



Gluten free

Mains

Mediterranean Chicken	20
Pan-seared chicken, onion, peppers, zucchini, tomato sauce, choice of steamed jasmine rice or brown rice	
Rice Pasta Alfredo	19
Chicken, rice pasta, mushrooms, garlic cream sauce	
Butter Chicken	19
Chicken, coriander, cumin, curry spices, jasmine rice	
Ahi Tuna Steak	26
6oz pan-seared rare Ahi tuna, house blend spices, papaya relish, green beans, mashed potato	
Pacific Salmon	25
6oz pan-seared wild salmon, lemon cream sauce, green beans, mashed potato	
New York Steak	30
8oz Angus beef, broccolini, chimichurri sauce, mashed potato	

Salads

Harold's Salad	13
Baby lettuce, strawberries, pineapple, tomatoes, candied pecans, pear vinaigrette	
Cobb Salad	17
Eggs, chicken, bacon, blue cheese, avocado, tomato, red onion, ranch dressing	
Caesar Salad	13
Crispy romaine, parmesan cheese, creamy garlic dressing	
Beet & Goat Cheese Salad	14
Baby beets, goat cheese, greens, red onion, balsamic vinaigrette	
add pan-seared chicken breast 5	
add pan-seared salmon 9	

Sides

Sautéed buttered broccolini or green beans	7
Creamy Yukon gold mashed potatoes	6
Steamed jasmine rice or brown rice	6

Dessert

Seasonal Berries	7
Warm Chocolate Brownie	7