



THE **HARMONY** HOTEL

# LUNCH MENU

## APPETIZERS AND SALADS

### **CEVICHE**

'FISH OF THE DAY' AVOCADO AND CILANTRO  
SERVED WITH HOMEMADE YUCCA CHIPS

### **GUACAMOLE**

SERVED WITH HOMEMADE TORTILLA CHIPS

### **HUMMUS**

SERVED WITH PITA BREAD AND PICKLE VEGETABLES

### **PALMITO SALAD**

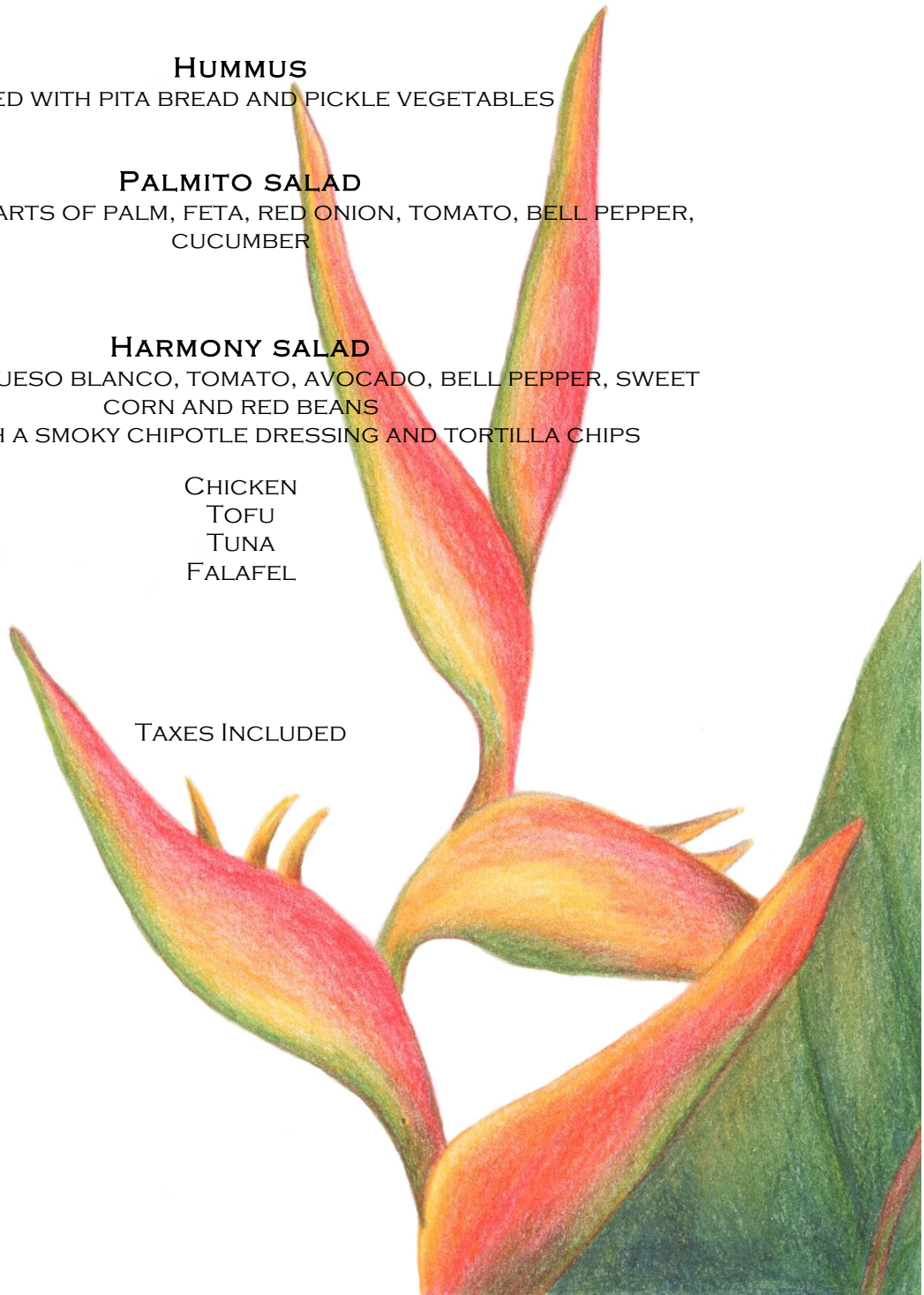
COSTA RICAN HEARTS OF PALM, FETA, RED ONION, TOMATO, BELL PEPPER,  
CUCUMBER

### **HARMONY SALAD**

MIXED GREENS, QUESO BLANCO, TOMATO, AVOCADO, BELL PEPPER, SWEET  
CORN AND RED BEANS  
SERVED WITH A SMOKY CHIPOTLE DRESSING AND TORTILLA CHIPS

CHICKEN  
TOFU  
TUNA  
FALAFEL

TAXES INCLUDED





THE **HARMONY** HOTEL

## LUNCH MENU

### MAINS

#### **COSTA RICAN CASADO**

YOUR CHOICE OF CHICKEN, FISH OF THE DAY, TUNA, WITH WHITE RICE, BLACK BEANS, TICO SLAW AND SWEET PLANTAINS

#### **SOFT TICO TACO**

GRILLED CHICKEN OR FISH, CARAMELIZED ONION, BELL PEPPER ON A HOMEMADE CORN TORTILLA SERVED WITH GUACAMOLE AND SMOKY CHIPOTLE SALSA

#### **TICO WRAP**

GRILLED CHICKEN OR FISH, BLACK BEAN HUMMUS, AVOCADO, PLANTAINS, FARMER'S CHEESE (FOR CHICKEN OPTION) AND PICO DE GALLO

#### **QUESADILLA**

GRILLED FISH OR CHICKEN, BLACK BEAN HUMMUS AND CHEESE IN A WHEAT TORTILLA SERVED WITH PICO DE GALLO, GUACAMOLE, SOUR CREAM

#### **GIOVANNI'S SHRIMP TRUCK STYLE SCAMPI**

FRESH PACIFIC SHRIMP SAUTÉED IN OLIVE OIL WITH LOTS OF GARLIC SERVED ON SHORT-GRAIN RICE AND TOPPED WITH FRESH BASIL

#### **STUFFED PITA BREAD**

CHOICE OF FISH OF THE DAY, TUNA OR CHICKEN, WITH AVOCADO, TOMATO, LETTUCE, HORSERADISH AND GARLIC YOGURT DRESSING, SERVED WITH GARDEN SALAD

#### **VEGGIE PITA BREAD**

YOUR CHOICE OF TOFU OR FALAFEL, WITH FETA, AVOCADO, TOMATO, HORSERADISH, LETTUCE AND MINT YOGURT DRESSING, SERVED WITH GARDEN SALAD

#### **GRILLED CHICKEN SANDWICH**

GRILLED CHICKEN, AVOCADO, CILANTRO AND SCOTCH BONNET PEPPER MAYO SERVED WITH YUCCA CHIPS AND GREEN SALAD

#### **TUNA SANDWICH**

SEARED FRESH TUNA WITH GINGER AND LEMON MAYONNAISE, SERVED WITH YUCCA CHIPS AND GREEN SALAD

TAXES INCLUDED

