

T E R R A S

APPETIZERS

CALIFORNIA OLIVES V GF NF	8
with arizona citrus & rosemary	
BEET HUMMUS V	12
with crudite & pistachio dukkah	
CARROT GINGER SOUP 🌱 V GF NF	10
with coconut yogurt & six spice sesame seeds	
HEARTS OF PALM 'CRAB' CAKE V GF NF	12
with frisee, citrus, & mustard seed vinaigrette	
SMASHED AVOCADO V NF	12
with hempseed, calabrian chili, & za'atar flatbread	
CRUDO LETTUCE WRAPS GF NF	15
with sushi grade pacific grouper, sweet potato, avocado, lime leaf, & chiles	
MUSHROOM - LENTIL PATE V	13
with cashew chive cream, pickled mushrooms, & pretzel toast	
GEM LETTUCES V NF	15
with sourdough & sunflower crunch & black garlic vinaigrette	
RAW & CHARRED TOMATO CARPACCIO GF NF	18
with whipped chevre, avocado, nopale, crispy corn, & herbs	

SIDES

FINGERLING POTATOES V GF NF	8
with garlic & herbs	
OVEN ROASTED BRUSSELS SPROUTS V GF	8
with toasted cashews	

ENTRÉES

ACHIOTE CAULIFLOWER V GF NF	21
served over mexican quinoa & lentils, chipotle jam, pickled carrots, & cilantro crema	
MAITAKE MUSHROOMS V GF	22
with spicy mole, pan seared masa, avocado, & cashew lime crema	
BROWN RICE NOODLES 🌱 V GF	19
sautéed with rainbow carrots, ginger, sugar snap peas, & toasted cashews	
ZUCCHINI-CORN TRUFFLE ENCHILADA GF NF	21
with queso fresco, spicy red salsa, & cilantro cream	
FAROE ISLAND SALMON* GF NF	24
with asparagus, & green beans over fennel - meyer lemon sauce	
HEMP CRUSTED TUNA* GF NF	26
with grilled cabbage & togarashi aioli	
FIRE ROASTED CHICKEN GF NF	24
with baby summer squash, shishito peppers, & sunflower poblano pepper butter	
GRASS FED BEEF TENDERLOIN GF NF	32
with chili pee wee potatoes, broccolini, cherry tomato & tamarind sauce	
PIZZA	18
rotating & from our wood burning oven	

MIXED MUSHROOMS AGRODOLCE V GF NF	8
with toasted sesame seeds	
BROCCOLI AND WILTED GREENS GF NF	8
with spiced honey & lemon zest	

Executive Chef Scott Winegard

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

GF Gluten Free **NF** Nut Free **V** Vegan 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.

*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.

WHITE

PINOT GRIGIO	La Cappuccina, Veneto, Italy	12	48
PINOT BLANC, SUR LIE	Harper Voit, Willamette Valley, OR	18	72
CHABLIS	Domaine Louis Moreau, Burgundy, France	14	56
VIOGNIER	Rune Pillsbury Vineyard, Sonoita, AZ	-	95
WHITE TABLE WINE	Provisioner, Wilcox, AZ	12	48
SAUVIGNON BLANC	Ant Moore Signature Series, Marlborough, New Zealand	12	48
SAUVIGNON BLANC	Long Meadow Ranch, Rutherford, CA	18	72
CHENIN BLANC	Heringer Vineyard Rootdown, Clarksburg, CA	-	56
GRUNER VELTLINER	Huber Vision Organic, Austria	-	48
RIESLING	Schafer-Frohlich, Dry, Nahe, Germany	14	56
CHARDONNAY	Natura Organic Unoaked, Central Valley, Chile	12	48
CHARDONNAY	Aries Marine Layer, Sonoma Coast	18	72

IN BETWEEN

ROSÉ	Triennes, Provence, France	14	56
ROSÉ	Grgich Hills Estate, Napa Valley, CA	-	64

RED

PINOT NOIR	Natura Organic, Central Valley, Chile	12	48
PINOT NOIR	Browne Family Heritage, Willamette Valley, OR	16	64
PINOT NOIR	Long Meadow Ranch, Anderson Valley, CA	30	120
GAMAY NOIR	Jolie-Laide Barsotti Vineyard, El Dorado Hills, CA	-	110
BAROLO	Crissante Alessandria, La Morra, Italy	-	160
VALDIGUIE/CARIGNAN/TANNAT	Cruse Wine Co 'Monkey Jacket', Napa, CA	18	72
GRENACHE	Rune Pillsbury Vineyard, Sonoita, AZ	-	95
RED BLEND	Provisioner, Willcox, AZ	12	48
CABERNET FRANC	I. Brand & Family, 'Bayly Ranch', Paicines, CA	30	120
CABERNET SAUVIGNON	Natura, Organic, Central Valley, Chile	12	48
CABERNET SAUVIGNON	Skyside, North Coast, CA	18	72
CABERNET SAUVIGNON	Mending Wall, Napa, CA	35	140
CABERNET SAUVIGNON	Corison, St. Helena Vineyard, Napa Valley, CA	-	265

BUBBLES

PROSECCO	Poggio Costa, Prosecco, Italy	12	48
SPARKLING ROSÉ	Amelia Brut, Crémant de Bordeaux, France	12	48
BLANC DENIT	Raventos i Sparkling Rose, Vinya del Llac, Spain	-	70
BLANC DE BLANCS	Raventos i Blanc, Vinya del Llac, Spain	-	70
BLANC DE BLANCS	Schramsberg Brut 2016, Napa, CA	-	125
CHAMPAGNE	Eclats de Meulière, Jeanaux-Robin, France	-	160