

TERRAS

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.

TERRAS

DRINK MENU

CIVANA CLASSICS

HONEY MARGARITA	corcel tequila blanco, honey, lime	16
GRAPEFRUIT BLISS	ocean vodka, grapefruit, lemon, lavender honey, basil	15
THYME FOR A SPRITZ	house-made limoncello, prosecco, club soda, thyme garnish	16
APEROL SPRITZ	aperol, prosecco, club soda	15
COCONUT MOJITO	havana rum, coconut water, mint, lime, agave, club soda	15
PRICKLY PEAR SANGRIA	white wine, hendrick's solstice gin, seasonal fruit, prickly pear	15
HIBISCUS MIMOSA	prosecco, orange juice, hibiscus tea	14
BLOODY MARY	chakra vodka, housemade mix	14
MOSCOW MULE	chakra vodka, ginger beer, lime	14

CIVANA ZERO PROOF

SONORAN SUNSET	zero proof gruvvi sparkling rosé, club soda, lemon juice, agave, dragon fruit	12
NIGHT CAP	cardamon, turmeric, ginger honey tea, cbd oil, lemon juice, apple juice, hot water	12

WINES BY THE GLASS

POGGIO COSTA PROSECCO	12
CAFÉ DE PARIS BRUT ROSÉ	12
TRIENNES ROSÉ	14
LA CAPPUCCINA PINOT GRIGIO	12
ANT MOORE SAUVIGNON BLANC	14
FLEUR DE CALIFORNIA PINOT NOIR	14
JAX Y3 VINEYARD CABERNET	14
SANDHI CHARDONNAY	15

BOTTLES & CANS

EMERA LIGHT HAZY IPA	greenwood brewing, phoenix, az, 3.6% abv	8
PURPOSE PILSNER	greenwood brewing, phoenix, az, 5.5% abv	7
SIPPIN' PRETTY FRUITED SOUR	odell brewing co., fort collins, co, 4.5% abv	7
SPECIAL EFFECTS ZERO ALCOHOL DRY HOP LAGER	brooklyn brewery, brooklyn, ny, <.5% abv	7
PLANT BOTANICAL VODKA SELTZER	ca, 4.5% abv, 100 calories, choose from assorted flavors	12
JUNESHINE HARD KOMBUCHA	6% abv, 100 calories, choose from assorted flavors	7



All tinctures, pressed juices, and simple syrups are made in-house.