

# T E R R A S

## DINNER MENU

### APPETIZERS

<b>CALIFORNIA OLIVES</b> V GF NF	8
with arizona citrus & rosemary	
<b>BEET HUMMUS</b> V	14
with crudite & pistachio dukkah	
<b>CARROT GINGER SOUP</b> 🌱 V GF NF	11
with coconut yogurt & six spice sesame seeds	
<b>HEARTS OF PALM 'CRAB' CAKE</b> V GF NF	16
with frisee, citrus, & mustard seed vinaigrette	
<b>SMASHED AVOCADO</b> V NF	16
with hempseed, calabrian chili, & za'atar flatbread	
<b>MUSHROOM - LENTIL PATE</b> V	16
with cashew chive cream, pickled mushrooms, & pretzel toast	
<b>GOLDEN BEET SALAD</b> GF NF	19
with winter lettuces, goat feta, bosc pears, sunflower crunch, & hibiscus vinaigrette	
<b>BUTTERNUT &amp; DELICATA SQUASH</b> GF NF	17
with artisan greens, shaved radish, pumpkin seed crunch, & green tahini vinaigrette	

### ENTRÉES

<b>ACHIOTE CAULIFLOWER</b> V GF NF	24
served over mexican quinoa & lentils, chipotle jam, pickled carrots, & cilantro crema	
<b>MAITAKE MUSHROOMS</b> V GF	24
with spicy mole, pan seared masa, avocado, & cashew lime crema	
<b>BROWN RICE NOODLES</b> 🌱 V GF	24
sautéed with rainbow carrots, ginger, sugar snap peas, & toasted cashews	
<b>ZUCCHINI-CORN TRUFFLE ENCHILADA</b> GF NF	28
with queso fresco, spicy red salsa, & cilantro cream	
<b>FAROE ISLAND SALMON*</b> GF NF	36
with asparagus & green beans over fennel - meyer lemon sauce	
<b>HEMP CRUSTED TUNA*</b> GF NF	38
with asparagus & green beans over fennel - meyer lemon sauce	
<b>FIRE ROASTED CHICKEN</b> GF NF	34
with delicata squash, shishito peppers, & sunflower poblano pepper butter	
<b>GRASS FED BEEF TENDERLOIN</b> GF NF	44
with chili pee wee potatoes, broccolini, cherry tomato & tamarind sauce	
<b>PIZZA</b>	22
rotating & from our wood burning oven	

### SIDES

<b>FINGERLING POTATOES</b> V GF NF	8	<b>MIXED MUSHROOMS AGRODOLCE</b> V GF NF	8
with garlic & herbs		with toasted sesame seeds	
<b>OVEN ROASTED BRUSSELS SPROUTS</b> V GF	8	<b>BROCCOLI AND WILTED GREENS</b> GF NF	8
with toasted cashews		with spiced honey & lemon zest	

🌱 **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%.

WHITE

<b>PINOT GRIGIO</b>	GIUSEPPE LUIGI, FRUILI, ITALY	12	48
<b>CHABLIS</b>	RAOUL GAUTHERIN & FILS, BURGUNDY, FRANCE	16	56
<b>VIOGNIER</b>	RUNE PILLSBURY VINEYARD, SONOITA, AZ	-	95
<b>SAUVIGNON BLANC</b>	ANT MOORE SIGNATURE SERIES, MARLBOROUGH, NEW ZEALAND	12	48
<b>SAUVIGNON BLANC</b>	LIEU DIT, SANTA YNEZ, CA	15	60
<b>SANCERRE</b>	DOMAINE THOMAS & FILS, LOIRE VALLEY, FRANCE	18	72
<b>CHENIN BLANC</b>	HERINGER VINEYARD ROOTDOWN, CLARKSBURG, CA	-	56
<b>GRUNER VELTLINER</b>	HUBER VISION ORGANIC, AUSTRIA	-	48
<b>RIESLING</b>	KRUGER RUMFF, NAHE, GERMANY	14	56
<b>CHARDONNAY</b>	PRESQU'ILE, SANTA MARIA VALLEY, CA	14	56
<b>CHARDONNAY</b>	FAILLA, SONOMA COAST	18	72

IN BETWEEN

<b>ROSÉ</b>	TRIENNES, PROVENCE, FRANCE	14	56
<b>ROSÉ</b>	GRGICH HILLS ESTATE, NAPA VALLEY, CA	-	64

RED

<b>PINOT NOIR</b>	VALRAVN, SONOMA, CA	14	56
<b>PINOT NOIR</b>	MONTINORE, WILLAMETTE VALLEY, OR	16	64
<b>SUPER TUSCAN</b>	POGGIO D'ELSA, TUSCANY, ITALY	15	60
<b>GAMAY NOIR</b>	JOLIE-LAIDE BARSOTTI VINEYARD, EL DORADO HILLS, CA	-	110
<b>COTE DU RHONE</b>	FAMILLE PERRIN, RHONE VALLEY, FRANCE	15	60
<b>MERLOT</b>	TRIG POINT, ALEXANDER VALLEY, CA	15	60
<b>RED BLEND</b>	BEAUTIFUL EARTH, PASO ROBLES, CA	18	72
<b>RED BLEND</b>	PROVISIONER, WILLCOX, AZ	12	48
<b>MALBEC</b>	ALTOCEDRO, MENDOZA, ARGENTINA	15	60
<b>CABERNET FRANC</b>	MESSANGES ROUGE, CHINON, FRANCE	16	64
<b>CABERNET SAUVIGNON</b>	Y3 JAX VINEYARD, NORTH COAST, CA	14	56
<b>CABERNET SAUVIGNON</b>	MATIAS, NAPA VALLEY, CA	18	72
<b>CABERNET SAUVIGNON</b>	PEJU, NAPA, CA	28	112
<b>CABERNET SAUVIGNON</b>	CORISON, ST. HELENA VINEYARD, NAPA VALLEY, CA	-	265

BUBBLES

<b>PROSECCO</b>	POGGIO COSTA, PROSECCO, ITALY	12	48
<b>SPARKLING ROSÉ</b>	FIOL, PROSECCO ROSÉ, ITALY	12	48
<b>BLANC DENIT</b>	RAVENTOS I SPARKLING ROSE, VINYA DEL LLAC, SPAIN	-	70
<b>BLANC DE BLANCS</b>	RAVENTOS I BLANC, VINYA DEL LLAC, SPAIN	-	70
<b>CHAMPAGNE</b>	PAUL LAURENT, BRUT, FRANCE	-	110