

T E R R A S

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 GF NF V	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 GF NF V	10	BUCKWHEAT PANCAKES GF NF	16
pumpkin seed berry crunch, toasted coconut		blackberry compote, orange fromage blanc, honey drizzle	

SAVORY

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

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

GF Gluten Free NF Nut Free DF Dairy Free V Vegan GF items 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%.

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