

# T E R R A S

## BREAKFAST MENU

### SWEET

<b>MUFFIN</b> GF VG 5 ask for today's fresh offerings	<b>GREEK YOGURT BOWL</b> GF NF V Coconut yogurt upon request 12 house-made chia seed granola, fig, goji, coconut, local raw honey
<b>OVERNIGHT OATS</b> 🌱 GF NF VG 13 toasted coconut, mixed berries	<b>CHOCOLATE BUCKWHEAT PORRIDGE</b> GF VG 16 fresh berries, coconut cream, coconut, coffee, dianthus, pecans
<b>PITAYA SMOOTHIE BOWL</b> GF NF VG 14 dragon fruit, mango, blueberry, banana, bee pollen, sliced fruit, toasted coconut	<b>MATCHA PANCAKES</b> GF NF VG 18 matcha green tea pancakes, local raw honey, fresh berries, cacao nibs, whipped coconut cream

### SAVORY

<b>AVOCADO TOAST</b> NF VG 16 avocado smash, noble sourdough bread, sunflower hemp dukkah, radish sprouts, purple ninja radish	<b>SONORAN BREAKFAST BURRITO</b> NF V 17 scrambled eggs*, red quinoa, avocado smash, marinated kale, cheddar cheese, mushroom chorizo
<b>SMOKED SALMON TOAST</b> 21 house-cured salmon, noble sourdough bread, whipped almond spread, cucumber, capers, radish, everything seasoning	<b>SQUASH AND APPLE FRITTATA</b> NF V 18 egg*, honeynut squash, roasted apple, sage, shallot, kale, goat cheese, pumpkin shoots
<b>BREAKFAST SANDWICH</b> NF V 16 noble sourdough bread, fried egg*, white cheddar, arugula, garlic aioli, with sweet potato hash	<b>TOMATO BASIL OMELET</b> NF V 16 tomato jam, basil, spinach, boursin cheese, with sweet potato hash
<b>SHAKSHUKA</b> NF V 18 local farm fresh eggs* poached in a sauce of tomatoes, peppers, onions, feta, cilantro, grilled noble sourdough bread	<b>FARMERS MARKET BREAKFAST</b> DF V 28 local farm fresh eggs*, noble seeded multigrain toast, quince jam, almond butter, coconut yogurt & seasonal berries, juice, coffee, or tea

### ADDITIONAL SIDES

<b>NOBLE SEEDED MULTIGRAIN BREAD</b> NF V 8 quince jam, almond butter	<b>HOUSE-MADE BEEF CHORIZO</b> GF NF DF 9
<b>SEASONAL BERRIES</b> GF NF VG 8	<b>HOUSE-MADE SMOKED SALMON</b> GF NF DF 9
<b>CHICKEN APPLE SAUSAGE</b> GF NF DF 9	<b>SWEET POTATO HASH</b> GF NF VG 5
	<b>LOCAL FARM FRESH CAGE-FREE EGG*</b> GF NF V 4

### BEVERAGES

Coffee	Tea
<b>DRIP COFFEE</b> 4	<b>HOT TEA</b> 4
<b>AMERICANO</b> 7	<b>ICED TEA</b> raspberry lemon or black, caffeine included 6
<b>ESPRESSO</b> single / double 4 / 7	<b>BOTANICAL TEA</b> lemon lavender, caffeine free 6
<b>LATTE</b> vanilla, caramel, hazelnut, matcha, chai, mocha 7	Spiked
<b>CAPPUCCINO</b> vanilla, caramel, hazelnut, matcha, chai, mocha 7	<b>MIMOSA</b> classic or hibiscus pamplemousse 14
Juice	<b>BLOODY MARY</b> az distilling co. mission vodka or commerce gin 14
<b>ORANGE</b> 6	
<b>GRAPEFRUIT</b> 6	

GF Gluten Free NF Nut Free DF Dairy Free VG Vegan V Vegetarian 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.