



OUR MISSION

We at the Harraseeket Inn believe that organic and naturally raised foods are not only better for the environment, but also taste better. We have spent the past 30 years creating a menu based on this premise. We are now offering both **low glycemic** and **gluten-free** menu items to further support your health without sacrificing the flavor and quality we are known for.

Our goal is to create the best menu using the freshest ingredients from our local farmers. We are happy to customize menu offerings to please your palate. Menu items may change subject to availability. Sometimes nature just doesn't cooperate.

STARTERS

*REAL MAINE CRAB CAKES

Petite Greens and House Made Remoulade...\$12

*WOOD OVEN ROASTED MAINE MUSSELS

Roasted Hazelnut and Garlic Butter
Served with Grilled Bread...\$13

SPINACH-ARTICHOKE AND ASIAGO DIP

Our Original Recipe with House Made Lavash...\$9

*CRISPY CALAMARI

Served with Banana Peppers, Parmesan, Spinach,
and Tossed in Sweet Chili Sauce...\$10
Gluten Free

*SHRIMP COCKTAIL

Four Poached Wild Gulf Shrimp
Served on Petite Greens...\$14
Low Glycemic & Gluten Free

BROAD ARROW TAVERN CHICKEN WINGS

Crispy Natural Wings with Ranch Dressing...\$8/\$14
(Plain, Barbeque, or Buffalo)

TRUFFLED GOAT CHEESE FRITTERS

Served with Arugula and a Balsamic Reduction...\$12

*BACON WRAPPED SCALLOPS

Jumbo Maine Scallops, All Natural Bacon,
and Warm Maple Cream Sauce...\$12
Gluten Free

SALADS

CLASSIC CAESAR

Crisp Romaine, Creamy Caesar Dressing, House Made Croutons,
Parmesan Cheese, and Caper Berries...\$9/\$6 as a demi

GREENS FROM THE FARMS

Local Mixed Greens with an Assortment of Crisp Local Vegetables,
Sunflower Seeds, and Choice of Dressing...\$9/\$6 as a demi
(Honey Balsamic, Blue Cheese, Ranch, or Champagne Vinaigrette)

BIBB AND ARUGULA SALAD

Bibb Lettuce and Arugula with Blueberry Stilton, Almonds,
Red Onions, and Orange White Balsamic Dressing...\$10/\$6 as a demi

WEDGE SALAD

Baby Iceberg Lettuce, Blue Cheese, Bacon, Cherry Tomatoes,
Red Onions, and Blue Cheese Dressing...\$10/\$6 as a demi

TO ANY SALAD...Add Chicken Breast or Steak Tips ...\$7...Salmon...\$12...Shrimp or Lobster...\$14

SOUPS

MAINE LOBSTER STEW (Award Winning)

Low Glycemic & Gluten Free

Cup \$9 Bowl \$16

HARRASEEKET CLAM CHOWDER

FRENCH ONION SOUP

With Grilled Bread and Swiss Cheese

Cup \$6 Bowl \$9

TODAY'S SOUP

Crock \$6

Cup \$6 Bowl \$9

BRICK OVEN PIZZA

A Selection of Hard Woods Fuel Our Oven and Give Each Pizza a Unique Flavor

Small...\$12 Large...\$17 Gluten Free...\$12 (Small Only)

MEAT LOVER'S PIZZA

Sausage, Hamburg, Pepperoni, Bacon,
House Made Tomato Sauce, and a Three Cheese Blend

PEPPERONI

House Made Tomato Sauce and a Three Cheese Blend

PIZZA MARGHERITE

Local Tomatoes, Fresh Mozzarella, and Basil

WILD MUSHROOM

Garlic Oil, Assortment of Marinated Wild Mushrooms,
Rosemary, Parmesan Cheese, and Fresh Herbs

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

SEAFOOD

*STEAMED MAINE LOBSTER

1 ¼ lb. Lobster, Corn on the Cob, and Drawn Butter...**Market Price**
Gluten Free

THE REAL MAINE MEAL

A Cup of our Creamy Lobster Stew, a 6 Inch Lobster Roll, and your choice of a 16 oz. Maine Microbrew Beer...**\$28**
with "The Jumbo" 12 Inch Lobster Roll...**\$37**

*FISH AND CHIPS

Fresh Fried Haddock Served with Fries, Cole Slaw, and Tartar Sauce...**\$18**

CAST IRON SEARED SCALLOPS

Ginger Mashed Sweet Potatoes, Wilted Greens, and Bacon Fig Brown Butter...**\$32**
Gluten Free

*HARRASEEKET SHORE DINNER

A Cup of Clam Chowder, a 1 ¼ lb. Lobster, Mussels, Corn on the Cob, and Drawn Butter...**Market Price**

*BAKED HADDOCK

Gulf of Maine Haddock, Brown Basmati Rice, Wilted Greens, and Herbed Garlic Butter Sauce...**\$20**
Add Crab **\$3**
Gluten Free

WOOD FIRE GRILLED SALMON

Fingerling Potatoes and Sautéed Greens with a Walnut Pesto...**\$27**
Gluten Free

*FRIED MAINE CLAMS

8 oz of Fried Clams with Fries, Cole Slaw, and Tartar Sauce...**Market Price**

MORE ENTREES

BRICK OVEN MAC AND CHEESE

Coastal Cheddar Fondue Finished with Buttered Crumbs...**\$12** with Broccoli...**\$14**
with Smoked Chicken...**\$16** with Maine Lobster...**\$24**

*SPIT ROASTED 1/2 CHICKEN (After 5 pm)

Tavern Mashed Potatoes, Roasted Carrots, and House Made Gravy...**\$20**
Gluten Free Without Gravy

*BRAISED PORK SHANK WITH TOMATO AND LEMON

Braised Carrots, Cippolini Onions, and Crispy Onions...**\$25**

MUSHROOM RAVIOLI

Wild Mushrooms, Madeira Cream Sauce, Spinach, and Parmesan...**\$24**

BBQ PORK ST. LOUIS RIBS

House Made Coleslaw and Brick Oven Baked Beans...**1/2 Rack \$16 / Full \$25**
Gluten Free

*COFFEE AND MOXIE MARINATED BISTRO STEAK

10 oz All Natural Bistro Steak, Tavern Mashed Potatoes, and Roasted Carrots...**\$22**
Gluten Free

*PETITE FILET MIGNON

6oz All Natural Beef Tenderloin, Tavern Mashed Potatoes, Broccoli, and Maple Bacon Onion Marmalade...**\$34**
Gluten Free

*SLOW BRAISED BEEF SHORT RIB

Tavern Mashed Potatoes, Steamed Broccoli, and Red Wine Demi-Glace...**\$22**
Gluten Free

SANDWICHES

*MAINE LOBSTER ROLL

Served Warm with Drawn Butter or Chilled with Mayonnaise
"The Classic" 6 Inch or "Jumbo" 12 Inch Roll...**\$18/\$26**

*FISH TACOS (3)

Blackened, Fried, or Baked Haddock with Shredded Cabbage, Pickled Onions, and Cilantro Lime Aioli...**\$14**

THE CLASSIC REUBEN

House Made Marble Rye, Corned Beef, Morse's Sauerkraut, Remoulade Sauce, and Swiss Cheese...**\$11**

"BUILD YOUR OWN"

For \$1 Choose Your Toppings

*7oz All Natural Pineland Burger...**\$12**
*6 oz Grilled All Natural Chicken Breast...**\$12**
*4oz Fresh Maine Haddock (Baked or Fried)...**\$12**

Spinach	Bacon	Cheese:
Tomato	Jalapenos	American, Swiss,
Roasted Red Pepper	Raw Onions	Cheddar,
Sautéed Mushrooms		Bleu Cheese or
Sautéed Onions		Goat Cheese

All Sandwiches Come with your choice of French Fries, Sweet Potato Fries, or Cole Slaw
Sub Demi Greens, Caesar, Bibb, or Wedge Salad...**\$3**

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

FARM FRESH CONNECTION
Freeport
Produce

WINTER HILL FARM
Freeport
Organic Yogurt, Cheese

HARBOR FISH CO.
Portland
Fresh Seafood

NATIVE MAINE
Westbrook
Produce

STRAWBERRY HILL FARM
Skowhegan, Maine
Maple Syrup

DENNISON'S SEAFOOD
Freeport
Clams

DUCK TRAP FARM
Smoked Wild
Sockeye Salmon
Belfast

OAKHURST DAIRY
Portland
Dairy

BIRDHOUSE FARM
Topsham
Seasonal Produce

LAUGHINSTOCK FARM
Freeport
Vegetables

FAIRWINDS FARM
Topsham
Fruits

AW ALLEN
Farmingdale
Kiln Dried Firewood

PINELAND FARMS
New Gloucester
Cheese

L & P Bisson's
Topsham
Chicken and Pork

BOW STREET MARKET
Freeport
Fresh Meats

FIORE OLIVE OILS
Freeport

PINELAND FARM
New Gloucester
Naturally Raised Beef

RICKER HILL ORCHARD
Turner
Apples

POTTS HARBOR LOBSTER CO.
Harpswell
Fresh Caught Lobster

YORK HILL FARM
New Sharon
Goat Cheese

FREEPORT BREWING CO.
Freeport
Local beer and ale

BOWDEN EGG FARM
Minot
Eggs

WILBURS OF MAINE
Freeport
Specialty Chocolates

CARRABASSETT COFFEE ROASTERS
Kingfield
Organic Fair Trade Coffee

LAUGHING STOCK FARM
Freeport
Organic Greens, Herbs and Vegetables

SIX RIVERS FARM
Bowdoinham
Organic Vegetables

MAINE SHELLFISH COMPANY
Kennebunkport
Seafood