



Tasty Harmony

SMALL PLATES

Hush Puppies 7.50 ●
jalapeno jelly, cilantro scallion compound butter, smoked salt and sucanat dust

Asian Lettuce Wraps 9 ●
stir-fried tofu, veggies, wontons, reduced sweet tamari

Cauliflower Fritters 8.50 ●
organic cheddar, chickpea flour batter, apple chutney

Living Hummus 9.50
flax crackers, cucumbers, tomatoes

Pickles & Nuts 5
seasonal rotating pickles, roasted nuts & seeds

Nachos De Ynez 8.50
starter size nachos with organic corn tortillas, cashew cheese, black beans, guacamole, pico de gallo, vegan sour cream

SALADS

La Vida Buena 12
quinoa, roasted corn, black beans, red onion, jalapeno, mango, raw jicama "fries", arugula, avocado, orange cilantro vinaigrette

Queen Kale 12.50
marinated lacinato kale, sea vegetables, spring mix, cabbage, carrots, tomatoes, green onion, raw sesame sunflower croquette, avocado, almond ginger dressing

Buddha Belly 11.50
marinated tofu, romaine, cabbage, tomato, zucchini, carrots, brown rice, mung bean sprouts, wontons, peanut wasabi dressing

Nori Caesar sm 5.25 lg 8.50
romaine, raw croutons, vegan nori caesar dressing

House Salad sm 5.25 lg 8.50
shredded carrots & beets, house dressing

SANDWICHES

(All sandwiches can be made on gluten free bread)

The Rubeen 11.25
marinated grilled tempeh, cashew cheese, sauerkraut, 1000 island, marbled rye bread

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

Harmony Wrap 10.50 ●
grilled tofu, quinoa, romaine, avocado, tomato, caesar dressing, whole wheat tortilla

Living Falafel Wrap 11.75
raw almond & walnut falafels, living hummus, tomatoes, cucumbers, sprouts, collard green wrap

BBQ Jackfruit 11.00
smoked jackfruit, house made bbq sauce, coleslaw, tomatoes, red onion, pickles, roll

The Mediterranean 11.00 ●
sun-dried tomato tapanade, organic smoked gouda, arugula, grilled zucchini, balsamic, hoagi

menu items with these dots contain
● gluten
● dairy

LUNCH SPECIALS

11-3pm

\$7.50

✈ 1/2 sandwich + cup of soup
(reuben, mediterranean, or bbq jackfruit)

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

✈ cup of soup + side salad

KIDS

\$5.95

Burrito ●
spanish rice, black beans, cashew cheese, whole wheat tortilla

Seitan nuggets ●
with mashers & gravy

Peanut butter & Jelly ●
whole wheat bread with sliced apples

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
Fiddletown Bakery Hazeldell Mushrooms Tasty Harmony Garden Kombucha Stacey's Tortillas



LARGE PLATES

Kentucky Fried Freedom 14 ●

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

Coconut Curry 13

stir-fried vegetable medley in coconut curry sauce, mung bean sprouts, peanuts, cilantro, basil, and mint and brown rice.

+Tofu or Tempeh 2.50

El Burrito Blanco 12.50 ●

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, Tofu, or Tempeh 2.50

+Avocado 1.50

Nachos De Ynez 11.50

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

+BBQ Jackfruit 2.50

Raw Singapore Style Noodles 14.00

kelp noodles, shredded cabbage, tomatoes, cucumbers, mung bean sprouts, marinated shitake mushrooms, almond tamarind sauce and topped with cashews and curried carrots.

The Big Macrobiotic 13

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

+ Tofu or Tempeh 2.50

Fajitas 13.50

tempeh or seitan with bell peppers, onions, and tomatoes sauted in our secret sabrosa sauce. Served with black beans, spanish rice, corn tortillas, guacamole, and pico de gallo.

Heart of Provence 13

cornmeal and almond crusted tempeh triangles, garlic seared polenta cakes, provence inspired tomato sauce. Served with a small house salad.

THE DAILY BOWL

Daily 2 >> \$7.00 Daily 3 >> \$8.50 Daily 4 >> \$10.50

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

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

Protein baked tofu, marinated tempeh, seitan, black beans, black eyed peas, beans of the day, BBQ jackfruit, 3 raw falafels **a la carte 3.95**

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

Choice of sauces (1 dressing of choice is included) house, caesar, chipotle ranch, wasabi peanut, orange cilantro vinaigrette, 1000 island, gravy, provence tomato, BBQ sauce, chipotle white sauce.

Extra dressing .85

Extra Sides living hummus, cashew cheese, avocado, or guacamole 1.50

Raw Crackers 2.50

The Caballero 10.00

spanish rice, bbq jackfruit, daily greens, shredded cashew cheese, chipotle white sauce

The Yogi 8.50

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

The Home Bowl 7.00 ●

mashed potatoes, grilled mock "chicken", gravy

Rawsome Bowl 11

raw falafels, living hummus, raw crackers, side arugula salad with house dressing

High Plains Drifter 10.50

BBQ tofu, quinoa, black eyed peas, steamed veggies, BBQ sauce.

Samurai Bowl 10.50

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



Due to the amount of nuts we use, if you have a nut allergy, we urge you to take caution when eating here

All of our food and drinks are made with purified water



SWEETS

Chocolate Chip Oatmeal Cookie 2.50 ●

Special Cookie 2.50 ●

Chocolate Pudding with Coconut Whip Cream 6.00

Special Cake 6.50 ●

Raw Key Lime Pie 7.50

Raw Coconut Mango Mousse Pie 7.50

Fuit Kanten 5.50

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 and sugarcane-free. We will always strive to bring you the best that nature has to offer in a creative and tasty way.