

LUNCH MENU

SALADS

CHOPPED SALAD \$12

RED ONION, TOMATO, BELL PEPPER, CUCUMBER, MARINATED OLIVES AND FRESH FETA CHEESE

TICO SALAD \$11

HEARTS OF PALM, TURRIALBA CHEESE, ROASTED BEETS, SPINACH AND LETTUCE, ACCOMPANIED WITH GREEN HERBS VINAIGRETTE

GARDEN SALAD \$10

MIXED GREENS, CARROT, BEETS, AVOCADO AND TOMATO, SERVED WITH ROASTED GARLIC VINAIGRETTE

HARMONY HOUSE SALAD \$11

BLACK BEANS, CHEDDAR CHEESE, FLOWER TORTILLA CHIPS, LETTUCE, AVOCADO, BELL PEPPER, TOMATO AND PEANUTS, ACCOMPANIED WITH CHIPOTLE DRESSING

ALL SALADS ARE AVAILABLE WITH CHICKEN BREAST, PRAWNS, FISH OF THE DAY OR TOFU ADD \$5

SANDWICHES AND MORE

VEGETARIAN SANDWICH \$10

GRILLED ZUCCHINI, EGGPLANT, ROASTED RED PEPPER, PARMESAN CHEESE, MUSHROOMS AND PESTO SERVED WITH ROASTED POTATOES AND GREEN SALAD

TUNA BURGER \$14

SERVED WITH GINGER, LEMON MAYONNAISE, ROASTED POTATOES AND TICO SLAW SALAD

GRILLED CHICKEN SANDWICH \$14

AVOCADO, TOMATO, LETTUCE, MOZZARELLA CHEESE AND CARAMELIZED ONION, SERVED WITH ROASTED POTATOES AND TICO SLAW SALAD

CHICKEN QUESADILLA \$12

SAUTÉED CHICKEN STRIPS, BLACK BEANS, GREEN ONION AND CHEDDAR CHEESE, SERVED WITH GUACAMOLE, PICO DE GALLO, AND SOUR CREAM

VEGETABLE QUESADILLA \$9

GRILLED VEGETABLES, BLACK BEANS AND CHEDDAR CHEESE SERVED WITH ROASTED POTATOES AND TICO SLAW SALAD



PITAS

STUFFED PITA BREAD \$11

YOUR CHOICE OF FISH, CHICKEN OR TOFU, WITH AVOCADO, TOMATO, LETTUCE, HORSERADISH AND GARLIC YOGURT DRESSING, SERVED WITH GREEN SALAD

VEGGIE PITA \$10

GRILLED VEGETABLES, FETA CHEESE, LETTUCE, TOMATO, AVOCADO AND MINT YOGURT DRESSING, SERVED WITH GREEN SALAD

HARMONY SPECIALTIES

GAZPACHO \$8

ACCOMPANIED WITH CUCUMBER DICES AND AVOCADO

TROPICAL FRUIT SALAD \$6

A VARIETY OF SEASONAL FRESH CUBED FRUITS, SERVED WITH BASIL COULIS AND POPPY SEEDS

HUMMUS \$8

ACCOMPANIED WITH PICKLED VEGETABLES AND PITA BREAD

GUACAMOLE \$8

WITH HOMEMADE TORTILLA CHIPS

"FISH OF THE DAY" CEVICHE \$9

ACCOMPANIED WITH GUACAMOLE, TOMATO AND YUCCA CHIPS

COSTA RICAN CASADO \$14

YOUR CHOICE OF CHICKEN BREAST, FISH OF THE DAY OR TOFU WITH RICE, BLACK BEANS, FRIED CHEESE, TICO SLAW AND SWEET PLANTAINS

TAXES INCLUDED