



# THE HARMONY HOTEL

## BREAKFAST MENU

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### SAVORY

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**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

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### 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

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### 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

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## APPETIZERS

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**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

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+ 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

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### 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

*Prices include 10% service charge & 13% sales taxes*

# DINNER MENU

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## APPETIZERS

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**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

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+ 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

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### 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

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### 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

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**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

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**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

*Prices include 10% service charge & 13% sales taxes*



# THE HARMONY HOTEL

## DESSERT MENU

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### SWEETS

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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

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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

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**Harmony Spritz** | \$10

Aperol, cava, sparkling water,  
starfruit

**Mezcal Negroni** | \$12

Mezcal, Campari, vermouth  
rosso

**Rum Old Fashioned** | \$14

Zacapa 12 year, bitters, cane  
sugar, citrus zest

**Paloma** | \$12

Tequila, fresh grapefruit juice,  
Harmony spicy salt mix

**Mojito** | \$10

Dark rum, mint

**Caipirinha** | \$8

Cachaça, lime juice

**Guaro Sour** | \$8

Cacique, lime juice

**Bloody Mary** | \$8

Vodka, tomato juice, spices

**Gin and Tonic** | \$12

Blackberry thyme  
Watermelon cucumber  
Seasonal fruit

**Margarita** | \$8

Tequila, orange liquor, lime juice  
Mango | \$10  
Watermelon | \$10  
Gold | \$18

**Vaquero** | \$10

Rum, tamarind vinegar, mango,  
chile, cinnamon

**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

**Tropical Sangria** | \$10

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

### MOCKTAILS

**Soda Michelada** | \$4.50

Salt rim, lime, sparkling water

**Mimosa** | \$5

Seasonal kombucha with fresh  
squeezed orange juice

**Bloody Mary** | \$8

Tomato juice, spices  
Add super foods | \$2  
+ Spirulina  
+ Tumeric shot  
+ Ginger shot



# THE HARMONY HOTEL

## WINE MENU

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### CHAMPAGNE / SPARKLING

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**Bollinger** | \$150  
*Special Cuvée, Champagne, France*

**Medanos** | \$50  
*Mendoza, Argentina (Organic)*

### WHITE

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**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

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

### RED

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**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)*