

BLUE HERON

Quick Lunches

11am till 3pm

FRESH SALAD

Mixed Greens Salad

organic mixed greens, cucumber petals, matchstick carrots, tomatoes and multi grain croutons; choice of dressing

\$4.50

SOUP

John Colter Western Style Chili

jalapeño-roasted pineapple corn muffin, red onions and cheddar cheese

\$4.25 Cup

SANDWICHES

Daily All-Natural Italian Meat and Cheese Sub

shredded lettuce, tomatoes, pickles and provolone cheese
on a baguette with mustard and herb vinaigrette,
served with potato chips and pickle plank

\$8.50

Pulled Pork Sandwich

in a kaiser roll served with potato chips

\$5.50

Tuna or Chicken Salad Sandwich

served with shredded lettuce and diced tomatoes with a warmed pita

\$8.25

SIDES

Potato Salad

\$2.40