



*The*  
**HERON** and **SEA**  
PUBLIC HOUSE

**Hail Caesar Salad**

*Romaine, Parmesan, croutons, lemon wedge,  
served with Caesar dressing*

**Grilled Chicken Caesar Salad**

*Grilled chicken, romaine, Parmesan, croutons, lemon wedge,  
served with Caesar dressing*

**House Salad Wrap**

*Arugula, diced apples, roasted red peppers,  
goat cheese, toasted almonds, sliced tomatoes,  
served with balsamic dressing*

**Chicken Salad Sandwich**

*Chicken breast, red onions, celery, diced apples, mayo,  
Dijon, red wine vinegar, fresh dill, lettuce  
on choice of wheat or white bread*

**Turkey Club**

*Turkey, bacon, cheddar, lettuce, tomato, jalapeño mayo,  
on choice of wheat or white bread*

**Fruit Cup**

*Cubed seasonal fruit*

**Yogurt Parfait**

*Yogurt, honey, rolled oats, topped with seasonal berries*