



THE HARMONY HOTEL

BREAKFAST MENU

SAVORY

Guiones Breakfast | \$10

Eggs any style with camote, tomatoes, and sautéed kale

Harmony Breakfast | \$14

Eggs any style on a corn tortilla with black bean hummus, avocado, cheddar cheese, and chipotle salsa fresca

Tico Breakfast | \$10

Eggs any style on a corn tortilla with gallo pinto, avocado, and sour cream

Breakfast Wrap | \$10

Scrambled eggs, avocado, and cheddar cheese in a flour tortilla, with mixed greens and pico de gallo

Avocado Toast | \$12

Mashed avocado on whole wheat toast with olive oil and smoked pepper flakes

Tico Poached Eggs | \$10

Served on whole wheat toast with steamed kale, avocado, tomatoes, and dill

Tomato Herb Frittata | \$12

With mixed greens and whole wheat toast

Scrambled Egg Sandwich | \$10

On whole wheat bread, served with arugula, cherry tomatoes, and sriracha

BREAKFAST BOWLS

Spirulina Soul Bowl | \$8

With mixed nuts, cacao nibs, and mint

Hemp Seed Porridge | \$10

With raisins, coconut flakes, and local honey

Oatmeal | \$6

With banana, raisins, and milk or soy milk

Yogurt and Granola | \$9

Served with seasonal fruit

SWEET

Passion Fruit French Toast | \$12

Made with our homemade brioche and served with local honey

Pancakes | \$9

Homemade whole wheat & corn flour pancakes served with bananas and local honey

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

Prices include 10% service charge & 13% sales taxes

LUNCH MENU

APPETIZERS

Roasted Eggplant | \$12
With sautéed tomatoes, garlic, and chapati flat bread

Lemongrass Rice Noodles | \$8
Served in a chilled spicy broth

Fish Cakes | \$10
Fish of the day with huerta herbs and chipotle aioli

Grilled Veggie Platter | \$8
With fresh herbs and balsamic vinaigrette

Guacamole | \$12
Served with homemade tortilla chips

Hummus | \$9
Served with carrots, cucumbers, and homemade whole wheat crackers

CEVICHEs

Traditional | \$15
Fish of the day in a classic ceviche preparation, served with fried yuca

Coconut | \$15
Fish of the day with steamed coconut milk and uchuva

Spicy | \$15
Jalapeño spiced fish of the day

Vegetarian | \$8
White beans, celery, and radish served in a ceviche style

SALADS

+ Tofu or Falafel | \$3, + Chicken | \$5, + Fish | \$10, + Shrimp | \$15

Huerta Salad | \$15
Mixed greens, grilled lettuce, spicy carrots, dried kale, mixed nuts, and pickled lemon

Sweet Potato Salad | \$12
Mixed greens, cherry tomatoes, and parmesan, served with turmeric vinaigrette

Grain Bowl | \$14
Wild rice, farro, kale, and roasted squash, served with nut butter vinaigrette

Harmony Salad | \$15
Mixed greens, cherry tomatoes, avocado, onions, cucumber, and quinoa, served with nut butter vinaigrette

Prices include 10% service charge & 13% sales taxes

SUSHI

MAKI ROLLS

- Nosara | \$15**
Tempura shrimp, scallion, avocado, and cucumber
- Arugula Avocado | \$12**
Garden arugula, avocado, and sesame seeds
- Smokey Veggie Tempura | \$12**
Avocado, scallion, red pepper, ginger, and ponzu sauce
- Spicy Raw Vegetable | \$10**
Chayote, mango, avocado, and arugula, served with yellow ahi aioli
- Smokey Tempura | \$14**
Fish of the day, avocado, scallion, and red pepper, served with chipotle mayo

HAKO SUSHI

- Hako is a traditional style of Sushi unique to the Osaka region of Japan. The rice and fish are pressed together into a block shape using a small wooden box.
- Bell pepper & scallions | \$10
Fish of the day | \$12
Shrimp & wasabi | \$16

SPECIALTIES

- Sunomono Salad | \$15**
Shrimp, fish, cucumber, wakame, and sesame soy dressing
- Ohitashi | \$6**
Cold sesame spinach salad
- Gyoza | \$10 / \$16**
Vegetable or shrimp dumplings
- Summer Rolls | \$10**
Carrot, cucumber, chayote, white turnip, lettuce, cashews, and wakame in rice paper, served with spicy peanut sauce
- Yakitori Pinchos | \$9**
Chicken or fish of the day skewers with teriyaki sauce
- Zaru Soba | \$8**
Traditional cold Soba noodles with kombu dipping sauce, scallions, radish, and nori
- Fish of the Day Poke | \$15**
Steamed rice, seaweed, cucumber, cherry tomatoes, radish, pickled purple onions, and sesame seeds
- Fish of the Day Tataki | \$14**
With wakame, radish, scallion, and tentsuyu sauce

MAINS

Giovanni's Truck Scampi

Served with sautéed garlic, thai basil, and sushi rice

Chicken | \$20

Fish of the day | \$25

Shrimp | \$30

Soft Tico Taco

Served on a corn tortilla with cabbage salad, guacamole, and carrot salsa

Chicken | \$14

Fish of the day | \$20

Casado Wrap | \$17

Chicken or fish with organic brown rice, black beans, avocado, Turrialba cheese, plátano, and pico de gallo in a flour tortilla

Smoked Pulled Chicken Sandwich | \$16

Chicken, avocado, tomato, and tico slaw on homemade brioche, with arugula and cherry tomato salad

Stuffed Pita Sandwich

With avocado, tomato and mixed greens, served with tahini dressing

Falafel | \$13

Chicken | \$15

Fish of the day | \$19

Caribbean Rice & Beans

With sweet plantains and cabbage salad

Chicken | \$18

Fish of the day | \$22

Fish Of The Day Burger | \$18

With mango and avocado salsa on homemade brioche, yuca sticks, and arugula and cherry tomato salad

Costa Rican Casado

Organic brown or white rice, black beans, tico slaw, plátano, and Turrialba cheese

Chicken | \$18

Fish of the day | \$23

Costa Rican 'Arroz Con Pollo' | \$14

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

Green Curry | \$18

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

Add Chicken | \$5

Add Fish of the day | \$10

Coriander Encrusted Tofu | \$18

With jasmine rice, spinach, and sesame seeds

Quesadilla | \$12

Served with guacamole and pico de gallo

Add Chicken | \$5

Add Fish of the day | \$7

Pan Fried Soba Noodles | \$14

Huerta veggies, sesame seeds, and ginger soy sauce

KIDS

Kids Casado | \$12

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

Peanut Butter and Blackberry Jelly Sandwich | \$8

Served with seasonal fruits

Cheddar Cheese Sandwich | \$9

Served with veggie sticks

Mac & Cheese Gratin | \$11

Served with steamed broccoli

Pasta Twists with Butter | \$9

Parmesan cheese or cherry tomato and fresh basil

Fish Fingers | \$12

Served with veggie sticks

Chicken Fingers | \$10

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

Prices include 10% service charge & 13% sales taxes

DINNER MENU

APPETIZERS

Roasted Eggplant | \$12
With sautéed tomatoes, garlic, and chapati flat bread

Lemongrass Rice Noodles | \$8
Served in a chilled spicy broth

Fish Cakes | \$10
Fish of the day with huerta herbs and chipotle aioli

Mixed Platter | \$10
Guacamole, hummus, pico de gallo, served with homemade tortilla chips

Grilled Veggie Platter | \$8
With fresh herbs and balsamic vinaigrette

Coconut Soup | \$16
Fish of the day, lemongrass, turmeric, and ginger

CEVICHE

Traditional | \$15
Fish of the day in a classic ceviche preparation, served with fried yuca

Coconut | \$15
Fish of the day with steamed coconut milk and uchuva

Spicy | \$15
Jalapeño spiced fish of the day

Vegetarian | \$8
White beans, celery, and radish served in a ceviche style

SALADS

+ Tofu or Falafel | \$3, + Chicken | \$5, + Fish | \$10, + Shrimp | \$15

Buffalo Mozzarella & Tomato | \$10
With fresh herbs and extra virgin olive oil

Huerta Salad | \$15
Mixed greens, grilled lettuce, spicy carrots, dried kale, mixed nuts, and pickled lemon

Grain Bowl | \$14
Wild rice, farro, kale, and roasted squash, served with nut butter vinaigrette

Sweet Potato Salad | \$12
Mixed greens, cherry tomatoes, and parmesan, served with turmeric vinaigrette

Harmony Salad | \$15
Mixed greens, cherry tomatoes, avocado, onions, cucumber, and quinoa, served with nut butter vinaigrette

Prices include 10% service charge & 13% sales taxes

SUSHI

MAKI ROLLS

- Nosara | \$15**
Tempura shrimp, scallion, avocado, and cucumber
- Arugula Avocado | \$12**
Garden arugula, avocado, and sesame seeds
- Smokey Veggie Tempura | \$12**
Avocado, scallion, red pepper, ginger, and ponzu sauce
- Spicy Raw Vegetable | \$10**
Chayote, mango, avocado, and arugula, served with yellow ahi aioli
- Smokey Tempura | \$14**
Fish of the day, avocado, scallion, and red pepper, served with chipotle mayo

HAKO SUSHI

- Hako is a traditional style of Sushi unique to the Osaka region of Japan. The rice and fish are pressed together into a block shape using a small wooden box.
- Bell pepper & scallions | \$10
Fish of the day | \$12
Shrimp & wasabi | \$16

SPECIALTIES

- Sunomono Salad | \$15**
Shrimp, fish, cucumber, wakame, and sesame soy dressing
- Ohitashi | \$6**
Cold sesame spinach salad
- Gyoza | \$10 / \$16**
Vegetable or shrimp dumplings
- Summer Rolls | \$10**
Carrot, cucumber, chayote, white turnip, lettuce, cashews, and wakame in rice paper, served with spicy peanut sauce
- Yakitori Pinchos | \$9**
Chicken or fish of the day skewers with teriyaki sauce
- Zaru Soba | \$8**
Traditional cold Soba noodles with kombu dipping sauce, scallions, radish, and nori
- Fish of the Day Poke | \$15**
Steamed rice, seaweed, cucumber, cherry tomatoes, radish, pickled purple onions, and sesame seeds
- Fish of the Day Tataki | \$14**
With wakame, radish, scallion, and tentsuyu sauce

MAINS

Pesca del Día | Market Price

Our special Dock To Dish fish of the day is served with turmeric salsa fresca and a seasonal root vegetable mashed with coconut milk.

We work with the international Dock To Dish program to source this fish from local independent fishermen. Using small scale, cast line fishing techniques, they pull in their catch late at night from small boats known as pangas before heading back to the beach at sunrise. If their catch is not available, we use responsibly caught fish from the Nicoya Peninsula region.

Giovanni's Truck Scampi

Served with sautéed garlic, thai basil, and sushi rice

Chicken | \$20

Fish of the day | \$25

Shrimp | \$30

Homemade Gnocchi | \$22

Parsley, mint, fennel, and lemon butter

Huerta Pasta | \$20

Squash and carrot noodles with cherry tomatoes, pesto, and parmesan

Mixed Veggie Risotto | \$18

Zucchini, bell peppers, and cherry tomatoes

Caribbean Rice & Beans

With sweet plantains and cabbage salad

Chicken | \$18

Fish of the day | \$22

Pan Fried Soba Noodles | \$14

Huerta veggies, sesame seeds, and ginger soy sauce

Coconut Fish | \$20

Served over steamed rice with a traditional coconut lemon molasses sauce

Coriander Encrusted Tofu | \$18

With jasmine rice, spinach, and sesame seeds

Green Curry | \$18

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

Add Chicken | \$5

Add Fish of the day | \$10

Costa Rican Casado

Organic brown or white rice, black beans, tico slaw, plátano, and Turrialba cheese

Chicken | \$18

Fish of the day | \$23

Buffalo Mozzarella Spaghetti | \$22

Choice of regular, whole wheat or gluten free pasta, with cherry tomatoes and basil

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

Prices include 10% service charge & 13% sales taxes



THE HARMONY HOTEL

DESSERT MENU

SWEETS

Avocado & Lemon Tart | \$9
Honey, avocado, almond crust

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

Prices include 10% service charge & 13% sales taxes

POOL MENU

APPETIZERS

Guacamole | \$12

Served with homemade plain or fried tortilla chips

Patacones | \$15

Fried plantain with black bean hummus and goat cheese

Hummus Platter | \$12

Trio of carrot, arugula, & beet hummus with feta cheese and Kalamata olives

Spring Rolls | \$8.50

Raw veggies in rice wafers, served with peanut sauce

Lemongrass Rice Noodles | \$8

Served in a chilled spicy broth

Beer Battered Fish | \$16

Fish of the day, scallions, and onion

Pokito Bowl | \$12

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

Fish Of The Day Burger | \$18

With mango and avocado salsa on homemade brioche, yuca sticks, and arugula and cherry tomato salad

Smoked Pulled Chicken Sandwich | \$16

Chicken, avocado, tomato, and tico slaw on homemade brioche, with arugula and cherry tomato salad

Huerta Salad | \$15

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

CEVICHE

Traditional | \$15

Fish of the day in a classic ceviche preparation, served with fried yuca

Coconut | \$15

Fish of the day with steamed coconut milk and uchuva

Spicy | \$15

Jalapeño spiced fish of the day

Vegetarian | \$8

White beans, celery, and radish in a ceviche style

Ceviche Tostadas | \$16

Served on a corn tortilla with guacamole

SUSHI ROLLS

Nosara | \$15

Tempura shrimp, scallion, avocado, and cucumber

Arugula Avocado | \$12

Garden arugula, avocado, and sesame seeds

Smokey Veggie Tempura | \$12

Avocado, scallion, red pepper, ginger, and ponzu sauce

Spicy Raw Vegetable | \$10

Chayote, mango, avocado, and arugula, served with yellow ahi aioli

Smokey Tempura | \$14

Fish of the day, avocado, scallion, and red pepper, served with chipotle mayo

HAKO SUSHI

Traditional Osaka style sushi, with rice and fish pressed together in a box shape

Bell pepper & scallions | \$10

Fish of the day | \$12

Shrimp & wasabi | \$16



THE HARMONY HOTEL

COCKTAIL MENU

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
+ Turmeric shot
+ Ginger shot



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)*



THE HARMONY HOTEL

WINE MENU

ROSÉ

Rosé le Rosé

Casa Lapostolle, Chile

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)*