



Welcome to Harmony... A delicate balance between tradition and innovation.
A coming together of exceptional Chinese cuisine with extraordinary service in a relaxed
and comfortable, modern setting. A unique blending of Asian flavors...

FIRST BITES

- Supreme Shanghai Dumpling** in a wheat flour wrapper filled with pork, ginger, scallions and steamed in its own broth 5
- Organic Dinosaur Kale Dumplings** (vegetarian) filled with fresh abalone mushrooms 5
- Organic Mache' Steamed Dumpling** filled with 100% all natural chicken, shitakes, European lettuce greens (mache').....5.5
- Imperial Pot Stickers** stuffed with pork, green cabbage and fresh Hawaiian ginger 5.5
- Organic Leek & Sweet Corn Steamed Dumpling** filled with shitake mushrooms 5.5
- Harvest Spring Rolls** in egg flour sheets with 100% all natural chicken, carrots, cabbage, rice noodles and shitakes 5.5

MORE BITES

- Chili Wok-Tossed Onion Rings** lightly battered with green onions, garlic, red and green chili peppers and cilantro 7.5
- Fresh Cut Asian Fries** (sweet or regular potato) with garlic, green onions and mitsuba (Japanese cilantro) 7.5
- Harmony Peking Steak** marinated Angus tri-tip in a house bbq sauce, grilled, served by the slices with steamed tea buns. 7.5
- Glazed Lotus Pork Spareribs** slow roasted in our Chinese style oven and basted with hoisin sauce and spices..... 8.5
- Fragrant Fried Calamari** in a light batter, finished with cilantro, lemongrass, mild jalapeno, garlic and fresh lime 9.5

SPECIALTY BITES

- Brussel Sprout Pot Stickers** filled with nitrate free bacon, caramelized onions and sprout leaves 6
- Organic Tofu** infused with shitake mushrooms, wrapped in seaweed, lightly fried, tossed with garlic, chiles, cilantro, scallions 9.5
- Tea Smoked Duck** pressure cooked with Lazzari Applewood chips, tea leaves, brown rice and herbs 12
- Minced Lamb in Raddichio Cups** stir fry of leg of lamb, chili peppers, Indian eggplant, mint leaves and garlic 12.5
- Rack of Lamb** (french cut) perfectly pan seared and wok tossed with toasted garlic, lemongrass and fresh mint..... 12.5

MAIN BITES

BEEF

- Harmony Signature Beef** (Certified Angus Reserve) marinated in a traditional family recipe finished Pow Wok style 14.5
- Three Pepper Beef Stirfry** with black beans, yellow onions and stop light sweet bell peppers 12
- Savory Mushroom Beef** shredded with trumpet and oyster mushrooms in a ginger soy sauce..... 12.5
- Filet Mignon** (All Natural Beef) wok seared with toasted garlic, shallots, watercress petals and green garlic leaves 15
- Mongolian Beef** (Certified Angus Reserve) wok seared in a mild chili sauce with bell peppers and sweet onions 14

CHICKEN (Fully Sustainable Featuring Mary's Free Range/All Natural/Local Pitman's Farm)

- Harmony Signature Chicken** wok seared and tossed in a savory sauce with scallions 14.5
- Kung Pao Chicken** with red chili peppers, onions, water chestnuts, celery and roasted cashews.....12.5
- Harmony Mushu Chicken** made with organic baby spinach, fluffy eggs, bamboo shoots, scallions and flour wraps..... 11.5
- Orange Peel Chicken** stir fried with mangos, vegetables and sweet onions in a tangy fresh orange juice sauce..... 12
- Crisp Living Butter Lettuce Cups w/Minced Chicken** and celery, organic carrots, water chestnuts and shitakes 11.5
- Crispy Skin Chicken** (half a chicken) moist and flavorful roasted chicken 14

PORK

- Tropical Sweet and Sour Pork** with fresh cut seasonal fruit, pineapple and Mexican papaya.....12
- Smoked Tofu with Barbequed Pork** stir fry of smooth tofu, green onions and bbq pork in a sweet bean sauce..... 10.5
- Mushu Pork** a classical favorite w/bamboo shoots, green cabbage, tree ear mushrooms, scallions, eggs and flour wraps 11.5
- Claypot Pork** flavorful bbq pork, seasonal greens and local squash braised in a savory sauce..... 11

SEAFOOD

- Harmony Signature Prawns (sustainable/wild caught)** marinated in a savory sauce and wok seared w/scallions..... 16.5
- Pan Seared Salmon Filet (all natural/Changing Seas Sustainable)** glazed with a light soy and lemongrass sauce.....19
- Jumbo Sea Scallops (wild caught)** delivered fresh (New England) served with yellow chives, snap peas, oyster mushrooms...16
- Honey Walnut Prawns (wild caught)** lightly fried and tossed with honey walnuts in a glazed cream sauce.....16
- Wok Action Prawns (wild caught) with Black Beans** tossed with sweet onions, colored bell peppers and crushed garlic. 16
- Basa Fish Filet Stir Fry** with green scallions, snap peas and sliced ginger in a light wine sauce..... 13.5
- Royal Colossal Prawns (wild caught)** shell on or off, tossed with organic shallots, scallions and Hawaiian ginger 19.5

VEGETABLES

Broccolini Cantonese with toasted garlic, sweet cross of Chinese kale and broccoli	10.5
Young Ginger with Organic Shanghai Baby Bok Choy with your choice of roasted garlic, ginger or oyster sauce	9.5
Blue Lake Beans with Organic Cherry Tomatoes tender and sweet with toasted elephant garlic	9.5
Asparagus Festival Stir Fry added to a savory black bean sauce with crushed garlic, shallots and ginger.....	11
Chinese Mustard Greens with Snowpeas wok tossed leafy greens are paired with Chinese sugar peas	9
Organic Colored Chard with Red Cabbage are perfectly finished with toasted pinenuts.....	9.5
Sugar Snap Peas with Enoki and Shitake Mushrooms a perfect texture of crunch and flavor in a light sauce	10
Baby Pea Shoot Leaves with Shitake Mushrooms flash tossed with sweet organic shitake mushrooms	12
Chinese Broccoli with Napa Cabbage cooked tender with stem and leaf in a light sauce	10
Organic Baby Spinach Leaves wok tossed with toasted garlic.....	11

RICE AND NOODLES

Pow Wok Chow Mein or Chow Fun with your choice of shredded beef, roasted bbq pork or diced chicken	10.5
Chive and Mushroom Vegetarian Thin Egg Noodle with yellow Chinese chives, oyster, enoki and straw mushrooms	9.5
Glass Noodle Vegetarian Claypot in a light broth with rice vermicelli, Chinese cabbage, oyster and abalone mushrooms ..	9
Harmony Fried Rice (brown or white) a delightful combination of shrimp, bbq pork, fluffy eggs and sweet peas	10.5
Premium Jasmine Rice	2
California Brown Rice (100% whole grain)	2
House Specialty Blend Multigrain Rice (100% whole grain)	2

SALADS

Landmark Chinese Chicken Salad freshly made to order with scallions, crushed almonds, cilantro, rice vermicelli and served with a dry Chinese mustard dressing (slightly spicy)	10
Roasted Peking Duck Salad tossed with organic spring mix, crispy wonton chips, mandarin oranges, scallions, dried cranberries and cilantro with a fresh orange juice, shallots and light soy dressing.....	8.5
Organic Baby Spinach Vegetarian Salad mixed with fresh shitake mushrooms, red bell peppers, organic tofu, roasted pine nuts and Persian cucumbers with a ginger, scallion, sesame oil and light soy dressing	8.5

SOUP

Won Ton Soup with stuffed pork and shrimp Chinese ravioli, fresh garden vegetables and fresh chicken broth.....	6.5
Hot and Sour Soup simmered chicken broth, ribbons of bamboo shoots, tofu, pork, eggs and scallions.....	6.5
Savory Vegetarian Soup with tofu, diced Chinese broccoli, organic baby spinach, shitake mushrooms and scallions.....	6.5

DESSERTS

Custard Tart baked with a flaky crust and golden custard	5
Banana Sesame Ball ground lotus seed flour and sweet bean paste with plantain bananas.....	5
Chocolate Sesame Ball ground lotus seed flour, sweet bean paste, melted chocolate and crushed almonds	5
Coconut Cream Roll ground sweet rice flour, rolled in coconut flakes and stuffed with a sweet firm custard	5
Fresh Mango Pudding silky smooth with a puree of mango and cream	5

BEVERAGES

Coke, Diet Coke, Sprite, Pink Lemonade, Ice Tea	(free refills)	2.5
Pom Juice		4.5
Apple Juice		1.95
Organic Milk (lowfat)		2.25

TEA (per person)

Premium Jasmine (green) brilliant and fragrant leaves	2.5
Poh Nay (black) intense, smoky, fermented flavor	2.5
Tee Kin Yun (oolong) mild to medium richness	2.5
Herbal blend of lychee, rose buds and chrysanthemum flowers	2.5
Yunnan (black) toasty and smooth.....	2.5
Chrysanthemum (herbal) dried flower blossoms	2.5
Sow Mei (white) good depth and richness, similar to oolong.....	2.5



FREE-STYLE DIM SUM

Enjoy our plentiful selection of classical dim sum or tempt your palate with our modern interpretation of freestyle dim sum.

Steamed Dumplings made from Wheat Starch Flour



Shrimp Gow made with plump shrimp and bamboo shoots (4 pieces)



Fun Gwor stuffed with ground pork, mushrooms, cilantro and parsley (3 pieces)



Pea Shoot Dumpling filled with tender pea tips and organic baby shitake mushrooms (2 pieces) **v**



Organic Leek & Corn Dumpling with local shitake mushrooms (3 pieces) **v**



Vegetarian Dumpling with pickled turnips, scallions, bamboo skin and black Chinese mushrooms (3 pieces) **v**



Crescent Mushroom Dumpling filled with chicken, bamboo shoots, cilantro, shitake mushrooms (2 pieces)



Vegetable Greens Dumpling stuffed with leafy greens of collards, kale, chard and garlic (3 pieces) **v**



Organic Mache' Dumpling filled with 100% all natural chicken, shitas and European lettuce (3 pieces)



Organic Kohlrabi Dumpling filled with bulb like cabbage, shitas and rice noodles (3 pieces) **v**

Egg Noodle and Wrapped Dumplings



Classic Siu Mai with shrimp, pork, and Chinese black mushrooms in a delicate egg noodle skin (4 pieces)



Scallop Siu Mai stuffed with scallops, shrimp mousse and straw mushrooms in a won ton skin (3 pieces)



Organic Baby Spinach Dumpling with spinach infused wrapper, shitake mushrooms, Chinese turnips and organic baby spinach (3 pieces) **v**



Beef Triangle Pocket with tender flank steak, garlic and cilantro, lightly fried (2 pieces)



Crispy Won Ton stuffed with avocado, cream cheese and a touch of curry, lightly fried (4 pieces) **v**



Harmony Spring Roll filled with avocado, Italian sweet onions and sun dried tomatoes, lightly fried (3 pieces) **v**



Imperial Potsticker made with pork, cabbage and Hawaiian ginger (3 pieces) **v upon request**



Brussell Sprout Potsticker with smoked bacon (nitrate free), caramelized onions and sprout leaves (3 pieces)

Specialty Dumplings and Other Dim Sum Dishes



Phoenix Prawn puree of shrimp, plump prawn, in a delicate cilantro batter, lightly fried (2 pieces)



BBQ Pork Bun filled with house made roasted pork in a savory bbq sauce (3 pieces)



Stuffed Eggplant seasonal selection of Chinese, Japanese, Italian or Indian eggplant varieties, stuffed with ground pork, scallions and shitake mushrooms in a delicate batter, lightly fried (2 pieces)



Peking Duck served by the slice with scallions, steamed tea bun and hoisin sauce (1 piece)



Lotus Leaf Rice stuffed with bbq pork, shitake mushrooms, and green onions, wrapped and steamed in a lotus leaf for a unique smoky flavor (1 piece) **v upon request (GF)**



Sweet Rice Dumpling made with ground rice flour and filled with pork, bamboo shoots, scallions and Chinese black mushrooms, lightly fried (2 pieces) **(GF)**



Grilled Turnip Cake made with a puree of sweet Chinese turnips and shitake mushrooms (2 pieces) **v (GF)**



Bean Curd Roll stuffed with pork, green onions, savory mushrooms and bamboo shoots, steamed in a light oyster sauce (2 pieces)

Sweet Dim Sum



Custard Tart golden custard in a flaky crust (3 pieces)



Banana Sesame Ball ground lotus seed flour, sweet bean paste and plantain bananas, lightly fried (2 pieces) **(GF)**



Mango Pudding silky smooth pudding with puree of mango and cream **(GF)**



Coconut Cream Roll ground sweet rice flour, rolled in coconut flakes, stuffed with a firm custard (2 pieces) **(GF)**



Chocolate Sesame Ball ground lotus seed flour, sweet bean paste, melted chocolate and crushed almonds, lightly fried (2 pieces) **(GF)**

v: Vegetarian item
GF: Gluten Free

*Prices range from 4.5 – 5.5 per order