

TERRAS

BREAKFAST MENU

SWEET

HOUSE MADE JALAPENO CHEDDAR SCONE	6	MORNING OATS 🌱 V GF	12
MUFFIN	5	gluten free oats, oat milk, cherry almond relish, toasted coconut	
ask for today's fresh offerings		BANANA & ALMOND BUTTER TOAST V	12
GREEK YOGURT BOWL GF	12	creamy almond butter, banana, hemp seed almond crumb on noble bakery sourdough	
Coconut yogurt upon request		PITAYA SMOOTHIE BOWL V GF	14
house made hempseed & chia granola, fresh berries, bee pollen, local arizona honey		dragon fruit, mango, blueberry, banana smoothie topped with bee pollen, sliced fruit, toasted coconut	
BLUEBERRY CHIA SEED PUDDING V GF	10	BUCKWHEAT PANCAKES GF	16
pumpkin seed berry crunch, toasted coconut		blackberry compote, orange fromage blanc, honey drizzle	

SAVORY

AVOCADO TOAST V	14	SONORAN BREAKFAST BURRITO	16
avocado smash, pistachio arugula pesto		scrambled eggs*, red quinoa, avocado, marinated kale, cheddar cheese, mushroom chorizo	
+ smoked salmon* (7), egg* (3)		+ beef chorizo (7), chicken apple sausage (6), marinated tofu (6)	
SMOKED SALMON TOAST DF	17	FRITTATA GF	16
house cured smoked salmon, whipped almond spread, cucumbers, capers, radish		red quinoa, kale, sun-dried tomato, goat cheese topped with arugula, radish, citrus vinaigrette	
HARVEST BREAKFAST BOWL GF	16	CHICKEN SAUSAGE & EGG SANDWICH GF	18
quinoa, kale, sweet potato hash, turmeric roasted cauliflower, avocado, egg* any style		scrambled egg*, white cheddar, sprouts, chicken sausage, chipotle mayo, avocado, sweet potato hash, on house made jalapeno cheddar scone	
+ smoked salmon* (7), chicken apple sausage (6), marinated tofu (6)			

ADDITIONAL SIDES

CHICKEN SAUSAGE	6	MIXED BERRIES	8
EGG*	3	SWEET POTATO HASH	5

BEVERAGES

Juice		Hot	
ORANGE	6	COFFEE	4
GRAPEFRUIT	6	HOT TEA	4
Cold		Spiked	
ICED TEA raspberry lemon or black, caffeine included	6	MIMOSA classic or hibiscus pamplemousse	14
BOTANICAL TEA lemon lavender, caffeine free	6	BLOODY MARY arizona distilling company mission vodka or commerce gin	14

🌱 Chopra Health Retreat Offerings: created in collaboration with board certified physicians trained in Ayurveda and Integrative Medicine.

GF Gluten Free DF Dairy 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%.