

# T E R R A S

## LUNCH MENU

### STARTERS

- ROASTED BEET HUMMUS** DF 16  
crudite, za'atar lavosh, pistachio dukkah
- DESERT GUACAMOLE** NF DF 14  
cilantro, lime, & chiles, served with crispy corn chips & crudité

### SALADS + BOWLS

- KALE & BRUSSEL CAESAR** GF NF V 17  
black garlic caesar dressing, cherry tomato, radish, crunchy spiced chickpea croutons, pumpkin seed dukkah
- SOUTHWESTERN COBB SALAD** GF 17  
little gem, cherry tomato, avocado, black bean, grilled corn, hard-boiled egg, cucumber, cotija cheese, fiesta peppers, chipotle cashew dressing
- VADOUVAN KITCHARI BOWL** 🍲 GF NF V 17  
ayurvedic warming stew of lentil, brown rice, broccoli, spinach, carrot, turmeric, curry, ginger, cabbage slaw, crispy chickpea
- SUPERFOODS BOWL** GF NF V 17  
cauliflower tabbouleh, sweet potato, romanesco, french lentils, kale cucumber, cherry tomato, spiced sunflower & hemp seed, turmeric tahini vinaigrette
- MACRO GRAIN BOWL** GF V 17  
quinoa, shredded beet & cabbage slaw, roasted carrot, radish, arugula, date, crushed pistachio, cherry tomato, citrus thyme vinaigrette
- protein additions:** seared salmon\* (12), green chile chicken (7), jackfruit carnitas (6), marinated tofu (6), egg\* (3)

### TACOS

- SEARED SALMON** GF NF 18  
jicama slaw, cilantro, aji amarillo crema, salsa verde
- GREEN CHILE CHICKEN** GF NF 17  
cabbage slaw, guacamole
- JACKFRUIT CARNITAS** GF NF 16  
cabbage slaw, guacamole, aji amarillo crema, salsa verde

### SANDWICHES + WRAPS

- served with choice of a side
- TOFU WRAP** NF DF 20  
herbed tofu salad, marinated garbanzo beans, cabbage slaw, green tahini in a whole wheat tortilla
- HERB ROASTED CHICKEN SANDWICH** 25  
pistachio arugula pesto, roasted tomato, vegan ricotta, on noble bakery buttermilk bun
- VEGGIE BURGER** NF 24  
sweet potato, mushroom, quinoa, garbanzo & bean patty, chipotle aioli, avocado, radish sprouts on noble bakery buttermilk bun + smoked cheddar (2), egg\* (3)

### SIDES

- CAULIFLOWER TABBOULEH** NF
- SEASONAL SALAD** NF
- SEASONAL FRUIT** NF
- VEGGIE CHIPS** NF

### BEVERAGES

- Juice
- ORANGE** 6
- GRAPEFRUIT** 6
- Cold
- ICED TEA** raspberry lemon or black, caffeine included 6
- BOTANICAL TEA** lemon lavender, caffeine free 6
- Hot
- COFFEE** 4
- HOT TEA** 4

### DESSERTS

- CHOCOLATE BERRY MOUSSE** GF NF V 12  
strawberry coulis & seasonal berries
- SEASONAL SORBET TRIO** GF NF V 12

GF Gluten Free NF Nut Free DF Dairy Free V Vegan 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.

Parties of 6 or more are subject to a service charge of 20%.

🍲 Chopra Health Retreat Offerings: created in collaboration with board certified physicians trained in Ayurveda and Integrative Medicine.