

do
what
comes
naturally.

Seed

breakfast

entrees

Dream State Granola Bowl GF 12 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.	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.
Good Day Chia Pudding GF V 12 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.	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)
Morning Forage Oats 🌱 V GF 12 gluten free rolled oats topped with gut healthy spiced pears, protein rich toasted almonds, & warm oat milk.	Sonoran Breakfast Burrito NF 16 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.
Don't Wake Me Oats GF 12 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.	Wild Mezze Frittata NF GF tofu scramble available 18 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.
Veg Out Everything Bagel V 12 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)	Live a Little Waffle V 16 what your adult waffle dreams are made of. sourdough spelt waffle with honey crisp apples, berries, whipped coconut, & spiced maple. sweet, nutrient dense... perfection.
Abundant Breakfast Bowl NF GF 18 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.	

smoothies

Greenvana 12 green apple, lime, ginger spirulina, spinach, kale leaves, cilantro, banana, & kiwi.	Add into any smoothie
Glow Getter 12 oat milk, strawberry, raspberry, banana, dates, hemp seeds, flax seeds, & vanilla.	FRUITS strawberries, raspberries, banana, green apple, dates, kiwi, blueberries, mango, pineapple +2
Golden Lassi 🌱 12 mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, & cinnamon	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	HOT
Orange 7	Coffee small / large 4 / 6
Grapefruit 7	Latte or Cappuccino small / large 5 / 7
COLD	Espresso single / double 4 / 7
Botanicals lemon lavender, caffeine free 6	Hot Tea 4
Iced Tea raspberry lemon, caffeine included 6	Chai Tea Latte small / large 5 / 7
Iced Americano 7	SPIKED
Iced Vanilla Matcha Latte matcha, oat milk, organic vanilla syrup 9	Mimosa with classic or hibiscus pamplemousse 14
Honey Lavender Latte double shot of espresso, oat milk, elderberry, lavender, organic raw honey 9	Bloody Mary with arizona distilling company mission vodka or commerce gin 14

🌱 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%.