

OUR BREAKFAST MENU FEATURES THE FOLLOWING POWER-FOODS. WHICH ARE NUTRITIONALLY EXCEPTIONAL, FULL OF ANTIOXIDANTS, NUTRIENTS AND FLAVOR.

The following Power-foods will revitalize your spirit, boost energy and keep you feeling your best:

blueberries, chia seeds, almond butter, spirulina, hemp seeds, matcha, cacao, coconut, dates, banana, lemon, almonds, pecans, greens: spinach, arugula, kale, collard greens, fresh herbs—basil, cilantro, thyme, parsley, red onion, mushrooms, cinnamon, avocado

Select from our season's best fruits, herbs and vegetables, sustainable and organic proteins, locally made and sprouted breads, organic dairy, grass fed butter, locally roasted coffee and organic tea.

POWER FOODS

Nutritional power-house meals full of colorful antioxidants are designed to boost your energy, improve the quality of your health and leave you feeling vital and healthy.

COMFORT

Pleasure eating is good for the soul..... We use the finest ingredients to keep your body nourished and happy.

NOURISH

Meals that nourish provide balanced energy, so you stay satisfied and healthy.

Commitment to quality—we make it our mission to choose organic, local, sustainable, grass fed and local farms whenever possible. Our menu is full of vibrant color and all food is prepared to maximize digestibility and nutrient density. All our menu items are non-GMO, contains no hydrogenated fats, hormones or preservatives.

T E R R A S

TERRAS

BREAKFAST SELECTIONS

CINNAMON RAISIN GRANOLA BOWL GF V POWER-FOOD / 9

House made granola, sweetened with cinnamon, maple syrup, topped with dates Greek yogurt and season berries.

SEASONAL FRUIT PLATE GF V NOURISH / 10

A colorful variety of the seasons best fresh fruit.

OPEN-FACED SMOKED SALMON NOURISH / 15

Smoked salmon slices served with goat cheese spread, locally grown simple salad, capers, on an open-faced toasted whole wheat bagel and a side of fresh fruit.

AVOCADO TOAST VEG COMFORT FOOD POWER-FOOD / 10

Crispy warm rosemary olive toast, braccomole, topped with a bed of locally grown simple salad, organic goat cheese crumbles, yuzu vinaigrette, grilled avocado with red pepper couils and chia seeds. GF Option available.

SOUTHWEST QUINOA BOWL GF NOURISH / 13

Sprouted quinoa topped with avocado, fresh cilantro, spicy black beans, mushrooms, sautéed bell peppers, locally grown simple salad, roasted corn. Served with a house-made salsa.

Option add one 2 or two 4 - farm fresh organic eggs any style, to any of the above items*

RANCH BREAKFAST BURRITO COMFORT / 12

Farm fresh organic scrambled eggs*, fresh tomatoes, Arizona chorizo, potatoes, slow cooked black beans, red onions, fresh cilantro, organic pepper jack cheese. Served in a warm organic whole wheat tortilla with house-made salsa.

CLASSIC BREAKFAST GF COMFORT / 13

A classic American comfort breakfast with local ingredients. Indulge with two eggs* any style with your choice of nitrate free bacon or chicken apple sausage, served with choice of hash brown or locally grown simple salad.

THE FARM HOUSE GF NOURISH / 13

A savory combination of three eggs scrambled*, gruyere cheese, locally grown spinach, chicken apple sausage, served with locally grown simple salad.

EGG WHITE GARDEN OMELET GF NOURISH / 14

Nourish your morning with farm fresh organic egg whites* with shiitake mushrooms, locally grown spinach, asparagus, peppers, sliced avocado, and fresh herbs. Served with your choice of heirloom potatoes or locally grown simple salad.

ARTICHOKE BENEDICT GF DF NOURISH / 15

Two poached farm fresh organic eggs* served over artichokes, topped with grilled tomato, sautéed spinach and drizzled with an avocado hollandaise.

ARIZONA BENEDICT NOURISH / 14

Two poached farm fresh organic eggs* served over toasted English muffin, Canadian bacon, avocado, drizzled with an chipotle hollandaise sauce.

BERRY PANCAKES GF COMFORT / 13

Fluffy pancakes made from protein rich gluten free flour blend, choice of blueberries, strawberry's or banana, served with 100% maple syrup.

GRIDDLED WAFFLE GF COMFORT / 13

Crispy gluten free waffle, served with fresh seasonal berries candied pecans and maple syrup.

SIDES

Simple Salad / 4

Breakfast Potatoes / 4

Hash Browns / 6

Seasonal Fruit / 6

Nitrate Free Bacon / 5

Chicken Apple Sausage / 5

V Vegan VEG Lacto- Ovo -Vegetarian GF Gluten Free

While we offer gluten free items, our kitchen is not completely gluten free

**These items are served raw or undercooked or contain (may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness*