

START & SHARE

Yellowfin Tuna Poke • \$14

House potato crisps

Crispy Calamari • \$16

Fried jalapeno, caper remoulade, grilled lemon

Crab & Shrimp Cakes • \$15

Lemon pepper aioli, microgreen and tomato salad

Pork Bahn Mi (3) • \$12

Pulled pork, kimchi slaw, cilantro lime crema on soft steamed bun

Baked Brie • \$15

Summer berry compote, spicy almond crumble, flatbread

Edamame • \$9

Sambal, avocado oil, sea salt

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

S&P, bourbon bbq, maple black pepper, or Sam's hot
• Add crudité \$3

Braised Pork Belly & Scallops • \$14

Green Romanesco sauce

Tacos (3) • \$16

Slaw, pico de gallo, pickled beets & jalapeno, cilantro lime crema

• Choose Pacific cod or Cajun shrimp

Nosh Platter • \$29

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

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

SOUPS & SALADS

Summer Tomato Bisque • \$10

Basil oil, parmesan crostini

Clam Chowder • \$7 cup • \$12 bowl

Smoked fish & seafood, roasted corn, smoked bacon, 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, classic dressing

Haro's Cobb • \$19

Romaine, grilled chicken breast, blue cheese, hard boiled egg, avocado, cherry tomato, maple bacon, honey lemon vinaigrette

Field & Garden Salad • \$14

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

Enhance Your Salad • \$9

- Tri tip steak
- Salmon
- Chicken breast
- Soy glazed tofu

BOWLICIOUS

Seafood Curry Bowl • \$23

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

Eggplant Wheatberry Bowl • \$18

Roasted mushrooms, toasted hazelnuts, spicy tomato sauce, flatbread

Green Curry Bowl • \$18

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

Tataki Bowl • \$19

Sushi rice, crispy onions, avocado, cucumber, wasabi mayo, sesame seeds, citrus ginger sauce
• Choose tuna or tofu

What's Wheatberry?

Wheatberry is a whole wheat kernel. Botanically, it is a type of fruit call a caryosis. If wheatberries are milled, whole wheat flour is produced. Ours is grown locally at Mitchell's Farm.

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.

SANDWICHES & BURGERS

Haro's Burger • \$16

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

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

Veggie Burger • \$15

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

Halibut Burger • \$18

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

Chicken Club • \$17

Double smoked bacon, white cheddar, garlic aioli, lettuce, tomato, bbq sauce, pretzel 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

ENJOY ONE 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 and avocado crema on a brioche bun, with breakfast potatoes

Belgian Waffles • \$14 (2) • \$17 (3)

Whipped cream, berry compote, maple syrup

CASUAL FAVOURITES

Salt Spring Island Mussels & Frites • \$21

(subject to availability)

Local chorizo, smoked paprika cream, tomato, toasted almond

- OR -

White wine, garlic, shallots, parsley

Halibut & Chips • \$18 (1pc) • \$27 (2 pc)

Crispy gluten friendly batter, slaw, caper remoulade

Pan Seared King Salmon • \$25

'Chakalaka' curried vegetables and cannellini beans

CRAFT Mac n' Cheese • \$15

Creamy four cheese blend, parmesan crust

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

Beef Dip • \$18

Thinly sliced top sirloin, caramelized onions, provolone on garlic Portuguese bun, au jus, hand cut fries

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

Please inform your server of any allergies or food sensitivities

 Gluten Friendly  Spicy  Vegan  Vegetarian

18% gratuity applies to parties of 8 or more