



START & SHARE

Spicy Samosas • \$11  
sweet mango chutney

Crispy Calamari • \$15 
fried jalapeños, lemon caper aioli, grilled lemon

Tuna Tataki • \$15
sesame crusted albacore tuna, ponzu, wasabi, pickled vegetables

Crispy Crab Cakes • \$15
almond aioli, micro greens, tomato & arugula salad

Artichoke, Cheese & Kale Dip • \$15 
served warm with crisp flatbread

Haro's Chicken Wings • \$8 ½ lb • \$14 full lb
bourbon BBQ sauce, ponzu caramel or salt & pepper

SOUPS & SALADS



Daily Express Lunch Feature


Available 11am to 2pm • \$14

½ of our feature sandwich served with a cup of soup & a side Haro's House Salad

Today's Bottomless Soup • \$10
served with fresh bread

Seafood Chowder • \$7 cup • \$12 bowl
smoked fish, chorizo

Haro's House Salad • \$10  
toasted pumpkin seeds, dried cranberries, roasted goat cheese, apple cider vinaigrette

Chopped Thai Salad • \$16 
prawns, peanuts, cabbage, mango, carrot, citrus peanut vinaigrette

Cobb Salad • \$17
pulled chicken, romaine lettuce, boiled egg, avocado, blue cheese crumble, maple bacon, cherry tomatoes, lemon honey vinaigrette

Caesar Salad • \$12 
fried capers, parmesan, garlic croutons, buttermilk dressing

Enhance Your Salad • \$8

- flat iron steak
- chicken breast
- garlic prawns
- wild sockeye salmon

SIGNATURE PLATTERS

Georgia Platter • \$19 
chili lime edamame, smoked paprika hummus, olives, kale & artichoke dip, smoked almonds, flatbread

Haro's Platter • \$21
prosciutto & pear, artisan cheese, selection of charcuterie, olives, smoked almonds, peach chutney, flatbread

Pier Platter • \$23
smoked trout, citrus chili prawns, smoked salmon, olives, pickled cucumber salad, sesame crusted tuna, flatbread

Nosh Platter • \$25
the works! coconut prawns, chicken satay, BBQ ribs, kale & artichoke dip, chili lime edamame, flatbread and tasty dipping sauces

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.

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

Chicken Club • \$15

grilled chicken breast, basil pesto aioli, double smoked bacon, romaine lettuce, tomato, grilled ciabatta

Falafel Wrap • \$14 ▼

chipotle aioli, goat cheese, carrot slaw, whole wheat tortilla wrap

Los Tacos (2) • \$16

chili rubbed steak, chipotle sour cream
OR
Pacific rockfish, Togarashi aioli

all tacos topped with pickled onion, slaw, lime chili mango salsa

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

MAINS Available After 5pm

Catch of the Day • Market Price

ask your server for today's catch

Petite Beef Tender & Prawns • \$35

lobster butter, herbed baby potatoes, sautéed kale, red wine demi-glace

Saffron Risotto • \$27

peas, zucchini, spinach, Grana Padano

Shrimp & Asparagus Whole Wheat Cowichan Ravioli • \$28

leeks, preserved lemon, tomatoes, toasted almond crumb, extra virgin olive oil

Wild Sockeye Salmon • \$32

balsamic-glazed fennel & shallots, Du Puy lentils, horseradish cream

Chicken Supreme Saltimbocca • \$29

prosciutto & sage wrapped Cowichan Valley chicken breast, creamy polenta, honey caramelized carrots, broccolini, pan jus

*please note this dish takes a little longer to prepare

CASUAL FAVOURITES

Seafood Curry • \$23 GF

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

Saltspring Island Mussels & Frites • \$21

(subject to availability)

local chorizo, smoked paprika cream, tomatoes, toasted almonds

- OR -

white wine, garlic, shallots, parsley

- OR -

Thai red curry broth, roasted coconut, lemongrass

served with truffle parmesan frites & garlic aioli

Halibut & Chips • \$18 (a pc) • \$25 (2 pc)

beer battered, slaw, lemon caper aioli

BBQ Back Ribs • \$19 ½ rack • \$25 full rack

bourbon BBQ sauce and your choice of 2 sides:

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

Substitute any side for \$2 each:

- truffle parmesan frites
- yam fries
- caesar salad

NIGHTLY FEATURES After 5pm

Monday

Rib & Wing Combo • \$19

½ rack of BBQ back 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 and a Beer • \$19

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

Thursday

Taco Thursday

choose from chili rubbed steak, rockfish or vegetarian

Only \$5 each

PLUS Live Entertainment 6pm-9pm

Sunday

Prime Rib Dinner • \$29.95

2 course dinner with all of the fixings