

do  
what  
comes  
naturally.

Seed

# Lunch

## entrees

**Market Salad** V GF NF 12  
with fresh market greens, avocado, raw shredded vegetables, marinated red peppers, heart healthy olives, crisp radishes, nutrient rich sprouts, tomatoes & creamy citrus dressing.  
+ smoked salmon\* (6), egg\* (3), grilled tofu (6), or grilled chicken (6)

**Superfoods Salad** V GF 15  
an abundant bowl of lacinato kale with shredded vegetables, creamy almond ricotta, honey crisp apples, protein rich spiced sunflower seeds, sprouts & toasted sesame date dressing.  
+ smoked salmon\* (6), egg\* (3), grilled tofu (6), grilled chicken (6), or avocado (3)

**Veggie Cobb Salad** GF 18  
with romaine lettuce, vitamin rich grilled portobello, smokey black beans, hard boiled organic egg, heart healthy avocado, tiny cherry tomatoes, sprouts, & creamy cashew ranch dressing. this cobb is anything but the norm.  
+ smoked salmon\* (6), grilled tofu (6), or grilled chicken (6)

**Grateful Grain Bowl** V GF NF 16  
piled high with protein filled quinoa & jasmine rice, stewed lentils, marinated kale, nutritious roasted carrots, & superfood ruby kraut. the grateful grain bowl is filling, flavorful, & healthful. accompanied with a mustard seed vinaigrette.  
+ smoked salmon\* (6), egg\* (3), grilled tofu (6), grilled chicken (6), or avocado (3)

**Vadouvan Kitchari Bowl** 🍵 V GF 16  
cleansing bowl of slow cooked brown rice and white lentils, spiced with turmeric & ginger. broccoli spinach & vitamin rich carrots. topped with our always dairy free coconut yogurt raita, cabbage slaw & protein rich crispy chickpeas. this dish will be sure to warm you from the inside out.  
+ smoked salmon\* (6), egg\* (3), grilled tofu (6), grilled chicken (6), or avocado (3)

**Hippy Wrap** V NF 14  
feel the love with this vegan and protein rich hippy wrap. whole wheat tortilla stuffed with herbed tofu salad, brown rice, crunchy chickpeas, straight from the soil shredded vegetables, & green tahini. fresh, crisp, and delicious.

**Avocado Delight** V NF 12  
gluten free bread available  
nothing goes together better than avocado & toast. our take on the classic is topped with nutrient dense sprouts, tiny cherry tomatoes, & crisp radish on fresh sourdough.  
+ smoked salmon\* (6), egg\* (3) or grilled tofu (6)

**Bountiful Bahn Mi** V NF 13  
nobel eatery bread lovingly filled with eggplant, pickled carrots and daikon, thai basil, smooth lentil pâté, jalapeño, cabbage & spicy chickpea aioli. +choice of sweet potato chips or side salad

**Chicken Pesto Lovers Sandwich** 14  
with organic lemon herbed chicken layered with seasonal roasted vegetables, parsley-almond pesto, whole grain mustard & crisp fresh lettuce, served on a fresh noble onion roll. + choice of sweet potato chips or side salad

**Sonoran Tacos** GF NF 14  
with choice of grilled salmon\*, chicken or tofu, "refried" beans, tomato, guacamole, cabbage salad, & tomatillo salsa.

## smoothies

**The Funky Cacao** oat milk, hemp seeds, maple syrup, avocado, cacao, & banana. 8

**Greenvana** green apple, lime, ginger spirulina, spinach, kale leaves, cilantro, banana, & kiwi. 8

**Glow Getter** oat milk, strawberry, raspberry, banana, dates, hemp seeds, flax seeds, & vanilla. 8

**Golden Lassi** 🍵 mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, & cinnamon. 8

Add into any smoothie

**FRUITS** strawberries, raspberries, banana, green apple, dates, kiwi, blueberries, mango, pineapple +2

**VEGETABLES** spinach, avocado, kale +2

**SEEDS** chia, hemp, sunflower, sesame, flax, pumpkin +1

**NUTS** almonds, cashews +2

**BUTTERS** almond butter, peanut butter +1

**SUPERFOODS** spirulina, maca, ashwagandha, lion's main mushroom +2

**PROTEIN** vegan protein powder +2

## bevvies

### PRESSED

**Juice** orange or grapefruit 7

### COLD

**Botanicals** lemon lavender, caffeine free 6

**Iced Tea** raspberry lemon, caffeine included 6

**Beet Lemonade** beet root, lemon, agave 6

**Iced Americano** 7

**Iced Vanilla Matcha Latte** matcha, oat milk, organic vanilla syrup 7

**Honey Lavender Latte** double shot of espresso, oat milk, elderberry, lavender, organic raw honey 9

### HOT

**Coffee** small / large 3 / 5

**Latte or Cappuccino** small / large 5 / 7

**Espresso** single / double 4 / 7

**Hot Tea** 4

**Chai Tea Latte** small / large 5 / 7

### COCKTAILS 14 each

**Bloody Mary** choice of arizona distilling company mission vodka or commerce gin

**CBD Spritz** aperol, prosecco, cbd-infused zero-sugar sparkling citrus soda

**Mimosa** choice of classic or hibiscus pamplemousse

**Prickly Pear Sangria** natura organic pinot grigio, hendrick's solstice gin, seasonal fruit, prickly pear

**Honey Margarita** corcel tequila blanco, honey, lime, chile lime salt frozen or on the rocks

**Moscow Mule** chakra vodka, big marble organic ginger beer, lime

### BOTTLES & CANS 6 each

**Lucky Buddha Enlightened Lager** japanese rice lager | international distillers & vintners, china | 4.8% abv

**Sippin' Pretty Fruited Sour** odell brewing co. | fort collins, co | 4.5% abv

**Special Effects Zero Alcohol Dry Hop Lager** brooklyn brewery | brooklyn, ny | <5% abv

**Sun Day Hard Seltzer** four peaks brewing co | tempe, AZ | 4.0% abv | 99 calories | choose from grapefruit, prickly pear, tropical, & lime

**Northeast IPA** helton brewing co. | phoenix, az | 6.2% abv

**Pineapple and Charcoal** juneshine hard kombucha | san diego, ca | 6% abv, probiotic, gluten free

**Purpose Pilsner** greenwood brewing Co. | phoenix, az | 5.5% abv

### WINE 12 per glass / 48 per bottle

**Natura Organic Wines** choice of unoaked chardonnay, sauvignon blanc or pinot noir

**Rosé** fleurs de prairie, côtes de provence, france

**Prosecco** drusian brut, valdobbiadene d.o.c.g., treviso, italy

**Sparkling Rosé** amelia brut, crémant de bordeaux, france

🍵 Chopra Whole Health Retreat Offerings: created by Exec Chef Scott Winegard in collaboration with Board Certified Physicians trained in Ayurveda and Integrative Medicine.

GF Gluten Free NF Nut Free V Vegan All GF items listed 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. Substitutions Available: gluten free bread, gluten free tortilla, tofu scramble.

\*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.