Walleye, served with French fries, coleslaw garnish, and a dill caper sauce 19

## HAWAIIAN GRILLED PORK CHOP GF

Center cut bone in Hawaiian marinated chop, cilantro lime rice, grilled broccolini, and grilled pineapple 20

## BOURSIN PETITE FILET DUO GF

Boursin cheese, crispy tobacco onions. Garlic whipped potatoes, french green beans and veal bone demi glace 34

## 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 GF

Served with french fries Half - 17 | Full - 24

## PETITE FILET GF

Garlic whipped potatoes, french green beans, & veal bone demi glace 22

## PAN SEARED AIRLINE CHICKEN BREAST GF

Served with confit fingerling potatoes, roasted spring vegetables, and Fresh tarragon demi 20

## SHRIMP & GRITS GF

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

## BRAISED ANGUS BEEF POT ROAST GF

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

## TROUT ALMONDINE GF

Pan seared almond crusted trout, served with sweet potato puree, green beans, and brown butter 23

## SEAFOOD RISOTTO GF

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

## SIDES

Baked Potato 4 GF

Broccolini 4 GF

Onion Rings 4

French Fries 4

Sweet Potato Fries 4 GF

French Green Beans 4 GF

Squash & Zucchini 4 GF

Garlic Whipped Potatoes 4 GF

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.