



START & SHARE

Crispy Calamari • \$16

Fried jalapeño, caper remoulade, grilled lemon

Crab & Shrimp Cakes • \$16

Lemon pepper aioli, microgreen & tomato salad

Vegetable Gyoza • \$12

Steamed, with scallions and ponzu

Baked Brie • \$15

Stone fruit compote, spicy almond crumble, flatbread

Haro's Chicken Wings • \$9 ½ lb • \$15 full lb

S&P, BBQ, maple black pepper, Sam's hot

• Add crudité \$3

Edamame • \$9

Avocado oil, sea salt

Braised Pork Belly & Scallops • \$16

Green chili salsa

Tacos (3) • \$16

Cilantro slaw, pico de gallo, jicama, jalapeño, lime crema

• Choose Pacific whitefish or Cajun shrimp

Nosh Platter • \$29

Salumi, cheese, edamame, chicken satay, coconut prawns, onion rings, mixed olives, smoked almonds, assorted condiments and breads

*a great light meal for 2 or appies for 3+

SOUPS & SALADS

Roasted Tomato Bisque • \$6 cup • \$11 bowl

Basil oil, tomato onion jam, with house focaccia

Clam Chowder • \$7 cup • \$12 bowl

Smoked fish & seafood, roasted corn, smoked bacon, crispy leeks, saffron turmeric oil, with house focaccia

Haro's House Salad • \$12

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

Caesar Salad • \$13

Shaved Parmesan, garlic croutons, capers, classic dressing

Haro's Cobb • \$19

Romaine, avocado, hard boiled egg, maple bacon, blue cheese, cherry tomatoes, honey lemon vinaigrette

• Choose grilled chicken breast or steak

Field & Garden Salad • \$15

Wheatberry, bulgur, grilled broccoli, roasted cauliflower, cherry tomatoes, crispy kale, smoked almonds, avocado green goddess dressing

Enhance Your Salad • \$9

- Steak
- Chicken breast
- Salmon
- Soy glazed tofu
- Prawns

SANDWICHES & BURGERS

Haro's Burger • \$16

Hand pressed chuck, crispy onion ring, garlic aioli, lettuce, tomato, pickle, brioche bun

Add to your burger:

- Cheese \$1.50
- Bacon \$2
- Avocado \$2

Veggie Burger • \$16

Red lentil crusted chickpea & veggie burger, caramelized onions, avocado crema, brioche bun

Halibut Burger • \$19

Pan seared halibut, creamy slaw, caper remoulade, arugula, crispy shallots, brioche bun

Chicken Club • \$18

Grilled chicken, double smoked bacon, aged cheddar, garlic aioli, lettuce, tomato, BBQ sauce, pretzel bun

Beef Dip • \$18

Thinly sliced top sirloin, caramelized onions, provolone, au jus, garlic Portuguese bun

Sandwiches & burger are served with your choice of side:

- Hand cut fries
- House salad
- Caesar salad

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

Substitute cup of clam chowder, yam fries, truffle Parmesan fries, gluten-free bun or 1/2 & 1/2 for \$2 more



BOWLS & MAINS

Seafood Curry Bowl • \$24

Prawns, Pacific whitefish, mussels, Thai red curry, cilantro, lime, black rice

Cauliflower 'Rice' Biryani Bowl • \$19

Green beans, peppers, carrots, spiced crisped chickpeas, cranberries, minted yogurt
~ a lighter & super flavourful vegetarian version of traditional Indian biryani

Green Curry Bowl • \$19

Mixed bell pepper, yam, kaffir lime, coconut jasmine rice
• Choose chicken, shrimp or tofu

Smoked Corn & Cheese Ravioli • \$24

Grilled chicken, rosé sauce, wilted arugula, shaved parmesan

Steak Frites • \$25

6oz Cali cut striploin, herbed butter, hand cut fries

Braised Lamb Shank • \$29

Moroccan squash & carrot stew, red quinoa, chickpeas, raisins, preserved lemon gremolata, minted yogurt

Pan Seared Wild Johnstone Strait

Sockeye Salmon • \$26

Black rice & red lentil cake, red curry, bok choy

ENJOY ONE OF OUR AWESOME BRUNCH PLATES

Served Sunday from 11am – 2pm

Haro's Benny • \$15

Poached eggs, Hollandaise, back bacon, cheddar & green onion scone, with breakfast potatoes

Breakfast in Hand • \$13

Poached egg, aged cheddar, lettuce, tomato, avocado crema on a brioche bun, with breakfast potatoes

Belgian Waffles • \$14 (2) • \$17 (3)

Whipped cream, berry compote, maple syrup

COMFORT FAVOURITES

Salt Spring Island Mussels & Frites • \$23

(subject to availability)

Local chorizo, smoked paprika cream, tomato, toasted almond

-OR-

White wine, garlic, shallots, parsley

Halibut & Chips • \$19 (1pc) • \$28 (2pc)

Crispy gluten-friendly batter, slaw, caper remoulade

CRAFT Mac n' Cheese • \$16

Creamy four cheese blend, Parmesan crust

• Add pulled pork, double smoked bacon or crab \$4

Tataki & Sticky Rice • \$19

Crispy onions, avocado, cucumber, wasabi mayo, sesame seeds, citrus ginger sauce

• Choose tuna or tofu

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 • \$32.95

2 course dinner with all of the fixings

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, craft beer, wine & spirits.

Please inform your server of any allergies or food sensitivities

Gluten Friendly Spicy Vegan Vegetarian

18% gratuity applies to parties of 8 or more