

do
what
comes
naturally.

Seed

Lunch

entrees

Market Salad V GF NF 14
with fresh market greens, avocado, raw shredded vegetables, marinated red peppers, heart healthy olives, crisp radishes, nutrient rich sprouts, tomatoes & creamy citrus dressing.
+ smoked salmon* (7), egg* (3), grilled tofu (6), or grilled chicken (6)

Superfoods Salad V GF 15
an abundant bowl of lacinato kale with shredded vegetables, creamy almond ricotta, honey crisp apples, protein rich spiced sunflower seeds, sprouts & toasted sesame date dressing.
+ smoked salmon* (7), egg* (3), grilled tofu (6), grilled chicken (6), or avocado (3)

Veggie Cobb Salad GF 18
with romaine lettuce, vitamin rich grilled portobello, smokey black beans, hard boiled organic egg, heart healthy avocado, tiny cherry tomatoes, sprouts, & creamy cashew ranch dressing. this cobb is anything but the norm.
+ smoked salmon* (7), grilled tofu (6), or grilled chicken (6)

Grateful Grain Bowl V GF NF 16
piled high with protein filled quinoa & jasmine rice, stewed lentils, marinated kale, nutritious roasted carrots, & superfood ruby kraut. the grateful grain bowl is filling, flavorful, & healthful. accompanied with a mustard seed vinaigrette.
+ smoked salmon* (7), egg* (3), grilled tofu (6), grilled chicken (6), or avocado (3)

Vadouvan Kitchari Bowl 🌱 V GF 16
cleansing bowl of slow cooked brown rice and white lentils, spiced with turmeric & ginger. broccoli spinach & vitamin rich carrots. topped with our always dairy free coconut yogurt raita, cabbage slaw & protein rich crispy chickpeas. this dish will be sure to warm you from the inside out.
+ smoked salmon* (7), egg* (3), grilled tofu (6), grilled chicken (6), or avocado (3)

Hippy Wrap V NF 16
feel the love with this vegan and protein rich hippy wrap. whole wheat tortilla stuffed with herbed tofu salad, brown rice, crunchy chickpeas, straight from the soil shredded vegetables, & green tahini. fresh, crisp, and delicious. +choice of sweet potato chips or side salad

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

Bountiful Bahn Mi V NF 14
nobel eatery bread lovingly filled with eggplant, pickled carrots and daikon, thai basil, smooth lentil pâté, jalapeño, cabbage & spicy chickpea aioli. +choice of sweet potato chips or side salad

Chicken Pesto Lovers Sandwich 16
with organic lemon herbed chicken layered with seasonal roasted vegetables, parsley-almond pesto, whole grain mustard & crisp fresh lettuce, served on a fresh noble onion roll. + choice of sweet potato chips or side salad

Sonoran Tacos GF NF 14
with choice of grilled salmon*, chicken or tofu, "refried" beans, tomato, guacamole, cabbage salad, & tomatillo salsa.

smoothies

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

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

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

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 main 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

COCKTAILS

Bloody Mary choice of arizona distilling company mission vodka or commerce gin 12

CBD Spritz aperol, prosecco, cbd-infused zero-sugar soda 14

Mimosa choice of classic or hibiscus pamplemousse 12

Prickly Pear Sangria white wine, hendrick's solstice gin, seasonal fruit, prickly pear 14

Honey Margarita corcel tequila blanco, honey, lime, chile lime salt frozen or on the rocks 14

Moscow Mule chakra vodka, big marble organic ginger beer, lime 12

BOTTLES & CANS

Lucky Buddha Enlightened Lager 6
japanese rice lager | international distillers & vintners, china | 4.8% abv

Sippin' Pretty Fruited Sour 6
odell brewing co. | fort collins, co | 4.5% abv

Special Effects Zero Alcohol Dry 6

Hop Lager brooklyn brewery | brooklyn, ny | <.5% abv

Sun Day Hard Seltzer 7
four peaks brewing co. | tempe, az | 4.0% abv | 99 calories | choose from assorted flavors

Northeast IPA 8
helton brewing co. | phoenix, az | 6.2% abv

Pineapple and Charcoal 7
juneshine hard kombucha | san diego, ca | 6% abv, probiotic, gluten free

Purpose Pilsner 8
greenwood brewing Co. | phoenix, az | 5.5% abv

WINE 14 per glass / 56 per bottle

Natura Organic Wines choice of unoaked chardonnay, sauvignon blanc or pinot noir

Rosé triennes, provence, france

Prosecco poggio costa brut, d.o.c., veneto, italy

Sparkling Rosé amelia brut, crémant de bordeaux, france

🌱 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%.