



# HARO'S

RESTAURANT + BAR

*fresh flavours, casual comfort, genuine service*

## SHARE PLATES

*a selection of tasty dishes ideal for sharing*

### **pecan crusted little qualicum brie**

island berry compote, house flat bread

14

### **calamari frito**

caper aioli, grilled lime

13

### **honey lemon garlic prawn bake**

moonstruck feta, grilled bread, pickled vegetables

15

### **haro's platter**

house chicken pâté & local sausage, artisan cheese, marinated olives

18

### **georgia platter**

roasted garlic hummus, mushroom tapenade, pickled vegetable salad, artisan cheese

16

### **seasonal vegetable fritters**

cucumber raita, chili spice

13

### **fancy frites & aioli**

truffle, parmesan, garlic & parsley

9

## GREAT BEGINNINGS

*starters, soups and salads*

### **grilled tuna tataki**

ponzu, scallion & wasabi

13

### **haro's signature mussels**

spanish chorizo, almonds, garlic, shallots, smoked paprika cream

15

### ⊕ **pan seared scallops**

crispy pulled pork, apple parsnip purée, cider gastrique

16

### ⊕ **organic greens**

dried cranberries, toasted pecans, salt spring island goat's cheese, apple cider vinaigrette

small 8

large 11

### **caesar salad**

creamy house dressing, fried capers, foccacia tuille

small 8

large 11

+ add flat iron steak, grilled wild bc salmon fillet

7

or cowichan valley chicken breast to your salad

+ add 3 falafels

6

### ⊕ **cobb salad**

iceberg lettuce, double smoked bacon, chopped egg, avocado, blue cheese dressing with your choice of grilled flat iron steak, wild bc salmon fillet or cowichan valley chicken breast

18

### **haro's smoked seafood & bacon chowder**

root vegetable chips, chili oil

10

### **bottomless soup**

inspired house made seasonal soup – your server will be pleased to describe it for you

10

## DAILY LUNCH SPECIALS *Monday to Friday 11am - 2pm*

soup and sandwich of the day 13 | add feature dessert & coffee/tea to any lunch 5

## BURGERS & SANDWICHES

*served with a choice of daily soup, caesar salad, organic greens or hand cut french fries*

### **flat iron steak foccacia**

mushroom tapenade, field greens, red pepper aioli, onion rings 16

### **haro's burger**

smoked cheddar, double smoked bacon, house bbq sauce on brioche bun 15

### **grilled albacore tuna melt**

moonstruck white grace cheese, smoked paprika aioli, portabelllo 15

### **falafel naan**

beet relish, moonstruck feta, cucumber raita 14

## CASUAL COMFORTS

*classic comfort foods done to perfection*

### **haro's margarita pizza**

buffalo mozzarella, tomato sauce, fresh basil 14

### **daily feature pizza**

your server will be pleased to describe it for you 14

⊕+ *gluten-free pizza crust available* 2

### **smoked chicken carbonara**

tagliatelle pasta, spicy soppressata, parmesan 17

### **pacific cod & frites**

race rocks beer batter, house slaw, caper aioli  
one piece 15  
two pieces 20

### ⊕ **seafood curry**

fresh fish & shellfish, coconut curry, julienne vegetables, jasmine rice 17

### **beef & stout stew**

pearl onions, root vegetables, potato scone 18

## SIGNATURE DISHES

*Available from 5 - 9pm*

### **boneless short rib**

crispy fried potato gnocchi, red wine shallot sauce 30

### ⊕ **pan seared lamb sirloin**

traditional bean cassoulet, braised cabbage, earl grey demi glaçe 32

### ⊕ **cowichan chicken breast**

bacon, squash & chestnut risotto, natural jus 27

### ⊕ **wild bc salmon**

smoked salmon smashed potatoes, maple brown butter 28

### ⊕ **haro's bouillabaisse**

fresh fish and seafood, saffron tomato broth, pernod, julienne vegetables 30

### **lentil & root vegetable ragout**

moroccan spice, vegetable fritters, cucumber raita 25



We proudly serve 100% OceanWise seafood. OceanWise is a guarantee that our seafood is a good choice for keeping ocean life healthy and abundant for generations to come.

**DAILY DINNER SPECIAL** *available from 5pm, every day of the week*

chef's fresh creation 25 | your server will be pleased to describe it for you!