

T E R R A S

LUNCH MENU

STARTERS

GARLIC HUMMUS VG	16
pistachio dukkah, radish sprouts, seasonal crudité, lavosh chips	
DESERT GUACAMOLE GF NF VG	17
annatto oil, rainbow carrots, blue corn chips	
SEASONAL CEVICHE GF NF	18
lime juice marinated seafood, sliced avocado, blue corn chips	
MORINGA COCONUT WRAP DUMPLINGS GF VG	15
almond ricotta stuffed wrap, pumpkin turmeric vinaigrette, walnut	
WINTER VEGETABLE SOUP VG NF	12
tomato-based vegetable soup, crouton, basil oil	
CURRIED CAULIFLOWER SOUP  GF NF VG	12
pumpkin seed dukkah, annatto oil	

SALADS + BOWLS

BABY GREENS SALAD GF NF VG	17
cherry tomato, roasted baby beets, persian cucumber, watermelon radish, orange, avocado, lemon ginger turmeric dressing	
CHOPPED SALAD GF NF VG	18
arugula, jicama, freeze dried corn, pepitas, tomato, cucumber, poblano green goddess dressing	
CACIO E PEPE BOWL GF VG	18
kelp noodles, cashew cacio e pepe sauce	
PROTEIN BOWL GF NF	25
wild mushroom, fermented cabbage, kale, roasted carrots, black beans, jade rice, cumin lime vinaigrette, choice of chile-spiced jackfruit or natural grilled chicken	
FORAGER BOWL GF NF VG	17
kale, cucumber, avocado, edamame, sprouted lentils, dehydrated chamomile quinoa, sweet potatoes, pumpkin seed, dehydrated kale chips, chlorella vinaigrette	
protein additions: grilled chicken GF NF (10), seared faroe island salmon GF NF (12), chile-braised jackfruit GF NF VG (8)	

TACOS

SEARED SALMON GF	18
ancho chile rub, jicama slaw, guacamole, aji amarillo, micro cilantro, white corn tortilla, with black beans topped & cotija cheese	
GREEN CHILE CHICKEN GF	17
green chile-braised chicken, cabbage slaw, pickled red onion, guacamole, white corn tortilla, with black beans & cotija cheese	
JACKFRUIT AL PASTOR GF VG	16
chile-spiced jackfruit, grilled pineapple, cilantro, fennel blossom, with black beans	

SANDWICHES

served with choice of a side

GRILLED CHICKEN SANDWICH NF	25
natural chicken breast, grilled red onion, gem lettuce, vegan mayonnaise, noble buttermilk bun	
GRASS-FED BURGER OR TURKEY BURGER NF	26
white cheddar, shallot jam, vegan garlic aioli, arugula, noble buttermilk bun	
GRILLED VEGGIE SANDWICH NF VG	18
zucchini, yellow squash, eggplant, red pepper, grilled red onion, garlic aioli, arugula, noble seeded multigrain bread	

SIDES

SEASONAL BERRIES GF NF VG	8
MIXED GREENS SALAD GF NF VG	8
cucumber, radish, tomato, lemon ginger turmeric dressing	
SWEET POTATO WEDGES GF NF VG	6
oven roasted, truffle aioli	
HOUSE-MADE BREAD & BUTTER PICKLES GF NF VG	5

DESSERTS

CHOCOLATE BERRY MOUSSE GF NF V	12
strawberry coulis & seasonal berries	
SEASONAL SORBET TRIO GF NF V	12

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.