

T E R R A S

BREAKFAST MENU

SWEET

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

SAVORY

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

ADDITIONAL SIDES

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

BEVERAGES

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