



Tasty Harmony

SMALL PLATES

Hush Puppies 9 (g)
mama Jilly's jalapeno jelly, cilantro scallion compound butter, smoked salt and sucanat dust

Asian Lettuce Wraps 10 (g)
stir-fried tofu, veggies, wontons, reduced sweet tamari

Nachos De Ynez 9.50
starter size nachos with organic corn tortillas, cashew cheese, black beans, guacamole, pico de gallo, vegan sour cream

+BBQ Jackfruit 3.50

Seitan Hot "Wings" 9.50 (g)
battered and fried smoked seitan, habanero hot wing sauce, celery, chipotle ranch

Artichoke Quinoa Cakes 10
toasted nori, dulse, organic quinoa, artichoke hearts, tomato, lemon, caesar dressing

Pickled Vegetables 6
seasonal pickled vegetables, roasted nuts

SALADS

Quixote Chop 12
black beans, avocado, roasted corn, shredded cashew cheese, tomato, celery, pickled carrot and onion, mixed greens, chipotle ranch, tortilla strips.

King Kale 12.50
marinated lacinato kale, quinoa, cabbage, carrots, beets, avocado, dehydrated onion crutons, almond ginger dressing.

SOUPS Cup 3.95 Bowl 5.25
Soup of the Day

Beluga Lentil & Beet 12.25 (d)
warmed beluga lentils, roasted beets, goat cheese, toasted walnuts, and frisee with a rosemary vinaigrette.

Nori Caesar sm 6 lg 9
romaine, raw croutons, vegan nori caesar dressing

House Salad sm 6 lg 9
shredded carrots & beets, house dressing

SANDWICHES

All sandwiches come with your choice of either House salad, Caesar Salad, or any of our Dailies. Gluten free bread add \$.50

The Rueben 11.25
marinated grilled tempeh, cashew cheese, sauerkraut, 1000 island, toasted rye bread

Big Boy Burger 11.50 (g)
house made rice, bean and soy patty, toasted roll, tomato, lettuce, grilled onion, pickles, 1000 island, mustard

Harmony Wrap 10.75 (g)
grilled tofu, quinoa, romaine, avocado, tomato, caesar dressing, whole wheat tortilla


BBQ Jackfruit 11.50
smoked jackfruit, house made bbq sauce, coleslaw, tomatoes, red onion, pickles, roll (can be made into a Ricky Bobby for same price)

French Philly 11.25 (g)
finely sliced mock chicken, grilled onions, grilled bell peppers, cashew cheese, hoagie roll, au jus dipping sauce


Italian Meatball Sub 12 (g) (d)
Italian seasoned rice, black bean and soy "meat"balls, mozzarella cheese, green bell pepper, shaved onion.

LUNCH SPECIAL

\$7.95 11-3pm

 1/2 sandwich + cup of soup
(reuben, french philly or BBQ Jackfruit)

 1/2 sandwich + side salad
(house salad or caesar)

 cup of soup + side salad

Parties of 6 or more will have an automatic 20% tip added

For the sake of everyone's sanity, please inform your server if you will be splitting the bill before ordering.

Due to the amount of nuts we use, we recommend not eating here if you have a nut allergy.

g= contains gluten d= dairy

WHO'S YOUR FARMER?

By eating here you are also supporting these great local farms and businesses!

Growers Organic Bhakti Chai Native Hill Farm Julien's Cliffhouse Golden Organics
Hazeldell Mushrooms Tasty Harmony Garden Kombucha

LARGE PLATES



Kentucky Fried Freedom 14 (g)

battered and fried mock "chicken", mashed potatoes and gravy, black eyed peas, garlicky greens

Coconut Curry 13.50

stir-fried vegetable medley in a coconut curry sauce, mung bean sprouts, peanuts, cilantro, and basil topped with brown rice

+Tofu or Tempeh 2.50

El Burrito Blanco 12.50 (g)

black beans, spanish rice, cashew cheese, grilled onion and peppers, roasted corn, and guacamole, wrapped in a whole wheat tortilla and topped with shredded lettuce, pico de gallo and smoked jalapeno white sauce

+BBQ Jackfruit 3.50 +Tofu, or Tempeh 2.50

+Avocado 1.00

Nachos de Ynez 12.50

organic corn chips, cashew cheese, black beans, guacamole, pico de gallo, vegan sour cream.

+BBQ Jackfruit 3.50

Heart of Provence 15

cornmeal and almond crusted tempeh triangles, garlic seared polenta cakes, herbed tofu ricotta, provence inspired tomato sauce, small house salad.

Truffled Mac 'N Cheese 13

vegan truffled cheese sauce, tempeh bacon, bread crumbs, balsamic glazed greens.

+ Gluten free noodles 1.00

+ Lobster mushrooms 3.00

The Big Macrobiotic 13

daily steamed veggies, daily greens, daily beans, brown rice, sea vegetable salad, and cultured cabbage

+ Tofu or Tempeh 2.50

Seitan Kabobs 15 (g) (d)

marinated and charbroiled seitan, onions and peppers, morroaccan style quinoa, roasted eggplant and tzatziki.

A Word About Our Food

We only use organic canola oil for deep frying since all other frying oils contain synthetic non-foaming agents. No other restaurant in Colorado can boast the same as we go out of our way to source the best ingredients possible.

We also pledge that our corn, soy and oils will always be organic.

THE DAILY BOWL Daily 2 » \$7.00 Daily 3 » \$9 Daily 4 » \$11

Every day we rotate a different bean, mix of vegetables and green leafy vegetable. To create your own Daily Bowl, choose how many items you would like to mix and match from the many items listed below. Each bowl comes with a choice of dressing or sauce.

Grains brown rice, millet/quinoa, spanish rice, mashed potatoes a la carte 3.50

Veggies daily steamed greens, daily steamed veggies, sea vegetable salad a la carte 3.50

Beans black beans, black eye peas, day beans a la carte 3.50

Protein grilled tofu, marinated tempeh, seitan, BBQ Jackfruit a la carte 3.95

+ battered and fried or samurai crust add \$1

Salad house salad, caesar salad, sea vegetable, cultured cabbage a la carte 3.50

Choice of sauces (1 dressing of choice is included) house, caesar, chipotle ranch,

rosemary vinaigrette, almond ginger dressing, 1000 island, gravy, BBQ sauce, provence tomato sauce

Extra dressing .85

Extra Sides cashew cheese, avocado, or guacamole 1.50

Some of our favorite Daily Bowls!

The Caballero Bowl 10.50

spanish rice, BBQ jackfruit, daily greens, cashew cheese, BBQ sauce



The Yogi Bowl 9

quinoa/millet, grilled tofu, daily greens, homemade vegan caesar dressing

Samurai Bowl 12.50

sesame nori crusted tempeh, brown rice, steamed greens, sea vegetables, pickled ginger



The Home Bowl 7 (g)

mashed potatoes, grilled mock "chicken", gravy

Tasty Harmony is committed to providing our community with healthy organic plant based cuisine. Most of our food is vegan and most of our desserts are wheat-free. We will always strive to bring you the best that nature has to offer in a creative and tasty way.