

TERRAS

SOUP

VEGETARIAN SOUP OF THE DAY / 8

Made fresh daily with seasonal ingredients

GREEN CHILI PORK POSOLE GF NOURISH / 8

Slow-cooked pork with fire-roasted poblano peppers, tomatillos, green chilies, onion, and white hominy topped with cabbage, onion, cilantro

APPETIZERS

WOOD FIRED FLAT BREAD PIZZA / 11

Ask about our daily flat bread special

SHISHITO PEPPERS GF VEG NOURISH / 9

Spicy peppers tossed in a house-made sauce with tamari, lime and chili oil served with a cilantro yogurt -cucumber sauce

AVOCADO TOAST VEG POWER-FOOD / 11

Crispy rosemary olive oil toast, broccomole, topped with civana simple salad, organic goat cheese, grilled avocado, roasted pepper coulis, chia seeds gluten free option available

ROASTED VEGETABLE HUMMUS

V POWER-FOOD / 12

Wood-oven roasted vegetable (bean-free) hummus made with seasonal vegetables, tahini, garlic, lemon, olive oil. Served with oven roasted farm carrots, and whole wheat pita bread. *Gluten free option available

SHRIMP AVOCADO TOASTADA GF NOURISH / 14

Grilled shrimp, cucumber, heirloom tomato, red onion, cilantro, black bean hummus, avocado, cojita cheese, toasted corn tortillas, fresh lime and chipotle aioli

SANDWICHES

Served with choice of seasonal fruit, simple salad, grilled sweet potatoes, french fries, or sweet potato fries.

TURKEY BURGER NOURISH / 16

Char-grilled organic turkey burger, organic pepper jack, house-made fresh broccomole, topped with simple salad, heirloom tomato, onions on an artisan brioche bun

GRASS FED CHEESE BURGER COMFORT / 18

100% grass fed beef burger*, lettuce, heirloom tomato, avocado, onion, choice of organic cheese. Served on our artisan brioche bun with choice of grilled sweet potatoes, fries, or sweet potato fries

PRIME RIB MELT COMFORT / 17

Tender thinly sliced prime rib, organic melted provolone, sautéed onion, sweet peppers and mushroom blend, spicy marinara sauce. Served on an artisan hoagie roll

TURKEY CLUB COMFORT / 16

Classic combination of nitrate free bacon, all natural roasted turkey breast, organic Swiss cheese, bibb lettuce, heirloom tomato, avocado, lemon garlic aioli on grilled sourdough bread

SEARED AHI NOURISH / 18

Sesame crusted ahi tuna*, forbidden rice, shitake mushrooms, green onions, edamame beans, wonton strips, miso ginger broth

PURE SALADS BOWLS

CIVANA CEZAR

GF VEG NOURISH POWER-FOOD / 9

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

BEET COBB GF VEG POWER-FOOD / 11

Baby iceberg, prosciutto, olive, heirloom tomato, roasted beets, avocado, grilled onion, and blue cheese, whole grain mustard vinaigrette

KALE GF VEG POWER-FOOD / 10

Local organic kale, served with toasted almonds, fresh seasonal berries, feta cheese and a house-made champagne vinaigrette

WOOD OVEN VEGETABLE

TABBOULEH BOWL VEG POWER-FOOD / 13

Grilled sweet potatoes, summer squash, zucchini, bulgur wheat tabbouleh, fine chopped vegetables and herbs, arugula, lime juice and olive oil, grilled artisan toast points

OPTION TO ADD CHOICE OF

Grilled Tempeh (veg) / 4

4oz Chicken (GF) / 5

4oz Ora King Salmon (GF) / 7

4oz Ahi Tuna (GF) / 7

5 each Shrimp / 7

PURE WRAPS

Served with choice of seasonal fruit, simple salad, grilled sweet potatoes, french fries, or sweet potato fries.

ROASTED VEGETABLE HUMMUS WRAP

V NOURISH / 11

Roasted house-made vegetable hummus, fresh tomato, crispy chickpeas, local organic arugula, parsley, cilantro drizzled with Yuzu and olive oil, salt and pepper, served in a warm organic whole-wheat tortilla

PESTO PROSCIUTTO WRAP

VEG NOURISH / 11

House-made pecan pesto, organic buffalo mozzarella, roasted red peppers, tomatoes, basil, prosciutto, organic arugula, drizzled with extra virgin olive oil, served in a warm organic whole-wheat wrap

CHIPOTLE CHICKEN CEZAR WRAP

VEG NOURISH / 13

Grilled Chicken, heirloom tomato, avocado, cilantro, nitrate free bacon, manchango cheese, organic spinach, iceberg, chipotle cezar dressing, served in a warm organic whole-wheat wrap

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.

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.