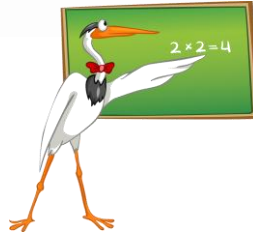


# herons

west coast kitchen + bar

## DRINKS

CLASSIC FLOAT	2.5
KIDS MILKSHAKE	3
SHIRLEY TEMPLE sprite, orange juice + grenadine.	2.5
JUICE orange, apple, cranberry.	2
MILK white, soy, rice, chocolate.	2



## STARTERS

HUMMUS + VEGETABLES cherry tomatoes, celery, cucumber, carrots, broccoli.	4.5
MINI FRUIT KEBABS melons, strawberry, rooftop honey yogurt dipping sauce.	5
TOMATO SOUP roasted tomatoes, basil.	5
GOLDFISH GARDEN SALAD organic greens, tomato, cucumber, cheddar goldfish crackers.	5

## MAINS

PEPPERONI PIZZA whole wheat crust, low fat mozzarella.	11
VEGETABLE PIZZA whole wheat crust, mushrooms, peppers, tomatoes.	10
MINI CHEESE BURGER AAA beef, low fat cheddar, whole grain kaiser.	12
MINI CLUBHOUSE + VEGETABLE CHIPS grilled chicken breast, lettuce, tomato, low fat cheddar, whole grain kaiser.	12
GRILLED CHEESE SANDWICH whole grain bread, low fat cheddar, carrots, celery, low fat ranch dip.	11
MINI CHICKEN TENDER TACOS tomato salsa, sour cream.	12
BEEF FILLET roasted, mashed potato, carrots, broccoli.	15
 PACIFIC SALMON grilled, roasted potatoes, carrots, broccoli.	14
SPAGHETTI + CHUNKY TOMATO SAUCE whole wheat pasta.	11.5

## DESSERTS

FRUIT ICE inquire about our flavors.	5
WATERFRONT CUPCAKE low fat cream cheese icing, chocolate or vanilla.	4
FRESH FRUIT melons, berries, pineapple.	5



OCEAN WISE recommended by the vancouver aquarium  
as an ocean friendly choice.



## west coast kitchen word search

V	Z	P	T	O	G	S	S	B	O	S	C
D	F	W	C	S	N	W	R	D	T	E	I
J	S	R	H	O	A	U	J	A	U	N	F
S	J	A	R	G	N	O	N	Z	V	S	I
C	R	E	L	C	V	L	C	N	K	N	C
A	H	T	H	M	E	P	Y	T	Y	S	A
N	G	N	V	Y	O	H	X	P	S	L	P
A	F	K	P	R	V	N	I	D	G	E	D
D	V	A	Y	M	M	U	Y	U	B	M	W
A	R	M	C	U	Q	H	Y	O	Q	O	R
K	G	R	O	U	S	E	E	S	U	R	G
T	N	O	R	F	R	E	T	A	W	P	H

BRUNCH  
CANADA  
GROUSE  
HERONS  
PACIFIC  
SALMON  
STANLEYPARK  
WATERFRONT  
WESTCOAST  
YUMMY