

Blue Heron Bakery

4935 Mud Bay Rd NW 98502-1732 · +13608662253 · Updated: Jan 14, 2026

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BLUE HERON CAFE MENU 5

SALAD

Spring mix, red onions, tomato, cucumber, carrot with tahini dressing or raspberry vinaigrette.

AVAILABLE OPTIONS

Entree: \$7.75

Side: \$4.75

SOUP

Our selection varies daily but we typically have a vegan or vegetarian option. Please call for more information!

AVAILABLE OPTIONS

Cup: \$4.25

Bowl: \$6.40

PIZZA BY THE SLICE

Toppings vary daily. Vegan slices are often available!

AVAILABLE OPTIONS

Slice: \$3.65

Deluxe Pizza Slice:
\$4.10

PIZZA

Call to order a 14" large pizza with 2 toppings. \$23 Toppings: Pepperoni, veggie sausage, onion, garlic, spinach, kalamata olives, black olives, marinated artichoke hearts, fresh tomato. Please allow up to 30 minutes to prepare.

GRAB'N'GO

Sandwiches: Turkey & Provolone, Turkey & Cheddar, Ham & Cheddar, Cranberry Pecan Chicken Salad, Egg Salad, Hummus Salads & Spreads: Cranberry Pecan Chicken Salad, Egg Salad, Pasta Salad, Beet Salad, Hummus, Smoked Salmon Spread, Marinated Tempeh, Quinoa Salad, Tabouleh, Kale Salad

SANDWICHES 10

BREAKFAST SANDWICH

\$7.75

A toasted Blue Heron bun, an egg, provolone and cheddar cheeses, and our maple mustard sauce. Add ham, turkey, or tempeh (+\$2.75) Sub gluten free bread (+2.00)

HAM AND CHEESE CROISSANT

\$9.25

Ham and melted cheese on our Cheese and Herb Croissant. Add an egg (+\$1.89)

REUBEN

\$11.75

Your choice of turkey or tempeh, provolone cheese, kraut and 1000 island dressing. Sub gluten free bread (+2.00) Can be made vegan.

TURKEY MELT

\$11.75

Blue Heron Apricot Walnut Sourdough bread stacked with turkey, provolone and cheddar cheeses, sautéed onions, 1000 island dressing, lettuce and tomato. Sub gluten free bread (+2.00)

OLY "CHEESE STEAK" (V)

\$11.75

Marinated tempeh, house-made cashew cheez, grilled veggies on a toasted Blue Heron bun. Sub gluten free bread (+2.00)

GRILLED CHEESE	\$7.50
Provolone and cheddar melted on your choice of bread.	
POTATO VEGGIE HOMEFRY (V)	\$11.00
Onions, bell peppers, garlic, spinach, and (of course) our home-fried potatoes. Add 2 eggs your way (+\$2.75)	
MEDITERRANEAN SCRAMBLE	\$13.50
2 eggs scrambled with kale, spinach, onions, garlic, kalamata olives and topped with fresh tomatoes and feta cheese	
VEGAN SCRAMBLE (V)	\$13.50
Marinated tempeh, garlic, bell peppers, and spinach, topped with fresh tomato.	
FRENCH TOAST	\$13.50
Four slices of Blue Heron Apricot Walnut Sourdough bread, battered and toasted traditionally, with maple syrup. Sub gluten free bread (+\$3.00) Can be made dairy free.	