TERRAS

BREAKFAST MENU

S W E E T			
MUFFIN GF VG ask for today's fresh offerings	5	GREEK YOGURT BOWL GF NF V Coconut yogurt upon request 1: house-made chia seed granola, strawberry, goji, coconut, local raw hone	2 ey
OVERNIGHT OATS GF NF VG toasted coconut, mixed berries	13	CHOCOLATE BUCKWHEAT PORRIDGE GF VG 10 fresh berries, coconut cream, coconut, coffee, dianthus, pecans	6
PITAYA SMOOTHIE BOWL GF NF V dragon fruit, mango, blueberry, banana, bee pollen, sliced fruit, toasted coconut	14	MATCHA PANCAKES GF NF V 11 matcha green tea pancakes, local raw honey, fresh berries, cacao nibs, whipped coconut cream	8
SAVORY			
AVOCADO TOAST NF VG Gluten free bread upon request avocado smash, noble sourdough bread, sunflower hemp dukkah, radish sprouts, purple ninja radish	16	SONORAN BREAKFAST BURRITO NF V 1' scrambled eggs*, red quiona, avocado smash, marinated kale, cheddar cheese, mushroom chorizo	7
SMOKED SALMON TOAST DF Gluten free bread upon request house-cured salmon, noble sourdough bread, whipped almond spre cucumber, capers, radish, everything seasoning	21 ead,	SPRING PEA FRITTATA NF DF V 12 egg*, peas, celery mint relish, coconut yogurt, cilantro, pea shoots	-
BREAKFAST SANDWICH NF V Gluten free bread upon request noble sourdough bread, fried egg*, white cheddar, arugula, garlic aid with sweet potato hash	16 oli,	ASPARAGUS OMELETTE NF V 11 asparagus, cipollini onion, feta EGGS BENEDICT DF V 11 noble sourdough bread, tomato, spinach, farm fresh eggs*, cashew sauce	9
SHAKSHUKA NF V Gluten free bread upon request farm fresh eggs* poached in a sauce of tomatoes, peppers, onions, f cilantro, grilled noble sourdough bread	18 Teta,	FARMERS MARKET BREAKFAST v 24 farm fresh eggs*, noble seeded multigrain toast, strawberry jam, almond butter, coconut yogurt & seasonal berries, juice, coffee, or tea	8
ADDITIONAL SIDES			
NOBLE SEEDED MULTIGRAIN BREAD NF VG strawberry jam, almond butter	8		9
SEASONAL BERRIES GF NF VG	8		9 5
CHICKEN APPLE SAUSAGE GF NF DF	9		4
BEVERAGES			
Coffee		Tea	
DRIP COFFEE	4	HOT TEA	4
AMERICANO	7		6
5	. / 7	BOTANICAL TEA lemon lavender, caffeine free	6
LATTE vanilla, caramel, hazelnut, matcha, chai, mocha CAPPUCCINO vanilla, caramel, hazelnut, matcha, chai, mocha	7 7	Spiked	
	,		4
Juice	_	BLOODY MARY az distilling co. mission vodka or commerce gin	4
ORANGE	6	Zero Proof	
GRAPEFRUIT	6	FIRE WITHIN serrano infused ritual zero proof tequila, carrot juice, watermelon juice, passion fruit puree, agave tea	2

GF Gluten Free **NF** Nut Free **DF** Dairy Free **VG** Vegan **V** Vegetarian GF items 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. *These items may be cooked to order and may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of a food borne illness.