



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

<b>Supreme Shanghai Dumplings</b> in a wheat flour wrapper filled with pork, ginger, scallions and steamed in its own broth.....	6.25
<b>Organic Dinosaur Kale Dumplings</b> (vegetarian) filled with fresh abalone mushrooms.....	5.25
<b>Organic Mache' Steamed Dumplings</b> filled with 100% all natural chicken, shitakes, European lettuce greens (mache').....	5.95
<b>Imperial Pot Stickers</b> stuffed with pork, green cabbage and fresh Hawaiian ginger.....	6.35
<b>Organic Leek &amp; Sweet Corn Steamed Dumplings</b> filled with shitake mushrooms.....	5.85
<b>Harvest Spring Rolls</b> in egg flour sheets with 100% all natural chicken, carrots, cabbage, rice noodles and shitakes.....	6.35

## MORE BITES

<b>Chili Wok-Tossed Onion Rings</b> lightly battered with green onions, garlic, red and green chili peppers and cilantro.....	8.5
<b>Fresh Cut Asian Fries</b> (sweet or regular potato) with garlic, green onions and mitsuba (Japanese cilantro) .....	8.5
<b>Harmony Peking Steak</b> marinated Angus tri-tip in a house bbq sauce, grilled, served by the slices with steamed tea buns.....	8.5
<b>Glazed Lotus Pork Spareribs</b> slow roasted in our Chinese style oven and basted with hoisin sauce and spices.....	13
<b>Fragrant Fried Calamari</b> in a light batter, finished with cilantro, lemongrass, mild jalepeno, garlic and fresh lime.....	14.75

## SPECIALTY BITES

<b>Brussel Sprout Pot Stickers</b> filled with nitrate free bacon, carmelized onions and sprout leaves.....	7.5
<b>Organic Tofu</b> infused w/ mushrooms, wrapped in seaweed, lightly fried, tossed w/ garlic, chiles, cilantro, scallions.....	11
<b>Tea Smoked Duck</b> pressure cooked with Lazzari Applewood chips, tea leaves, brown rice and herbs.....	16.75
<b>Minced Lamb in Raddichio Cups</b> stir fry of leg of lamb, chili peppers, Indian eggplant, mint leaves and garlic.....	15.5

## MAIN BITES

### BEEF

<b>Harmony Signature Beef</b> (Certified Angus Reserve) marinated in a traditional family recipe finished Pow Wok style.....	18.25
<b>Three Pepper Beef Stirfry</b> with black beans, yellow onions and stop light sweet bell peppers.....	15
<b>Savory Mushroom Beef</b> shredded with trumpet and oyster mushrooms in a ginger soy sauce.....	15
<b>Filet Mignon</b> (All Natural Beef) wok seared with toasted garlic, shallots, watercress petals and green garlic leaves .....	19.5
<b>Mongolian Beef</b> (Certified Angus Reserve) wok seared in a mild chili sauce with bell peppers and sweet onions.....	17

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

<b>Harmony Signature Chicken</b> wok seared and tossed in a savory sauce with scallions .....	18.25
<b>Kung Pao Chicken</b> with red chili peppers, onions, water chestnuts, celery and roasted cashews.....	14.95
<b>Harmony Mushu Chicken</b> made with organic spinach, woodear mushrooms, eggs, bamboo shoots, and flour wraps.....	12
<b>Orange Peel Chicken</b> stir fried with mangos, vegetables and seasonal fruit in a tangy fresh orange juice sauce.....	13.95
<b>Crisp Living Butter Lettuce Cups w/Minced Chicken</b> and celery, organic carrots, water chestnuts and shitakes .....	13.95
<b>Crispy Skin Chicken</b> (half a chicken) moist and flavorful roasted chicken.....	16.5

### PORK

<b>Tropical Sweet and Sour Pork</b> with fresh cut seasonal fruit, pineapple and Mexican papaya.....	12.95
<b>Smoked Tofu with Barbequed Pork</b> stir fry of smooth tofu, green onions and bbq pork in a sweet bean sauce.....	12
<b>Mushu Pork</b> a classical favorite w/ bamboo shoots, green cabbage, tree ear mushrooms, scallions, eggs and flour wraps.....	12
<b>Claypot Pork</b> flavorful bbq pork, seasonal greens and local squash braised in a savory sauce.....	12.95

### SEAFOOD

<b>Harmony Signature Prawns (sustainable/wild caught)</b> marinated in a savory sauce and wok seared w/ scallions.....	21
<b>Pan Seared Salmon Filet (all natural/sustainable)</b> glazed with a light soy and lemongrass sauce.....	21
<b>Jumbo Sea Scallops (wild caught)</b> delivered fresh (New England) served w/ yellow chives, snap peas, oyster mushrooms.....	31
<b>Honey Walnut Prawns (wild caught)</b> lightly fried and tossed with honey walnuts in a glazed cream sauce.....	21
<b>Wok Action Prawns (wild caught) with Black Beans</b> tossed with sweet onions, colored bell peppers and crushed garlic.....	21
<b>Basa Fish Filet Stir Fry</b> with green scallions, snap peas and sliced ginger in a light wine sauce.....	16
<b>Royal Colossal Prawns (wild caught)</b> shell on or off, tossed with organic shallots, scallions and Hawaiian ginger .....	21

## VEGETABLES

<b>Broccoli Cantonese</b> with toasted garlic, sweet cross of Chinese kale and broccoli.....	11.5
<b>Young Ginger with Organic Shanghai Baby Bok Choy</b> with your choice of roasted garlic, ginger or oyster sauce.....	10
<b>Blue Lake Beans with Organic Cherry Tomatoes</b> tender and sweet with toasted elephant garlic.....	10.5
<b>Asparagus Festival Stir Fry</b> added to a savory black bean sauce with crushed garlic, shallots and ginger.....	12
<b>Chinese Mustard Greens with Snowpeas</b> wok tossed leafy greens are paired with Chinese sugar peas.....	9.85
<b>Organic Colored Chard with Red Cabbage</b> are perfectly finished with toasted pinenuts.....	10
<b>Sugar Snap Peas with Enoki and Shitake Mushrooms</b> a perfect texture of crunch and flavor in a light sauce.....	12
<b>Baby Pea Shoot Leaves with Shitake Mushrooms</b> flash tossed with sweet organic shitake mushrooms.....	14
<b>Chinese Broccoli with Napa Cabbage</b> cooked tender with stem and leaf in a light sauce.....	10.85
<b>Organic Baby Spinach Leaves</b> wok tossed with toasted garlic.....	11.85

## RICE AND NOODLES

<b>Pow Wok Chow Mein or Chow Fun</b> with your choice of shredded beef, roasted bbq pork or diced chicken.....	11.95
<b>Chive and Mushroom Vegetarian Thin Egg Noodle</b> with yellow Chinese chives, oyster, enoki and straw mushrooms .....	11
<b>Glass Noodle Vegetarian Claypot</b> in a light broth with rice vermicelli, Chinese cabbage, oyster and abalone mushrooms.....	9.85
<b>Harmony Fried Rice</b> (brown or white) a delightful combination of shrimp, bbq pork, fluffy eggs and sweet peas.....	11.95
<b>Premium Jasmine Rice</b> .....	2
<b>California Brown Rice</b> (100% whole grain).....	2
<b>House Specialty Blend Multigrain Rice</b> (100% whole grain) .....	2.25

## SALADS

<b>Landmark Chinese Chicken Salad</b> freshly made to order with scallions, crushed almonds, cilantro, rice vermicelli and served with a dry Chinese mustard dressing (slightly spicy).....	13
<b>Roasted Peking Duck Salad</b> 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.....	11.5
<b>Organic Baby Spinach Vegetarian Salad</b> 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.....	11.5

## SOUP

<b>Won Ton Soup</b> with stuffed pork and shrimp Chinese ravioli, fresh garden vegetables and fresh chicken broth.....	8.5
<b>Hot and Sour Soup</b> simmered chicken broth, ribbons of bamboo shoots, tofu, pork, eggs and scallions.....	8.5
<b>Savory Vegetarian Soup</b> with tofu, diced Chinese broccoli, organic baby spinach, shitake mushrooms and scallions.....	8.5
<b>Minced Beef and Chinese Squash Melon Soup</b> with diced Chinese mushrooms, cilantro leaves and water chestnuts.....	8.5

## DESSERTS

<b>Custard Tart</b> baked with a flaky crust and golden custard.....	6
<b>Banana Sesame Ball</b> ground lotus seed flour and sweet bean paste with plantain bananas.....	6
<b>Chocolate Sesame Ball</b> ground lotus seed flour, sweet bean paste, melted chocolate and crushed almonds.....	6
<b>Coconut Cream Roll</b> ground sweet rice flour, rolled in coconut flakes and stuffed with a sweet firm custard.....	6
<b>Fresh Mango Pudding</b> silky smooth with a puree of mango and cream.....	6

## BEVERAGES

<b>Coke, Diet Coke, Sprite, Pink Lemonade, Ice Tea</b> .....	(free refills) .....	2.75
<b>Apple Juice</b> .....		2.25
<b>Milk</b> (lowfat) .....		2.5

## TEA (per person)

<b>Premium Jasmine</b> (green) brilliant and fragrant leaves.....	2.5
<b>Poh Nay</b> (black) intense, smoky, fermented flavor .....	2.5
<b>Tee Kin Yun</b> (oolong) mild to medium richness.....	2.5
<b>Herbal</b> blend of lychee, rose buds and chrysanthemum flowers.....	2.5
<b>Yunnan</b> (black) toasty and smooth.....	2.5
<b>Chrysanthemum</b> (herbal) dried flower blossoms.....	2.5
<b>Sow Mei</b> (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 – 7.5 per order