

Crab Cake	Pacific Northwest dungeness crab meat, red thai curry dip	10
Calamari	Chick pea coated, onions, chipotle aioli & tzatziki	8
Crispy Mixed Fries	Basket of hand cut fries & sweet yam fries, roasted shallot mayo	6
Harold's Bakers Dozen Wings	Hot, mega hot, teriyaki, honey garlic	9
Boneless Dry Ribs	Boneless pork ribs, spicy plum sauce	10
Bruschetta	Italian toasted flat bread, tomatoes, garlic, aged cheddar	8
Quesadillas	Cajun chicken, green & red peppers, green onions, Monterey Jack	10
Lobster & Shrimps Rolls	Lobster, shrimp, mango relish	10
Edamame	Warm salted soy beans sautéed in soya sauce	6
Harold's Dip	Baked tortilla chips, spinach, cheese and artichokes	9
Mussels	White wine, cream, garlic, shallots	13
Harold's Nacho's	Tri-colored tortilla chips, shredded cheddar, onions, peppers	11

Starters

Soups

Harold's Home Made Chicken Noodle Soup	7
Roasted Honey Butter Nut Squash Soup	6
From the Market Fresh Soup of the Day	6

Salads

Caesar Salad Crisp romaine, garlic croutons, creamy parmesan dressing	9
Spinach Salad Caramelized pear, candied pecans, cambozola cheese, roasted shallots dressing	10
Organic Green Salad Butter lettuce, radicchio, frisee, chard, apple cider dressing	8
Cobb Salad Eggs, chicken, blue cheese, avocado, bacon, ranch dressing	11
Beet Salad & Goat Cheese Baby beets, salt spring island goat cheese, balsamic vinaigrette	11

Burgers

Harold's Burger

7oz Lean chuck, Canadian cheddar, tomato aioli 12

Harold's Specialty Burger

Back bacon, mushrooms, caramelized onions, smoked provolone 13

Vegetarian Burger

Grilled seasonal vegetables, melted mozzarella 11

Chicken Burger

Chicken breast, swiss cheese, crisp lettuce, tomatoes 12

Sandwiches

Harold's Triple Decker Club

Turkey, bacon, tomatoes, lettuce 12

Blackened Halibut

Halibut filet, ciabatta, grainy mustard aioli 14

BC Wild Salmon

6oz Filet, ciabatta, house aioli 14

Pulled Pork

Shredded pork, bbq sauce, string fries 12

Foot Long Hot Dog

European wiener, french baguette, gruyere, pulled pork or chili 9

Brie & Chicken Panini

Pear compote, honey mustard mayo 14

Harold's Croque Monsiuer

Ham, egg dipped bread, swiss cheese 12

Harold's Classic Ruben

Monteal smoked meat, sauerkraut, swiss cheese 13

Casual Fairs

Half Roasted Chicken Fraser Valley chicken, herb & citrus marinated, chicken jus	16
Harold's Meat Loaf Angus beef, fried spanish onions, rich gravy	15
Fish & Chips Two halibut filets, pale ale batter, tartar sauce & coleslaw	16
Liver & Onion Calf liver, double smoked bacon, sautéed onions, gravy	16
Beef Stew Slow braised short rib, creamy mashed potato	16
Chicken Pot Pie Fraser Valley chicken, peas, carrots, mushrooms, puff pastry	14
Braised Lamb Shank Slow braised, red wine sauce, mashed potatoes, asparagus	18
Mac'N Cheese Creamy velveeta cheese sauce, garlic toast	13

Pizzas

Margarita Fresh tomoatoes, basil, mozzarella	12
Meat Lovers Pepperoni, salami, back bacon, Italian sausage, mozzarella	13
Hawaiian Back bacon, pineapple, mozzarella	13
Chicken BBQ sauce, spicy thai chicken, spinach, feta cheese, mozzarella	13

Rice Bowls

Teriyaki Rice Bowl

Chicken, Asian veggies, brown or white rice 15

Butter Chicken

Chicken, coriander, cumin, curry spices, basmati rice, naan bread 15

Jambalaya

Chicken, sausage, fish, onions, tomato, green peppers 15

Pasta

Seafood Linguini

Scallops, prawns, mussels, light basil tomato sauce 16

Fettuccini Alfredo

Chicken, parmesan cream sauce 15

Spaghetti & Meatballs

Jumbo meat balls, rich tomato sauce 15

Penne Primavera

Broccoli, cauliflower, peas, carrots, white cream sauce 14

Noodles

Egg Noodles

Braised tender beef, asian spice, egg noodles 15

Shangai Noodles

Chunks of chicken, sweet peppers, dried chillies, peanuts, ginger 15

Udon Noodle Soup

Scallops, prawns, salt spring mussels, miso broth 16

Fresh Fish & Seafood

BC Wild Salmon

Pumpkin seed crusted, citrus beurre blanc, french beans, mashed potatoes 19

Alaskan Black Cod

Miso marinated, cilantro coconut sauce, french beans, mashed potatoes 21

Seafood Bouillabaisse

Wild salmon, prawn, mussels, scallops, saffron fennel broth 22

Ahi Tuna Steak

House blend spices, papaya relish, wasabi mashed potatoes, french beans 21

From the Grill

New York Steak

8oz Canadian Angus beef, asparagus, peppercorn jus, mashed potatoes 23

Petit Filet

6oz filet mignon, asparagus, béarnaise on the side, mashed potatoes 21

Filet Mignon

8oz filet mignon, asparagus, béarnaise on the side, mashed potatoes 28

Rib Eye Steak

10oz Canadian Angus beef, yorkshire pudding, au jus, asparagus, mashed potatoes 25

Double Pork Chop

Caramelized apple compote, red wine sauce, asparagus, mashed potatoes 19

Dessert

Chocolate Lava Cake

Warm chocolate ganache with vanilla ice cream

6

Harold's Famous Warm Bread Pudding

Home made caramel sauce

6

New York Style Cheese Cake

Creamy mascarpone cheese with raspberry sauce

7

Tiramisu

Italian classic with crème anglaise

7

Apple Cobbler a la Mode

BC apples, pecans, vanilla ice cream

7

Trio of Dessert

Mini chocolate melliton, mini cheese cake & chocolate spring roll

9

Mud Pie

Mocha almond fudge ice cream pie

7

Assorted Cheese Plate

Canadian cheddar, double brie, baby bell, gouda, assorted crackers

11

15% Gratuity charge applied to parties of 8 people or more