

do
what
comes
naturally.

Seed

breakfast

entrees

Dream State Granola Bowl GF 10
a breakfast bowl as dreamy as last night's sleep. featuring our house-made hempseed + chia granola, anti-oxidant rich bee pollen, organic berries, & coconut yogurt. this breakfast bowl is packed with body-loving nutrition.

Good Day Chia Pudding GF V 10
start your day on the right foot with this protein packed creamy oat milk-chia seed pudding steeped in vanilla oat milk, infused with cinnamon, & topped with toasted coconut & antioxidant rich berries.

Morning Forage Oats 🌱 V GF 10
gluten free rolled oats topped with gut healthy spiced pears, protein rich toasted almonds, & warm oat milk.

Don't Wake Me Oats GF 10
meet your new favorite overnight oats. rolled oats mixed with anti-inflammatory boosting whole flax seeds & organic chia seeds, drizzled with honey, & soaked overnight in oat milk, topped with fiber rich dried fruits & candied nuts.

Veg Out Everything Bagel V 10
because who doesn't love a good bagel? enjoy our everything sourdough bagel toasted and topped with creamy almond cream cheese, organic tomato, cucumber, micronutrient packed radishes, capers, & scallions.
+ smoked salmon* (7)

Abundant Breakfast Bowl NF GF 16
with a pasture raised organic egg any style, braised vitamin packed kale, sweet potato hash, herbed quinoa, & spicy kraut. this bowl will be sure to satisfy those hungry mornings.

Mother Earth Toast gluten free bread available 10
believe us, it's as good as mother nature intended. heart healthy almond butter, arizona honey, & goji strawberry jam, topped with toasted almonds on noble bakery sourdough.

Avocado Delight V NF gluten free bread available 14
nothing goes together better than avocado & toast. our take on the classic is topped with nutrient dense sprouts, tiny tomatoes, & crisp radish on sourdough.
+ smoked salmon* (7), egg* (3) or grilled tofu (6)

Sonoran Breakfast Burrito NF 14
gluten free tortilla & tofu scramble available
our plant-friendly take on this comfort breakfast classic combines chorizo mushrooms with pasture raised organic scrambled eggs*, nutrient rich avocado, herbed potatoes, & salsa verde.

Wild Mezze Frittata NF GF tofu scramble available 14
jumping straight out of the garden with our scrambled and baked organic eggs, wild arugula, potassium loaded & roasted summer squash, heirloom cherry tomatoes, chickpeas, pickled red onion, olives, & green tahini.

Live a Little Waffle V 14
what your adult waffle dreams are made of. sourdough spelt waffle with honey crisp apples, berries, whipped coconut, & spiced maple. sweet, nutrient dense... perfection.

smoothies

Greenvana 9
green apple, lime, ginger spirulina, spinach, kale leaves, cilantro, banana, & kiwi.

Glow Getter 9
oat milk, strawberry, raspberry, banana, dates, hemp seeds, flax seeds, & vanilla.

Golden Lassi 🌱 9
mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, & cinnamon

Add into any smoothie

- FRUITS strawberries, raspberries, banana, green apple, dates, kiwi, blueberries, mango, pineapple +2
- VEGETABLES spinach, avocado, kale +2
- SEEDS chia, hemp, sunflower, sesame, flax, pumpkin +1
- NUTS almonds, cashews +2
- BUTTERS almond butter, peanut butter +1
- SUPERFOODS spirulina, maca, ashwagandha, lion's mane mushroom +2
- PROTEIN vegan protein powder +2

bevvies

JUICE

Orange 7

Grapefruit 7

COLD

Botanicals lemon lavender, caffeine free 6

Iced Tea raspberry lemon, caffeine included 6

Iced Americano 7

Iced Vanilla Matcha Latte matcha, oat milk, organic vanilla syrup 9

Honey Lavender Latte double shot of espresso, oat milk, elderberry, lavender, organic raw honey 9

HOT

Coffee small / large 3 / 5

Latte or Cappuccino small / large 5 / 7

Espresso single / double 4 / 7

Hot Tea 4

Chai Tea Latte small / large 5 / 7

SPIKED

Mimosa with classic or hibiscus pamplemousse 12

Bloody Mary with arizona distilling company mission vodka or commerce gin 12

🌱 Chopra Health Retreat Offerings: created by Exec Chef Scott Winegard 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. Substitutions Available: gluten free bread, gluten free tortilla, tofu scramble.

*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%.