

T E R R A S

LUNCH MENU

MARKET SALAD V GF NF	16	HIPPY WRAP V NF	18
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)		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	
SUPERFOODS SALAD V GF	17	AVOCADO DELIGHT V NF GF BREAD AVAILABLE	14
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)		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)	
VEGGIE COBB SALAD GF	18	BOUNTIFUL BAHN MI V NF	20
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)		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	
GRASS FED BURGER DF NF	24	CHICKEN PESTO LOVERS SANDWICH	21
with sun-dried tomato-caper aioli, wild arugula, tomato on noble sesame bun. served with roasted potatoes and pickles + smoked cheddar (2), egg (3)		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	
GRATEFUL GRAIN BOWL V GF NF	17	SONORAN TACOS GF NF	18
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)		with choice of grilled salmon*, chicken or tofu, "refried" beans, tomato, guacamole, cabbage salad, & tomatillo salsa	
VADOUVAN KITCHARI BOWL 🌱 V GF	16	BEVERAGES	
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)		Juice	
		ORANGE	7
		GRAPEFRUIT	7
		Cold	
		BOTANICALS lemon lavender, caffeine free	6
		ICED TEA raspberry lemon, caffeine included	6
		Hot	
		COFFEE small / large	3 / 5
		FRENCH PRESS COFFEE	6
		HOT TEA	4

🌱 **Chopra 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.

Parties of 6 or more are subject to a service charge of 20%.