



THE HAROLD

an american bistro

STARTERS

■ GLUTEN-FREE ● VEGETARIAN

- EAST COAST OYSTERS 15
5 pcs, shucked to order

FRENCH ONION SOUP 14
homemade with vidalia onion,
charred gruyere

CRISPY WILD CALAMARI 21
kim chee, grilled scallions,
sweet thai chili sauce

- MIXED GREENS SALAD 10
baby greens, cucumbers, tomatoes
carrots, granny smith apple vinaigrette

- CLASSIC MAC & CHEESE 19

LOBSTER MAC & CHEESE 26

aged NY cheddar, gruyere, bechamel sauce,
crispy panko, fresh thyme, fresh chives

- GUACAMOLE 18

ripe avocado, chopped jalapeno,
red onion, cilantro, fresh lime juice,
crispy homemade tortilla chips

- FLIGHT OF DIPS 17

roasted eggplant, tzatziki,
lemon hummus, spicy feta, warm naan

LOBSTER BISQUE 16

creamy homemade bisque
made from freshly roasted lobster

- CHICKEN SKEWERS 18

togarashi rub, black & white sesame,
thai peanut sauce

- BURRATA DI BUFALA 15

heirloom tomato jam, fresh basil,
black garlic sauce, toasted filoni bread

SALADS

+ grilled chicken 5 + shrimp / steak / salmon 8

- HAROLD'S COBB 16

applewood bacon, avocado, quinoa, crumbled blue cheese,
hard boiled egg, blue cheese dressing

CAESAR 14

crispy romaine hearts, homemade garlic croutons,
house caesar dressing

- ● MEDITERRANEAN 16

imported barrel-aged feta, tomatoes, cucumbers,
olives, artichoke hearts, haricot verts,
red peppers, red wine vinaigrette

- QUINOA-FARRO BOWL 15

chopped kale, sunflower seeds, dried cranberries,
shredded veggies, nigella seeds, granny smith apple dressing

SANDWICHES

- SUBSTITUTE GLUTEN-FREE BUN +2

GRILLED CHICKEN AL PESTO 18

smoked mozzarella, beefsteak tomato, upland cress,
basil aioli, onion focaccia, field greens

- THE VEGAN 16

avocado, curried chickpeas, tomato, sprouts,
lemon hummus, 7 grain sliced bread, field greens

STEAK SANDWICH 28

sliced medium-rare flatiron steak, melted gruyere,
sauteéd vidalia onions & shiitake mushrooms,
green peppercorn sauce, french fries

- HAROLD'S AVOCADO TOAST 16 | egg on top +2

sliced avocado, pickled onions, cilantro,
togarashi, multigrain toast

LOBSTER ROLL 32

fresh maine lobster, citrus mayo, brioche bun,
old bay® french fries

SIDES

HAND CUT FRENCH FRIES 6

ROASTED BRUSSEL SPROUTS 8

SWEET POTATO FRIES 6

GRILLED ASPARAGUS 9

TRUFFLE FRIES 8

HALF AVOCADO 6

APPLEWOOD SMOKED BACON 8

BURGERS

- SUBSTITUTE GLUTEN-FREE BUN +2

HOUSE BURGER 26

short rib/brisket blend, applewood smoked bacon,
maple smoked cheddar, caramelized onions, french fries

SALMON BURGER 24

organic atlantic salmon, fire roasted peppers,
chipotle aioli, brioche bun, sweet potato fries

PASTA

- GLUTEN-FREE PASTA AVAILABLE +2

- WILD MUSHROOM PAPPARDELLE 23

fresh shiitake & oyster mushrooms, oven-dried tomatoes,
kale, asparagus, parmigiano, fresh sage, truffle oil

SEAFOOD FETTUCINI 27

sea scallops, rock shrimp, mussels, clams,
bouillabaisse sauce, fresh tarragon

CHICKEN SPAGHETTINI 22

choice of sauce: fresh tomato & basil
or pinenut pesto

MAINS

- CHICKEN PAILLARD 20

grilled chicken breast, arugula, cherry tomato,
shaved fennel, pistachio-basil dressing

FISH TACOS 20

tempura battered boston cod, upland cress, chili ancho
cream, rancho salsa, spanish rice

WILD MUSHROOM SCRAMBLE 17

fresh shiitake & oyster mushrooms, vermont goat cheese

EGG WHITE OMELETTE 19

avocado, applewood smoked bacon, pepperjack,
pico de gallo

- PAN SEARED SALMON 22

organic atlantic salmon, kuromame, haricot verts,
snow peas, yellow squash, ginger sauce

FISH & CHIPS 24

tempura beer battered boston cod, crushed peas,
lime tartar sauce, french fries

- FILET MIGNON 35

8oz filet mignon, roasted brussel sprouts,
whipped potatoes, homemade worcestershire sauce

WE SUPPORT LOCAL, NATURAL, SUSTAINABLE & ORGANIC PRACTICES WHENEVER POSSIBLE • Please let your server know of any allergies as not all ingredients are listed on the menu •
18% Gratuity will be added to any parties of 5 or more. Consuming raw or undercooked meats, poultry, seafood or shellfish may increase your risk of foodborne illnesses.

LUNCH