



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.

STARTERS

*REAL MAINE CRAB CAKES

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

MUSHROOM FRIES

With Truffle Aioli....\$10

*SESAME SEARED AHI TUNA

Wasabi Aioli, Teriyaki Dipping Sauce & Won Ton Crisps...\$16

SPINACH-ARTICHOKE AND ASIAGO DIP

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

*SHRIMP COCKTAIL

Four Poached Wild Gulf Shrimp...\$14

Low Glycemic & Gluten Free

CAST IRON HOUSE MADE MEATBALLS

Meatballs with Roasted Tomato Sauce...\$8

*WOOD OVEN ROASTED MAINE MUSSELS

Roasted Hazelnut & Garlic Butter, Grilled Bread....\$12

*FRIED CALAMARI

Tossed in a House Made Sweet & Spicy Sauce with Baby Spinach....\$10

Gluten Free

BROAD ARROW TAVERN CHICKEN WINGS

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

*SEAFOOD SAMPLER

Maine Crab, Lobster & Jumbo Shrimp, House Made Cocktail Sauce and Lemon...\$30

Gluten Free

WOOD GRILLED BRUSCHETTA

Walnut Pesto, Goat Cheese, Roasted Tomato, Balsamic Reduction...\$10

*BACON WRAPPED SCALLOPS

Jumbo Maine Scallops, All Natural Bacon, Warm Maple Cream...\$13

Gluten Free

SALADS

CLASSIC CAESAR

Crisp Romaine, Creamy Caesar Dressing, House Made Croutons, Parmesan Cheese & Caper Berries...\$8/\$5 as a demi

GREENS FROM THE FARMS

An Assortment of Crisp Local Vegetables, Sunflower Seeds,

Choice of Dressing....\$8/\$5 as a demi

(Honey Balsamic, Blue Cheese, Peppercorn Ranch or Champagne Vinaigrette)

TAVERN SEASONAL SALAD

Mixed Greens, Shaved Fennel, Candied Grapefruit Rind,

Toasted Pistachios & Blood Orange Vinaigrette...\$12/\$6 as a demi

WEDGE SALAD

Baby Iceberg Lettuce, Smoked Blue Cheese, Bacon, Cherry Tomatoes,

Red Onions & Blue Cheese Dressing...\$10/\$6 as a demi

SPINACH SALAD

Baby Spinach, Roasted Beets, Goat Cheese, Toasted Almonds & Roasted Shallot Vinaigrette ...\$10/\$6 as a demi

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

SOUPS

MAINE LOBSTER STEW (Award Winning)

Low Glycemic & Gluten Free

Cup \$9

Bowl \$16

HARRASEEKET CLAM CHOWDER

Cup \$6

Bowl \$9

FRENCH ONION SOUP

With Grilled Bread and Swiss Cheese

Crock \$6

TODAY'S SOUP

Cup \$6

Bowl \$9

BRICK OVEN PIZZA

We make our own organic dough daily; a selection of hard woods fuel our oven and give each pizza a unique flavor.

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

ITALIAN SAUSAGE

Chef Troy's Sicilian Sausage, Spicy Tomato Sauce, Roasted Mushrooms, Three Cheese Blend

PIZZA MARGHERITE

Local Tomatoes, Fresh Mozzarella & Basil

SPINACH-ARTICHOKE & TOMATO

Local Spinach, Chopped Artichoke Hearts, Roasted Tomato Spread with Asiago, & Mozzarella

BBQ SHORT RIB PIZZA

Shredded Beef Short Rib, Bacon, BBQ Sauce, Roasted Red Peppers, Red Onions, Cheese and Fresh Herbs

PEPPERONI

House made Tomato Sauce, Three Cheese Blend

WILD MUSHROOM

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

Extra Toppings .50 each

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

SEAFOOD

***STEAMED MAINE LOBSTER**
Corn on the Cob, Drawn Butter...**Market Price**
Gluten Free

THE REAL MAINE MEAL
A Cup of our Creamy Lobster Stew, a
Lobster Roll & Your Choice of a 12 oz. Maine
Microbrew beer...**\$27**
With "The Jumbo" 12 Inch Lobster Roll...**\$36**

***FISH AND CHIPS**
Fresh Fried Haddock Served with
Tartar Sauce & Cole Slaw...**\$17**

***GRILLED MAINE SCALLOPS**
Lemon Risotto, Wilted Greens,
Sweet and Sour Sauce...**\$30**
Gluten Free

***FRIED or STEAMED MAINE CLAMS**
Drawn Butter & Broth, Slaw or Fries...**Market Price**

***HARRASEEKET CLAMBAKE**
A Cup of Clam Chowder,
a 1 ¼ lb. Lobster, Steamed Clams,
Corn on the Cob & Butter...**Market Price**

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

***CEDAR PLANK ROASTED SALMON**
Roasted Potatoes, Braised Bok Choy,
Sesame Dill Rub...**\$25**
Gluten Free

***CAJUN SHRIMP SCAMPI**
Gulf Shrimp, Andouille Sausage, Roasted Tomatoes,
Red Pepper, Red Onion, Herb Garlic Butter,
White Wine, Served over Basmati Rice...**\$26**

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.
Harpwell
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

MORE ENTREES

BBQ PORK ST. LOUIS RIBS
Fresh Cornbread Muffin, House Made Coleslaw
Brick Oven Baked Beans...1/2 Rack **\$16/Full \$25**
Gluten Free Without Cornbread

BRICK OVEN MAC AND CHEESE
Coastal Cheddar Mornay Finished with
Buttered Crumbs...**\$12** with Broccoli...**\$14**
with Smoked Chicken...**\$16** with Maine Lobster...**\$24**

***CHICKEN POT PIE**
All Natural Chicken with
Flaky Crust & Cranberry...**\$15**

***SPIT ROASTED 1/2 CHICKEN (After 5 pm)**
Tavern Mashed Potatoes, Cranberry Sauce,
Broccoli, House Made Gravy...**\$20**
Gluten Free Without Gravy

***SPIT ROASTED PORK LOIN**
Roasted Potatoes, Roasted Baby Carrots,
Coffee Barbeque Sauce ...**\$18**
Gluten Free

EGGPLANT NAPOLEAN
Fried Eggplant, Fresh Mozzarella, House Made
Tomato Sauce, Fresh Basil, Rosemary Sprig,
Lemon Risotto...**\$16**
Gluten Free

***PUB STEAK**
Tavern Mashed Potatoes, Steamed Broccoli,
Roasted Red Pepper Relish...**\$24**
Gluten Free

***PETIT FILET MIGNON**
6oz All Natural Tenderloin of Beef,
Tavern Mashed Potatoes, Roasted Carrots,
Peppercorn Cognac Sauce...**\$30**
Gluten Free

***SLOW BRAISED BEEF SHORT RIB**
Tavern Mashed Potatoes, Steamed Broccoli,
Red Wine Demi-Glace...**\$20**
Gluten Free

***WOOD FIRE OVEN ROASTED
DUCK BREAST**
Brown Basmati Rice, Steamed Broccoli,
Blackberry Glaze...**\$22**
Gluten Free

LAMB SHANK
Lemon Risotto, Roasted Brussels Sprouts,
Crushed Pistachios...**\$24**
HOUSE MADE SAUSAGE DINNER
Tavern Mashed Potatoes, Brussels' Sprouts,
Guinness Gravy...**\$18**

SANDWICHES

***MAINE LOBSTER ROLL**
Hot or Cold...Small or Large...Dressed or Undressed
"The Classic" 6 Inch Roll or "Jumbo" 12...**\$18/\$26**

***FISH TACOS (3)**
Fried, Blackened or Baked Haddock, Shredded
Cabbage, Pickled Onions & Cilantro Lime Aioli...**\$14**

***MAINE LOBSTER BLT**
Natural Bacon, Hand Picked Lobster,
Bibb Lettuce...**\$16**

***HOUSE MADE MEATBALL SUB**
Meatballs, Tomato Sauce, Fresh Mozzarella...**\$12**

***BLACKENED HADDOCK**
Spicy Gulf of Maine Haddock, Bulky Roll, Pickle,
Bibb Lettuce, Tomatoes & Remoulade Sauce...**\$12**

THE CLASSIC REUBEN
House Made Marble Rye, Corned Beef, Morse's
Sauerkraut, Swiss Cheese...**\$11**

SEASONAL WRAP
House Made Hummus, Red Onions, Spinach,
Sweet Red Peppers, Champagne Vinaigrette...**\$10**

"BUILD YOUR OWN" BROAD ARROW BURGER

*8oz All Natural Pineland Burger...**\$12**
Grilled All Natural Chicken Breast...**\$12**

*Fresh Maine Haddock (Baked or Fried)...**\$12**

For \$1 Choose Your Toppings

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

All Sandwiches Come With Fries or Cole Slaw, sub Demi Green Salad for Fries...**\$2**

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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