



# THE HAROLD

an american bistro

## STARTERS

■ GLUTEN-FREE ● VEGETARIAN

- EAST COAST OYSTERS 12  
5 pcs, shucked to order

FRENCH ONION SOUP 10  
homemade with vidalia onion,  
charred gruyere

CRISPY WILD CALAMARI 14  
kim chee, grilled scallions,  
sweet thai chili sauce

- MIXED GREENS SALAD 8  
baby greens, cucumbers, tomatoes  
carrots, granny smith apple vinaigrette

- CLASSIC MAC & CHEESE 16

LOBSTER MAC & CHEESE 23

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

- GUACAMOLE 14

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

- FLIGHT OF DIPS 12

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

LOBSTER BISQUE 12

creamy homemade bisque  
made from freshly roasted lobster

- CHICKEN SKEWERS 14

togarashi rub, black & white sesame,  
thai peanut sauce

- BURRATA DI BUFALA 13

heirloom tomato jam, fresh basil,  
black garlic sauce, sesame flatbread

## SALADS

+ grilled chicken 4 + shrimp / steak / salmon 6

- HAROLD'S COBB 14

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

CAESAR 12

crispy romaine hearts, homemade garlic croutons,  
house caesar dressing

- ● MEDITERRANEAN 14

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

- QUINOA-FARRO BOWL 13

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

## SANDWICHES

- SUBSTITUTE GLUTEN-FREE BUN +2

GRILLED CHICKEN AL PESTO 16

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

- THE VEGAN 15

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

STEAK SANDWICH 21

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

- HAROLD'S AVOCADO TOAST 13 | egg on top +2

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

LOBSTER ROLL 24

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 20

short rib/brisket blend, applewood bacon,  
maple smoked cheddar, caramelized onions,  
hand-cut fries

SALMON BURGER 18

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

## PASTA

- GLUTEN-FREE PASTA AVAILABLE +2

- WILD MUSHROOM PAPPARDELLE 18

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

SEAFOOD FETTUCINI 24

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

CHICKEN SPAGHETTINI 18

choice of sauce: fresh tomato & basil  
or pinenut pesto

## MAINS

- CHICKEN PAILLARD 18

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

FISH TACOS 18

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

WILD MUSHROOM SCRAMBLE 17

fresh shiitake & oyster mushrooms, vermont goat cheese

EGG WHITE OMELETTE 18

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 19

tempura beer battered boston cod, crushed peas,  
lime tartar sauce, crispy fries, malt vinegar

- FILET MIGNON 25

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