

Appetizers

CRAB CAKE	13
Jumbo crab cake, chipotle aioli , corn salsa	
CALAMARI	14
Seasoned calamari , red onions, chipotle aioli, tzatziki sauce	
HAROLD'S DIP	13
Tortilla chips, warm spinach, artichoke, cream cheese & parmesan cheese dip	
CHICKEN WINGS	14
Dozen wings, hot, mega hot, honey garlic, BBQ, or salt & pepper, with celery & ranch side	
DRY RIBS	13
Boneless pork ribs, spicy plum sauce, coarse salt, black pepper	
SHRIMP GYOZA	12
Shrimp dumplings, olive oil, sweet soy cilantro glaze	
QUESADILLAS	14
Cajun chicken, sweet peppers, green onions, Monterey Jack, sour cream, salsa	
PEKING DUCK SPRING ROLLS	13
Tamarind mango sauce, pickled vegetables	
CHICKEN LETTUCE WRAP	13
Caramelized onions, peppers, soy sesame vinaigrette, crispy rice noodles	
MUSSELS	
White wine, garlic, shallots, cream reduction & garlic bread	
	½ pound 9 1 pound 15
HAROLD'S NACHOS	15
Tri-colour tortilla chips, melted cheese, onion, peppers, tomatoes, jalapeno, sour cream & salsa	
	add guacamole 4 add groundbeef 5 add chicken 5

Soups

CHICKEN NOODLE SOUP	8
Homemade soup, onions, carrot, celery, chicken, egg noodle	
BUTTERNUT SQUASH	8
Honey roasted squash, sweet potato , chicken stock, crème fraiche	
MARKET SOUP OF THE DAY	7
Chef's daily creation	

Flat Bread

MARGHERITA	15
Fresh tomatoes, chiffonade basil, mozzarella cheese	
CALIFORNIA	16
Spinach & artichoke spread, grape tomatoes, Kalamata olives, avocado, arugula	
MEAT LOVERS	17
Pepperoni, salami, back bacon, andouille sausage, mozzarella	
SMOKED SALMON	18
BC smoked salmon, cream cheese, caramelized onions, capers, honey mustard drizzle	

Sides

MIXED BASKET OF POTATO & SWEET POTATO FRIES, ROASTED SHALLOTS AIOLI	7
BASKET OF FRIES	6
SAUTÉED BUTTER BROCCOLINI	7
CREAMY YUKON GOLD MASHED POTATO	6
STEAMED JASMINE RICE OR BROWN RICE	6
GARLIC PRAWNS	9
SAUTÉED MUSHROOMS	5

Refreshments

POP	3
Coke, Diet , Nestea, Sprite, Ginger Ale	
FRUIT JUICE	5
Orange, Cranberry, Apple, Grapefruit, Tomato, Pineapple	
MILK	5
Skim, 2%, Chocolate or Soy	
PERRIER®	330 ML 4 500 ML 5
SAN PELLEGRINO®	250 ML 4 750 ML 7
AQUA PANA®	1 LT 7
STARBUCKS® COFFEE OR TEA	4
CAPPUCCINO OR CAFÉ LATTE	5
ESPRESSO	4
HOT CHOCOLATE	4

Desserts

MINI DOUGHNUTS & ICE CREAM	7
Warm mini doughnuts, vanilla bean ice cream, chocolate chips, caramel sauce	
HAROLD'S FAMOUS WARM BREAD PUDDING	7
Homemade caramel sauce	
NEW YORK STYLE CHEESECAKE	7
Creamy mascarpone & cream cheese, raspberry sauce	
APPLE COBBLER A LA MODE	8
Warm BC apples, vanilla ice cream	
MUD PIE	7
Mocha almond ice cream cake	
BERRIES OF THE SEASON	7
Ask your server about our seasonal berries	
ASSORTED CHEESE PLATE	14
Canadian cheddar, double brie, Swiss, Gouda, grapes, strawberries, assorted crackers	

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

Salads

HAROLD'S SALAD	13
Baby lettuce, strawberries, golden pineapple, tomatoes, candied pecan, pear vinaigrette	
CAESAR SALAD	13
Crispy romaine, herbs croutons, parmesan cheese, creamy garlic dressing	
BEET SALAD	14
Cured Baby beets, goat cheese, greens, red onions, balsamic vinaigrette	
COBB SALAD	17
Chicken, eggs, bacon, blue cheese, avocado, red onions, tomatoes, ranch dressing	
SOUTHWEST SALAD	23
6oz New York steak, lettuce, corn, black bean, cucumber, tomatoes, avocado, nacho chips, cilantro vinaigrette	
GREEK SALAD	16
Chicken, romaine, tomatoes, peppers, cucumber, Kalamata olives, low-fat vinaigrette	
PACIFIC RIM SALAD	22
Baby lettuce, house blend spiced ahi tuna seared rare, avocado, tomatoes, sesame vinaigrette	

add sautéed prawns 9 | 6oz salmon 9 | 6oz chicken 5

Burgers

All burgers are served with your choice of fries, green salad or cup of daily soup.

HAROLD'S BURGER	15
Homemade 7 oz beef patty, Canadian cheddar, tomato aioli, lettuce, tomato, onion, pickle	
VEGETARIAN BURGER	13
Vegetarian patty, grilled vegetables, melted mozzarella, lettuce, tomato, onion, pickle	
VIETNAMESE CHICKEN BURGER	15
Lemongrass chicken breast, sambal aioli, pickled vegetables, crispy hay onions, frisee	
MEDITERRANEAN BURGER	16
Homemade 7 oz beef patty, bruschetta, bocconcini cheese, pesto aioli, baby arugula	
BLACKENED SALMON BURGER	17
6oz wild salmon filet, grainy mustard aioli, lettuce, tomato and caramelized onions	
CRAB CAKE BURGER	17
Jumbo crab, chipotle aioli, avocado, tomato, frisee, tartar sauce	

Sandwiches

All sandwiches are served with your choice of fries, green salad, or daily soup.

FOCACCIA CLUB	16
Roast turkey, bacon, tomato, arugula, mayonnaise	
PULLED PORK	15
Shredded pork, bbq sauce, shoestring potato	
REUBEN	16
Smoked meat, sauerkraut, Swiss cheese, dill pickle	
STEAK SANDWICH	25
6 oz Angus steak, caramelized onions, mushroom, sweet potato fries, roasted shallots aioli	

Pasta, Noodle & Rice Bowls

SEAFOOD LINGUINI	22
Scallops, prawn, mussels, light basil tomato sauce	
FETTUCCINI ALFREDO	19
Chicken, cream sauce, parmesan cheese, garlic bread	
SPAGHETTI & MEATBALLS	19
Two jumbo meatballs, tomato sauce, parmesan cheese, garlic bread	
SHANGHAI NOODLES	19
Chicken, sweet pepper, medium spicy coconut peanut sauce	
TERIYAKI RICE BOWL	19
Chicken, bok choy, shiitake mushroom, peppers, carrot, sui choy, brown or white rice	
RICOTTA & VEGETABLES RAVIOLI	19
Stuffed pasta, grilled vegetables, tomato cream sauce, garlic bread	
VEGETABLES & TOFU	16
Vegetables, green peas, tofu, jasmine rice, naan bread	
BUTTER CHICKEN	19
Chicken, curry spices, jasmine rice, naan bread	

Fresh Fish & Seafood

AHI TUNA	26
6 oz steak pan-seared rare, papaya relish, mashed potato, green beans, ponzu sauce	
ALASKAN BLACK COD	27
6 oz miso-marinated cod, cilantro coconut sauce, green beans, mashed potato	
PACIFIC SALMON	25
6 oz grilled wild salmon, lemon cream sauce, green beans, mashed potato	
THAI SEAFOOD STEW	27
Scallops, prawn, mussels, cod, thai medium-spiced coconut sauce, jasmine rice	

Entrées

FISH & CHIPS	19
Two pieces of 3 oz Atlantic cod fillets, tartar sauce, creamy coleslaw	
MEAT LOAF	19
Homemade meatloaf, caramelized onions, creamy mashed potato, honey-glazed carrots, broccolini	
FRASER CHICKEN	20
Pan-seared chicken, mushroom, light chicken jus, mashed potato, honey-glazed carrots, broccolini	
CHICKEN & RIB	26
6 oz Chicken breast, chili-lime glazed, ½ rack baby back rib, BBQ sauce, french fries, coleslaw	
LAMB SHANK	26
Fork tender, red wine sauce, mashed potato, broccolini, honey-glazed carrots	
DOUBLE PORK CHOP	23
10 oz pork chop, Dijon cream sauce, mashed potato, broccolini, honey-glazed carrots	
NEW YORK STEAK	30
8 oz Angus beef, broccolini, crispy onions, peppercorn jus, mashed potato	
BABY BACK RIBS	26
Danish tender ribs, whisky BBQ sauce, sweet potato fries, home-style coleslaw	
Half rack	19