



THE HARMONY HOTEL

BREAKFAST MENU

SAVORY

Guiones Breakfast | \$10

Eggs any style, camote, sautéed kale and tomatoes

Quinoa Biscuit | \$10

Eggs scrambled with spinach and mushrooms, served with butter and local jam

Harmony Breakfast | \$14

Eggs any style, black bean hummus, avocado, cheddar cheese, corn tortilla, chipotle salsa fresca

Tico Breakfast | \$10

Eggs any style, gallo pinto, avocado, sour cream, corn tortilla

Breakfast Wrap | \$10

Scrambled eggs, avocado, cheddar cheese, mixed greens, pico de gallo

Avocado Toast | \$12

Multi-grain bread, avocado, olive oil, red pepper flakes
+ Two eggs | \$12

Tico Poached Eggs | \$10

Whole wheat toast, steamed kale, avocado, tomatoes, dill

Tomato Herb Frittata | \$12

Cherry tomatoes, scallions, mixed greens, whole grain toast

BREAKFAST BOWLS

Super Soul Bowl | \$8

Banana spirulina smoothie, mixed nuts, cacao nibs, mint

Kids Portion | \$6

Hemp Seed Porridge | \$10

Coconut water, raisins, coconut flakes, local honey

Kids Portion | \$6

Oatmeal Porridge | \$6

Served with banana, raisins, milk or soy milk

Kids Portion | \$4

SWEET

Passion Fruit French Toast | \$12

House made brioche, almond butter, basil honey

Kids Portion | \$6

Pancakes | \$9

Whole wheat & corn flour pancakes, banana, local honey

Kids Portion | \$5

Complimentary breakfast for hotel guests includes one menu item with coffee or tea, fresh squeezed juice, and fruit plate.

LUNCH MENU

APPETIZERS

Smoked Eggplant | \$12

Served with chapati

Ceviche | \$15

Fish of the day, lime, onion, cilantro, serrano pepper, with steamed yucca sticks

Guacamole | \$12

Served with homemade plain or fried tortilla chips

Huerta Salad | \$15

Mixed greens, grilled lettuce, spicy carrots, dried kale, mixed nuts, pickled lemon

Hummus | \$9

Served with homemade crackers & pickled vegetables

Harmony Salad | \$15

Mixed greens, cherry tomatoes, avocado, onions, cucumber, quinoa, with peanut butter vinaigrette

White Bean Escabeche | \$8

Celery, purple onions, orange, radish, pink peppercorns

+ Tofu or Falafel | \$3

+ Chicken | \$5

+ Fish | \$7

+ Shrimp | \$10

BOWLS

+ Tofu or Falafel | \$3, + Chicken | \$5, + Fish | \$7, + Shrimp | \$10

Grain Bowl | \$14

Kale, avocado, roasted squash, seaweed, pickled onions, fermented lemon spread, sesame seeds

Soba Noodle Stir-Fry | \$14

Huerta veggies, sesame seeds, ginger soy sauce

Prices include 10% service charge & 13% sales taxes

MAINS

Soft Tico Taco

Cabbage, onions, cherry tomatoes, bell peppers, flour tortilla, guacamole, carrot salsa

Chicken | \$14

Fish of the day | \$20

Costa Rican Casado

Brown or white rice, black beans, tico slaw, sweet plantains, traditional fried 'queso blanco'

Chicken | \$18

Fish of the day | \$23

Casado Wrap | \$17

Chicken or fish, served with organic brown rice, black beans, avocado, turrialba cheese, platano, pico de gallo

Fish of the Day Poke | \$15

Steamed rice, seaweed, cucumber, cherry tomatoes, radish, pickled purple onions, sesame seeds

Smoked Pulled Chicken Sandwich | \$16

Avocado, tomato, tico slaw, arugula, cherry tomatoes, mini baguette

Traditional Costa Rican 'Arroz Con Pollo' | \$14

Shredded chicken, white or brown rice, fried 'patacones', refried beans

Stuffed Pita Sandwich

Avocado, tomato, mixed greens, roasted garlic dressing

Falafel or tofu | \$13

Chicken | \$15

Fish of the day | \$19

Vegetarian Green Curry

Eggplant, bell peppers, coconut milk, spicy thai curry sauce, cauliflower rice

Tofu | \$18

Chicken | \$23

Fish of the day | \$28

Fish Of The Day Burger | \$18

Diced fish, mango and avocado salsa, yucca sticks, arugula and tomato salad

Encrusted Tofu | \$18

Coriander seeds, sesame seeds, jasmine rice, spinach, pistachios

Quesadilla | \$12

Served with guacamole and pico de gallo

+ Chicken | \$5

+ Fish of the day | \$7

Giovanni's Truck Style Scampi

Extra virgin olive oil, garlic, thai basil, short-grain rice

Chicken | \$22

Fish of the day | \$25

Shrimp | \$30

DINNER MENU

APPETIZERS

Grilled Veggie Platter | \$8

Fresh herbs, balsamic vinaigrette

Ceviche | \$15

Lime, onion, cilantro, serrano pepper,
with steamed yucca

Mixed Platter | \$10

Guacamole, hummus, pico de gallo, with
homemade tortilla chips

Coconut Fish Soup | \$16

Lemongrass, turmeric, ginger, coconut
chips, basil

White Bean Escabeche | \$8

Celery, purple onions, orange, radish,
with steamed yucca

Harmony Salad | \$15

Mixed greens, cherry tomatoes, avocado,
cucumber, onions, quinoa, with peanut
butter vinaigrette

Buffalo Mozzarella & Tomato | \$10

Topped with fresh herbs & extra virgin
olive oil

+ Tofu or Falafel | \$3

+ Chicken | \$5

+ Fish | \$7

+ Shrimp | \$10

Crudo | \$14

Fish of the day, wakame, radish,
scallion, tentsuyu

BOWLS

+ Tofu or Falafel | \$3, + Chicken | \$5, + Fish | \$7, + Shrimp | \$10

Grain Bowl | \$14

Kale, avocado, roasted squash, seaweed, pickled
onions, fermented lemon spread, sesame seeds

Soba Noodle Stir-Fry | \$14

Huerta veggies, sesame seeds, ginger
soy sauce

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MAINS

Gnocchi | \$22

Edamame, parsley, mint, fennel,
lemon butter

Mixed Veggie Risotto | \$18

Zucchini, bell peppers, cherry tomatoes,
onions, herbs

Whole Wheat Penne | \$18

Bell pepper spicy ragu

Spaghetti | \$22

Buffalo mozzarella, tomatoes, garlic, basil

Huerta Noodles | \$20

Squash, carrots, cherry tomatoes,
pesto, herbs

Encrusted Tofu | \$18

Coriander seeds, sesame seeds, jasmine
rice, spinach

Costa Rican Casado

Brown or white rice, black beans, tico
slaw, sweet plantains, traditional fried
'queso blanco'

Chicken | \$18

Fish | \$23

Vegetarian Green Curry

Eggplant, bell peppers, coconut milk, spicy
thai curry sauce, cauliflower rice

Tofu | \$18

Chicken | \$23

Fish of the day | \$28

Fish of the Day Poke | \$15

Steamed rice, seaweed, cucumber, cherry
tomatoes, radish, pickled purple onions,
sesame seeds

Giovanni's Truck Style Scampi

Extra virgin olive oil, garlic, thai basil,
short-grain rice

Chicken | \$22

Fish of the day | \$25

Shrimp | \$30

CATCH OF THE DAY | \$28

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In partnership with the international **Dock to Dish** program, our fish for this plate is pulled in daily from nearby waters by local watermen. Served with a local corn mash and our huerta turmeric sauce.

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SUSHI

MAKI

Nosara | \$15
Tempura shrimp, scallion,
avocado, cucumber

Arugula Avocado | \$12
Garden arugula, avocado,
sesame seeds

Smokey Veggie Tempura | \$12
Avocado, scallion, red pepper, ginger,
ponzu sauce

Spicy Raw Vegetable | \$10
Chayote, mango, avocado, arugula,
yellow ahi aioli

Smokey Tempura | \$14
Fish of the day, avocado, scallion, red
pepper, chipotle mayo

SPECIALTIES

Sunomono Salad | \$15
Cucumber, wakame, shrimp, fish,
sesame soy dressing

Vegetable Gyoza | \$10
Japanese style dumplings
Shrimp | \$16

Summer Rolls | \$10
Carrot, cucumber, chayote, white
turnip, lettuce, cashews, wakame,
spicy peanut sauce
Shrimp | \$16

HAKO SUSHI

Traditional Box Style Sushi

Bell pepper & scallions | \$10

Fish of the day | \$12

Shrimp & wasabi | \$16

KIDS

Kids Casado | \$12

Chicken breast or Fish of the day, black beans, rice, broccoli

Peanut Butter & Blackberry

Jelly Sandwich | \$8

Served with seasonal fruits

Cheddar Cheese Sandwich | \$9

Served with veggie sticks

Pasta Twists with Butter | \$9

Parmesan cheese or cherry tomato and fresh basil

Mac & Cheese Gratin | \$11

Served with steamed broccoli

Chicken Fingers | \$10

Served with veggie sticks

Fish Fingers | \$12

Served with veggie sticks

DRINKS

Smoothies | \$5

Made with coconut water

Mango, cucumber & cilantro

Tamarind, lime & ginger

Banana, pineapple & orange

Pineapple, basil & ginger

Coconut, avocado & banana

Papaya, vanilla & soymilk

Fizzers | \$4

Passion fruit & mint

Blackberry & basil

Watermelon & ginger

Milkshakes | \$7

Chocolate & coconut

Blackberry & figs

Banana & mango

Coffee & cinnamon

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THE HARMONY HOTEL

DESSERT MENU

SWEETS

Mixed Nut Pie | \$9
Vanilla ice cream

Chocolate & Coffee
Flourless Cake | \$8
Vanilla ice cream, coffee nibs

Passion Fruit Cheesecake | \$8
Brown sugar, passion fruit sauce

Banofie Pie | \$8
Whipped cream, bananas

Tropical Fruit Salad | \$4

COFFEE

Espresso | \$3

Cortado | \$3

Macchiato | \$3

Latte | \$4

Mocha | \$4

Mochachino | \$4

Cappuccino | \$4

Iced Cappuccino | \$5

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THE HARMONY HOTEL

COCKTAIL MENU

Piña Colada | \$8

Dark rum, coconut, pineapple juice

Mojito | \$10

Dark rum, mint

Planters Punch | \$10

Rum, orange liquor, lime juice, orange juice

Mai Tai | \$12

Rum, amaretto, orange liquor, lime juice

Caipirinha | \$8

Cachaça, lime juice

Guaro Sour | \$8

Cacique, lime juice

Tropical Sangria | \$10

Red wine, coconut liquor, orange, pineapple, lime juice

Purple Gecko | \$10

Tequila, blue curacao, cranberry juice

Magnolia | \$12

Bourbon, Grand Marnier, passion fruit

Long Island Iced Tea | \$12

Mixed liquors, lime juice, black tea

Cosmopolitan | \$10

Vodka, orange liquor, cranberry juice

Bloody Mary | \$10

Vodka, tomato juice, spices

Lemon Drop | \$12

Citron, orange liquor, lime juice

Margarita | \$8

Tequila, orange liquor, lime juice

Mango | \$10

Watermelon | \$10

Gold | \$18

Daiquiri | \$10

Rum, orange liquor, lime juice

Banana

Blackberry

Mango

Passion fruit

Ginger Vodka Cocktails

Homegrown ginger & vodka

infusion with:

Tonic | \$8

Tamarind & honey | \$10

Watermelon & honey | \$12

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THE HARMONY HOTEL

WINE MENU

CHAMPAGNE / SPARKLING

Bollinger | \$150
Special Cuvée, Champagne, France

Medanos | \$50
Mendoza, Argentina (Organic)

WHITE

Pinot Grigio
Callia Alta, San Juan, Argentina
Glass | \$8
Bottle | \$38

Torrontés | \$42
Santa Irene, Mendoza, Argentina (Organic)

Sauvignon Blanc | \$45
Portillo, Mendoza, Argentina (Sustainable)

Chardonnay
D'Alamel by Lapostolle, Valle Central, Chile (Organic)
Glass | \$10
Bottle | \$48

Viognier | \$49
Altas Cumbres, Mendoza, Argentina

Sauvignon Blanc
Lapostolle Casa, Valle del Rapel, Chile (Organic & Biodynamic)
Glass | \$12
Bottle | \$58

Chardonnay | \$75
Lapostolle Cuvée Alexandre, Valle de Casa Blanca, Chile (Organic & Biodynamic)

Chardonnay | \$80
Alma Fria, Plural Sonoma Coast, 2014 (Only 8 barrels produced)

ROSÉ

Rosé of Malbec
Crios de Susana Balbo, Mendoza, Argentina
Glass | \$10
Bottle | \$48

RED

Cabernet Sauvignon
Santa Irene, Mendoza, Argentina (Organic)
Glass | \$8
Bottle | \$48

Malbec | \$45
Portillo, Mendoza, Argentina (Sustainable)

Pinot Noir
Newen, Patagonia, Argentina
Glass | \$10
Bottle | \$48

Carmenère | \$48
D'Alamel by Lapostolle, Valle Central, Chile (Organic)

Merlot | \$48
Newen, Patagonia, Argentina

Merlot
Lapostolle Casa, Valle del Rapel, Chile (Organic & Biodynamic)
Glass | \$8
Bottle | \$48

Cabernet Sauvignon | \$63
Tomero, Mendoza, Argentina

Malbec | \$89
Benmarco, Mendoza, Argentina

Pinot Noir | \$80
Alma Fria, Plural Sonoma Coast, 2013 (Only 14 barrels produced)