



HARO'S

meet • eat • drink

DINNER

START & SHARE

Spicy Samosas • \$11

tamarind date chutney

Crispy Calamari • \$15

fried jalapeños, lemon caper aioli, grilled lemon

Crab Cakes • \$15

lemon pepper aioli, microgreen & tomato salad

Artichoke, Cheese & Kale Dip • \$15

served warm with crisp flatbread

Haro's Chicken Wings • \$8 ½ lb • \$14 full lb

crispy salt & pepper or bourbon bbq

Edamame \$9

chili avocado oil, sea salt

SOUPS & SALADS

Today's Seasonal Soup • \$10

served with fresh bread

Clam Chowder • \$7 cup • \$12 bowl

smoked fish, roasted corn, crispy leeks, saffron turmeric oil

Haro's House Salad • \$10

toasted pumpkin seeds, cherry tomatoes, roasted goat cheese, apple cider vinaigrette

Caesar Salad • \$12

fried capers, shaved parmesan, garlic croutons, buttermilk dressing

Power Salad • \$16

bulgur wheat, cherry tomatoes, sprouted legumes, smoked almonds, cranberries, roasted beets, crispy kale, fresh herbs, tomato cumin vinaigrette

Cobb Salad • \$19

grilled chicken breast, blue cheese, romaine lettuce, boiled egg, avocado, cherry tomatoes, maple bacon, lemon honey vinaigrette

Enhance Your Salad • \$9

- tri tip steak
- chicken breast
- garlic prawns
- wild sockeye salmon
- soy glazed tofu

SIGNATURE PLATTERS

Haro's Platter • \$22

selection of cheese, cured meats, crisp bread and relishes

Chef's Seafood Platter • \$27

ask your server for today's fresh selection

Nosh Platter • \$25

the works! coconut prawns, chicken satay, BBQ ribs, kale & artichoke dip, chili avocado oil seasoned edamame

SIDES

Truffle Parmesan Frites • \$7

Yam Fries • \$7

Slaw • \$5

We thank our local & artisan suppliers we work with

to bring you authentic tastes grown and produced close to home; the freshest seafood, produce, island raised meats & poultry, and craft beer, wine & spirits.



Did you know?

We grow 11 different kinds of herbs, lettuces and flowers in our on-site garden that we feature on our food and drink menus

Please inform your server of any allergies or food sensitivities

 Gluten Friendly  Spicy  Vegan  Vegetarian

18% gratuity applies to parties of 8 or more

SANDWICHES & BURGERS

Veggie Burger · \$15 ▼

red lentil crusted falafel & veggie burger, caramelized onions, avocado crema on a grilled brioche bun

Tacos (2) · \$16

a choice of pacific snapper or pulled pork, cilantro ginger slaw, pico de gallo, pickled beets & jicama, jalapeño crema

Haro's Burger · \$15

garlic aioli, BBQ sauce, lettuce, tomato, red onion, pickle

- add cheese \$1.50
- add bacon \$2
- add avocado \$2

Halibut Burger · \$18

pan-seared halibut, lemon caper aioli, arugula, crispy shallots, brioche bun

Sandwiches & burgers are served with your choice of:

- daily soup
- Haro's house salad
- hand-cut fries

Substitute · \$2

- cup of chowder
- Caesar salad
- truffle parmesan frites
- yam fries

Want your sandwich in
a whole wheat tortilla?
Just ask.

MAINS

New York Striploin · \$35

10oz aged striploin, roasted garlic mashed potato, seasonal vegetables, red wine demi

- add chipotle butter or blue cheese butter for \$2

Mushroom Napoleon · \$26 ▼

phyllo crisps, wild mushroom ragout, succotash

Smoked Mozzarella Ravioli · \$27

smoked chicken, sage cream, wilted spinach, roasted mushrooms

Wild Sockeye Salmon · \$28

sake maple glaze, curried de Puy lentils, fennel apple slaw

Beef Short Ribs · \$29

coffee & red wine braise, creamy polenta, seasonal vegetables

Sea Bass · \$36

potato fennel purée, golden beet vinaigrette, Mitchell Farms wheatberry, parsley oil

Braised Lamb Shank · \$29

red wine, campanelle pasta, seasonal vegetables, gremolata

Chicken Suprême · \$29

onion tart, sundried tomato & chorizo hash, seasonal vegetables, thyme port wine demi

CASUAL FAVOURITES

Saltspring Island Mussels & Frites · \$21 GF

(subject to availability)

local chorizo, smoked paprika cream, tomatoes, toasted almonds

- OR -

white wine, garlic, shallots, parsley

served with truffle parmesan frites & garlic aioli

Halibut & Chips · \$18 (1 piece) · \$27 (2 pieces)

beer battered, slaw, lemon caper aioli

CRAFT Mac n' Cheese · \$15 ▼

creamy four cheese blend, parmesan crust

Enhance your Mac n' Cheese · \$4

- pulled pork
- crab
- soy glazed tofu
- bacon
- seasonal vegetable

* gluten free pasta available

Tuna Tataki Bowl · \$18

seared yellow fin tuna, sushi rice, crispy onions, avocado, cucumber, wasabi mayo, sesame seeds, ponzu sauce

Seafood Curry · \$23 GF

prawns, Pacific rockfish, mussels, Thai red curry sauce, cilantro, lime, black rice

BBQ Back Ribs · \$19 ½ rack · \$25 full rack GF

bourbon BBQ sauce served with house baked beans & slaw
substitute mac n' cheese for baked beans · \$2

NIGHTLY FEATURES

Monday

Rib & Wing Combo · \$19

½ rack of ribs, salt & pepper wings, slaw, hand-cut fries

Pitchers of Local Draught Beer \$15

Tuesday

BYOW – you bring the wine, we cover the corkage

** minimum \$20 spend per person,

** unopened bottles of wine only

Wednesday

Burger & Beer · \$19

choose one of our local draught beers and one of our burgers. Feature burger changes weekly!

Thursday

Taco Thursday

Only \$5 each

PLUS live entertainment 6-9pm

Sunday

Prime Rib Dinner · \$29.95

2 course dinner with all of the fixings