



HARO'S

meet • eat • drink

LUNCH

START & SHARE



Crispy Calamari • \$15

fried jalapeños, lemon caper aioli, grilled lemon

Crab Cakes • \$15

lemon pepper aioli, microgreen & tomato salad

Edamame • \$9

chili avocado oil, sea salt

SIGNATURE PLATTERS



Haro's Platter • \$22

a selection of cheese, cured meats, crisp bread and relishes

Chef's Seafood Platter • \$27

Ask your server for today's fresh selection

Please inform your server of any allergies or food sensitivities

 Gluten Friendly

 Spicy

 Vegan

 Vegetarian

18% gratuity applies to parties of 8 or more

SOUPS & SALADS



Haro's Daily Bunwich • \$15

Available 11am to 2pm

Feature bunwich served with a cup of soup and a side of Haro's house salad

Bottomless 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



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CASUAL FAVOURITES



Saltspring Island Mussels & Frites • \$21

(subject to availability)

local chorizo, smoked paprika cream, tomatoes, toasted almonds

- OR -

white wine, garlic, shallots, parsley

served with truffle parmesan frites & garlic aioli

Tuna Tataki Bowl • \$18

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

Seafood Curry • \$18

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

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

SANDWICHES & BURGERS



Chicken Club • \$17

grilled chicken breast, aged white cheddar, double smoked bacon, BBQ sauce, lettuce & tomato on grilled ciabatta

Veggie Burger • \$15

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

Grilled Cheese • \$15

two kinds of cheddar on double cheese sourdough, Haro's ketchup

Tacos (2) • \$16

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

Steak Sandwich • \$18

grilled tri tip, roasted mushroom, sautéed onion, soya demi-glace, fresh arugula, garlic baguette

Haro's Burger • \$15

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

- add cheese \$1.50
- add avocado \$2
- add bacon \$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
- hand-cut fries
- Haro's house salad

Substitute • \$2

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

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