

do  
what  
comes  
naturally.

Seed

# Lunch

## entrees

**Market Salad** V GF NF 16  
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 17  
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), or 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)

**Grass Fed Burger** DF NF 24  
with sun-dried tomato-caper aioli, wild arugula, tomato on noble sesame bun. served with roasted potatoes and pickles + smoked cheddar (2), egg (3)

**Grateful Grain Bowl** V GF NF 17  
piled high with protein filled quinoa & jasmine rice, stewed lentils, marinated kale, nutritious roasted carrots, & superfood ruby kraut. this 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), or avocado (3)

**Hippy Wrap** V NF 18  
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 20  
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** 21  
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 18  
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. 12

**Glow Getter** oat milk, strawberry, raspberry, banana, dates, hemp seeds, flax seeds, & vanilla. 12

**Golden Lassi** 🍵 mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, & cinnamon. 12

### 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 4 / 6

**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 14

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

**Mimosa** choice of classic or hibiscus pamplemousse 14

**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 16

**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** 7  
odell brewing co. | fort collins, co | 4.5% abv

**Special Effects Zero Alcohol Dry Hop Lager** 6  
brooklyn brewery | brooklyn, ny | <.5% abv

**Plant Hard Seltzer** 12  
ca | 4.5% abv | 100 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%.