

TERRAS

SOUP & SALADS

**Ask about our nightly feature.*

SOUP OF THE DAY / 8

Made fresh daily with seasonal ingredients

ROASTED BUTTERNUT SQUASH SOUP / 6.5 VEG

With chili dusted pepitas

KALE AND GRILLED GOLDEN BEET SALAD / 10

Tuscan kale, lemon, red pepper flakes,
and parmesan – *Inspired by Dr. Fabio*

CIVANA CEZAR / 9

GF VEG NOURISH POWER-FOOD

Our superfoods version of the classic Caesar salad. Locally grown greens mix of organic kale, Asian greens and spinach, topped with crispy chickpeas, served with a house-made egg free Caesar dressing

BRUSSEL SALAD / 10

Shaved brussels, maple pumpkin seeds, goat cheese, citrus vinaigrette and seasonal berries

BUFFALO CARPACCIO / 14

GF V POWER-FOOD

Lightly smoked with wild baby arugula, balsamic reduction, capers, lemon segments and shaved parmesan

APPETIZERS

CRISPY BRUSSELS SPROUTS / 13

GF POWER-FOOD

Wood-oven roasted brussels sprouts, with balsamic reduction, fresh herbs, shallot, and bacon

HEIRLOOM BEETS / 13 VEG

Slow roasted mesquite beets served with lemon micro arugula, toasted pepitas, Arizona citrus segments, goat cheese coulis, finished with cold press olive oil and sea salt

ROASTED VEGETABLE HUMMUS / 12 V

Wood-oven roasted vegetable (bean-free) hummus made with seasonal vegetables, tahini, garlic, lemon, olive oil; served with homemade flatbread and crispy sliced vegetables

WILTED SPICY GREENS / 12 V

Baby bok choy, Tuscan kale, and leafy spinach
with rooster sauce

PEI MUSSELS / 14

Served with mushrooms white wine,
tomato garlic reduction

QUINOA CRAB CAKE / 16

Lemon scented greens, heirloom
pico avocado creme

ENTREES

CHILI HONEY GLAZED SALMON / 28 GF

Whipped sweet potato with cotija cheese,
and wilted spinach

BLACK COD / 30

Soba noodles in spicy tomato ginger broth
wonton crisp

DIVER SCALLOPS / 28 GF

Served with cilantro pumpkin seed pesto, and herbed
cauliflower rice

CHICKEN BREAST / 26 GF

Vegetable risotto with asparagus, red onion, mushrooms, fresh
herbs, finished with garlic demi

CHILI RUBBED CARNE ASADA / 28

Served with a choice of flour or corn warm tortilla, broccomole,
pico de gallo and chipotle aioli

TENDERLOIN / 36 GF

Six-ounce grilled fillet, balsamic onions, wilted spinach hint of
cream with sweet farm carrots

VENISON CHOP / 42

Wilted swiss chard, parsnip puree, and finished
with chipotle roasted corn demi

GRASS FED BURGER / 18

100% grass fed beef burger, lettuce, tomato, avocado, onion
choice of cheese, with artisan bun and choice of grilled sweet
potatoes or sweet potatoes fries

VEGETARIAN B'S BOLO / 26 V

Fettuccini pasta, tempeh, in slow roasted tomato sauce
and aged parmesan

VEGETARIAN BASIL EGGPLANT / 22 V

Brown rice, spicy eggplant with medjool
dates and cashews – *Inspired by Dr. Fabio*

SIDE DISHES / 6

Roasted Broccolini GF V

Sweet Potato Fries V

Seasonal Mushrooms GF V

Grilled Sweet Potato GF V

Wilted Spinach GF V

V Vegan VEG Lacto- Ovo -Vegetarian GF Gluten Free

All (GF) items listed above are prepared with gluten-free ingredients. However, Our kitchen is not completely gluten free. Please let us know if you have a food allergy or sensitivity.