

BREAKFAST

Eggs and Kale | \$12

Poached eggs, local kale, avocado, multigrain sourdough bread with butter. *VG*

Avocado Toast | \$12

Eggs any style, homemade sourdough bread, avocado, olive oil, chili flakes. *VG-N*

Harmony Breakfast | \$14

Eggs any style, corn tortilla, black bean spread, avocado, cheddar cheese, pico de gallo. *VG-GF*

Tico Breakfast | \$14

Eggs any style, gallo pinto, fried cheese, pico de gallo, avocado, sweet plantain, sour cream, hand made tortilla. *VG-GF*

Breakfast Wrap | \$15

Scrambled eggs, avocado, cheddar cheese, pico de gallo. *VG*

French Toast | \$12

Homemade brioche, maple syrup. *VG*

Pancakes | \$14

Homemade buttermilk pancakes, seasonal fruit, maple syrup, butter. *VG*

Yogurt and Homemade Granola | \$12

Served with fresh seasonal fruit. *VG-N*

ORGANIC COFFEE

Espresso | \$3.50

Cortado | \$4

Macchiato | \$4

Americano | \$5

Latte | \$6

Cappuccino | \$6

Mocha | \$6.50

Iced Americano | \$5

Iced Latte | \$6

Almond milk +\$2

Coconut or Oat milk +\$3

V - Vegan, VG - Vegetarian, GF - Gluten Friendly

DF - Dairy Free, N - Contains Nuts

Complimentary breakfast for hotel guests includes one menu item with coffee or tea, fresh squeezed juice, and fruit plate. Breakfast is served from 6:30am to 10:00am.

Prices include 10% service charge & 13% sales taxes

TO SHARE

Guacamole | \$10

Avocado, pico de gallo, fresh green plantain chips. *V-GF*

Hummus | \$11

White beans, paprika, olive oil, kale, sunflower seeds, toasted pita bread, veggie crudites. *V*

Coconut Ceviche | \$16

Local fresh fish and shrimp, caribbean sauce, leche de tigre, coconut oil, red onion, mango, avocado, cilantro, patacones. *DF*

Crispy Plantain Crusted Eggplant | \$14

Mint yogurt sauce, spicy panameño honey, pickled daikon, local cheese crumbles, garlic chips, toasted peanuts, sesame seeds. *VG-GF-N*

Traditional Ceviche | \$16

Local fresh fish, red onion, leche de tigre, cilantro oil, patacones. *GF*

SALADS & BOWLS

Add chicken (+\$6), fish (+\$10) or shrimp (+\$12)

Mixed Salad | \$16

Kale, farro rice, goat cheese, avocado, red onion, fresh cilantro, sunflower seeds, cucumber, carrot, dijon mustard dressing. *V*

Green Papaya Salad | \$14

Green papaya, carrots, red onion, basil, mint, cilantro, scallions, aji chili, peanuts, toasted sesame seeds, lime sesame dressing. *GF-N*

Catch of the Day Poke | \$22

Marinated and seared fresh local fish, sushi rice, pickled vegetables, carrots, mango, avocado, green onions, wasabi. *GF*

Harmony Salad | \$15

Mixed greens, avocado, red onion, pickled radish, cashews, cherry tomatoes, cucumber, harmony dressing. *V-GF-N*

Giovanni's Shrimp | \$25

Garlic butter shrimp, sushi rice, fresh arugula, cherry tomatoes, aji chile. *GF*

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MAINS

Caribbean Rice & Beans | \$24

Stewed chicken cooked with coconut milk, sweet plantains, rice and red beans, cabbage salad, pico de gallo, patacones. *GF-DF*

Casado | \$18

White rice, black beans, sweet plantains, traditional fried cheese, green salad. *VG-GF*
Add chicken (+\$6) or fish (+\$10)

Miso Glazed Catch of the Day | \$28

Served with mashed sweet potato, bok choy, mushrooms, sesame seeds.

Grilled Cauliflower Steak | \$22

Served with roasted carrot white bean purée, fresh green beans. *V, GF, DF*

Fish Burger | \$22

Homemade bun, fish patty, homemade mayo, local greens, fresh tomato, pickled onions, served with fried yucca sticks.

Mozzarella and Tomato Pasta | \$22

Homemade pomodoro, fresh mozzarella, basil, cherry tomato, garlic sauce. *VG*

Green Curry Soup | \$28

Fresh local fish, coconut milk, homemade green curry, bok choy, seasonal mushrooms, fresh spinach, white rice on the side. *GF-DF*

KIDS

Grilled Cheese Sandwich | \$12

Homemade sourdough bread, provolone cheese, served with ketchup and french fries.

Chicken Tenders | \$14

Served with french fries and homemade ranch dipping sauce.

Butter Pasta | \$12

Served with parmesan cheese. *VG*

SUSHI MENU

Nosara Uramaki | \$16

Breaded shrimp, green onion, avocado, cucumber, sesame seeds. *N*

Cucumber & Avocado Maki | \$15

Cucumber, avocado, sesame seeds. *V-N*

Tempura Veggie Roll | \$16

Avocado, pickled daikon, spinach, sesame seeds. *VG-N*

Fish Tempura Roll | \$15

Local fish, avocado, green onion, red pepper, chipotle mayo, sesame seeds. *N*

Tico Roll | \$15

Cream cheese, sweet plantain, avocado, tempura shrimp, sesame seeds. *N*

Vegetable Tempura Platter | \$16

Zucchini, broccoli, carrot, red pepper, onion, tentsuyu sauce. *VG*

Umami Bowl | \$26

Sushi rice, shrimp, edamame, crimini mushrooms, cashews, broccoli, red onion, red pepper, green onion, sukiyaki sauce. *VG, N*

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THE **HARMONY** HOTEL

DESSERTS

Banoffee Pie | \$10

Cookie crumb crust, banana, caramel,
whipped cream, mint.

Cheese Cake | \$10

Crunchy crust, creamy filling,
passion fruit coulis.

Chocolate Mousse | \$10

Chocolate, tofu, maple syrup, oat milk,
orange VG-GF

Brownie with Ice Cream | \$14

Dark chocolate, vanilla ice cream.

Small Batch Ice Cream | \$10

Two scoops, made locally with fresh,
organic ingredients. Ask your server about
today's flavors.

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DRINKS

Smoothies | \$8

Made with coconut water.

- Mango, cucumber & cilantro
- Banana, pineapple & orange
- Pineapple, basil & ginger

Classic beverages | \$4

- Lemonade
- Iced tea

Milkshakes | \$8

- Chocolate
- Vanilla
- Banana & mango

Fizzers | \$6

- Passion fruit & mint
- Blackberry & basil
- Watermelon & ginger

Kombucha

Beers

- Draft | \$8
 - IPA
 - Beach Lager
- National | \$4
 - Imperial
 - Pilsen
 - Offshore Ale

MOCKTAILS

Soda Michelada | \$4

Salt rim, lime, sparkling water

Hibiscus | \$10

Hibiscus, lemon juice, simple syrup, sparkling water

Tamarind | \$10

Tamarind, simple syrup, ginger, lemon juice, sparkling water

Spicy Pineapple | \$10

Pineapple extract, jalapeño chili, lemon juice, simple syrup, harmony salt

COCKTAILS

House Margarita | \$14

House Tequila, orange liquor, lemon juice

Mango | \$15

Spicy | \$15

Paloma | \$14

House Tequila, sparkling grapefruit juice, harmony spicy salt mix

Mezcal Negroni | \$16

Mezcal Reposado, Campari, Vermouth Rosso

Negroni | \$15

Gin, Campari, Vermouth Rosso, orange slice

Moscow Mule | \$15

Vodka, lemon juice, honey, bitters, homemade ginger infusion, sparkling water

House Gin and Tonic | \$14

House Gin, quinada water, lemon slice

Blackberry | \$14

Watermelon-cucumber | \$14

Old Fashioned | \$15

Whiskey, bitters, simple syrup

Oaxacan Mule | \$16

Mezcal Silver, lemon juice, simple syrup, homemade ginger infusion, bitters

Classic Daiquirí | \$14

House rum, lemon juice, simple syrup

Caipirinha | \$14

Cachaça, lime juice, simple syrup

Harmony Spritz | \$15

Aperol, cava, sparkling water, starfruit

Guaro Sour | \$12

Cacique, lime juice

Mojito | \$14

Flor de Caña Rum, simple syrup, lemon juice, mint, soda water

WINE LIST

SPARKLING

Cava Mas Fi, Spain

Glass | \$12

Bottle | \$60

Prosecco La Marca, Italy | \$65

Rosé, Indigo Eye, California | \$60

CHAMPAGNE

Bollinger | \$200

Special Cuvée, Champagne, France

WHITE

Pinot Grigio

Botter, Venezie, Italy

Glass | \$12

Bottle | \$65

Tempranillo Blanco

Pierola Fernández, Rioja, Spain

Glass | \$12

Bottle | \$65

Sauvignon Blanc

Lapostolle Casa, Valle del Rapel, Chile

Glass | \$12

Bottle | \$65

Chardonnay

Freakshow, Lodi, California | \$80

Raymond, California

Glass | \$12

Bottle | \$65

Chablis Gautheron, France | \$70

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ROSÉ

Provence Blend

Lapostolle Rosé, Valle de Apalta, Chile

Glass | \$12

Bottle | \$60

Pinot Noir

Angeline Rosé, California

Glass | \$14

Bottle | \$80

RED

Cabernet Sauvignon

Indigo Eye, California

Glass | \$14

Bottle | \$60

Malbec

Portillo, Mendoza, Argentina

Glass | \$14

Bottle | \$60

Mendel Organic Mendoza, Argentina | \$70

Pinot Noir

Newen Patagonia, Argentina

Glass | \$14

Bottle | \$60

Alma Fría, Plural Sonoma Coast | \$90

Racine, Languedoc, France | \$60

Carmenère

Lapostolle, Valle de Colchagua, Chile | \$60

Merlot

Indigo Eye, California

Glass | \$14

Bottle | \$55

Gamay

Le Ronsay, Beaujolais, France | \$60

Seghesio

Zinfandel, California | \$70