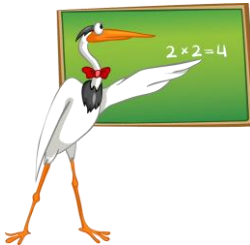


mini herons menu

STARTERS

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



VIVREAU BOTTLED WATER STILL + SPARKLING 3/PER PERSON

our in house purified environmentally friendly water helps to decrease your carbon foot print.



OCEAN WISE

recommended by the vancouver aquarium as an ocean friendly choice.

applicable taxes and gratuities not included.

MAINS

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

DESSERTS

FRUIT ICE	5
inquire about our flavors.	
WATERFRONT CUPCAKES	6
low fat cream cheese icing. chocolate or vanilla.	
FRESH FRUIT	5
melons. berries. pineapple.	





## 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

BEE  
BLUE  
BREAKFAST  
COALHARBOR  
FLOATPLANE  
FRIENDLY  
HERON  
HONEY  
MOUNTAINS  
TASTY  
WATERFRONT