

# HERITAGE GRILL

GREAT FOOD, DRINKS, AND LIVE MUSIC

## SOUPS AND SALADS

Heritage Seafood Cioppino

13.99

Soup Ou Jour

5.49

Soup and Salad

8.99

Daily Special

10.99

Mixed Greens with Fresh Herbs  
and House Dressing

5.99

Spinach Salad with Raspberry Vinaigrette, Bacon Bits, Gorgonzola and Grated Egg

7.99

Tomato Bocconcini Salad with Balsamic Vinegar, Olive Oil and Cracked Black Pepper

9.49

Caesar Salad with Fresh Parmesan Cheese, Herbed Croutons served with Grilled Foccacia

7.99

## APPETIZERS

Warm Foccacia Bread with Balsamic Vinegar and Olive Oil.

4.99

Skewers of Prawns over Tossed Greens, your choice of flavours.

Hot, Garlic, Thai Sweet and Spicy.

9.99

Apple and Cilantro Crab Cakes with Avocado Salsa.

10.99

Gorgonzola & Walnut Stuffed Mushroom Caps.

9.99

Baked Brie with Roasted Garlic, Raspberry Coulis and Pesto Croutons.

9.99

Marinated Deep Fried Calamari served with a side of Picatta Sauce.

10.49

Crispy Chicken Tenders served over fresh mixed greens with  
House Dressing and spicy Tomato Aoli.

8.99

Crisp Deep Fried Wings with Celery, Carrot sticks, your choice of dipping sauce.

Hot, Honey Garlic, Teriyaki, Thai Sweet and Spicy, Dry Cajun.

9.99

Heritage Dry Ribs with fresh cracked Black Pepper and Sea Salt.  
Served with Natural Chips and Dipping Sauce.

9.99

Mussels and Clams served in a Tomato Herb Sauce and Side of Garlic Toast.

10.99

Tomato and Fennel Bruschetta with Basil and Parmesan Cheese.

7.99

Unique Heritage Platter Crab Cakes, Skewer of Prawns, Chorizo Sausage,  
Foccacia Bread, Mushroom Caps, Chicken Tenders, Bruschetta,  
Brie Cheese with Raspberry Coulis, Mango Salsa and Mixed Greens.

22.99

GST will be added to all items - Prices subject to change

[www.theheritagegrill.com](http://www.theheritagegrill.com)



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## ENTREES

Glazed Roast Chicken Breast with Roasted Potatoes,  
wilted Spinach, Grilled Vegetables.

17.99

Seared Halibut with Mango Salsa and Lemon Ginger Rice.

18.99

Grilled Wild Salmon with Crisp Potato Croquettes, wilted Spinach and Tomato Confi

17.99

Traditional Jambalaya with Chicken, Sausage, Seafood and Seasonal Vegetables.

17.99

Chicken or Shrimp Quesadillas with Rice, Mixed Greens  
and Sun Dried Tomato Cream Cheese.

14.99

Tempura Halibut – Thinly sliced Halibut lightly deep fried  
and served with Natural Chips.

15.99

Grilled AAA Canadian 10oz. Rib-Eye Steak with Garlic Mashed Potatoes,  
Seasonal Grilled Vegetables.

25.99

Grilled AAA Canadian 8oz. Lunch Rib-Eye Steak served with sauteed  
Mushrooms and Onions on Focaccia with Soup or Salad.

17.99

## PASTAS

Seafood Fettuccine in a Pesto White Wine Cream Sauce.

15.99

Heritage Teriyaki Chicken Fettuccine with mixed vegetables in Teriyaki Cream Sauce.

14.99

Chorizo Sausage Penne Marinara.

14.99

Fettuccine Primavera with Gorgonzola cream sauce with seasonal vegetables.

14.99

Fettuccine Bolognese — Traditional Meat Sauce on Fettuccine.

12.99

Add — Chicken Breast \$4.50, Prawns \$4.50, Garlic Bread \$3.00, Sauces \$0.75/ea

## SANDWICHES

Heritage Lamb Burger on Roast Garlic Mayo, Marinated Cucumbers and Bermuda Onions.

10.99

Grilled Chicken Breast Burger served with Pesto Mayo, Lettuce and Tomato.

10.99

Sirloin Beef Burger with Red Pepper Mayo Lettuce, Tomato and Red Onions.

10.99

Roast Turkey Sandwich with Brie, Caramelized Onions and Cranberries.

10.99

Marinated Portobello Burger with melted Brie, Lettuce, Tomato and Red Onions.

10.99

Grilled Vegetarian Sandwich with seasonal Vegetable and Brie.

10.99

\*All sandwiches are served with Mixed Greens and Fries.  
Your choice of Focaccia or Sesame Kaiser Bun.

## DESSERTS & BEVERAGES

Dessert – Ask for today's selection

6.99

Coffee or Earl Grey Tea

1.99

Juice – Orange, Cranberry, Clamato, Iced Tea

3.25

Bottle or Perrier Water

2.99

Coke, Diet Coke, Ginger Ale, 7 Up

2.99