

do
what
comes
naturally.

Seed

breakfast

entrees

Dream State Granola Bowl GF 8	Abundant Breakfast Bowl NF GF 16
a breakfast bowl as dreamy as last night's sleep. featuring our house-made hempseed + chia granola, anti-oxidant rich bee pollen, organic berries, & coconut yogurt. This breakfast bowl is packed with body-loving nutrition.	with a pasture raised organic egg any style, braised vitamin packed kale, sweet potato hash, herbed quinoa, & spicy kraut. this bowl will be sure to satisfy those hungry mornings.
Brain Booster Bowl V GF 10	Mother Earth Toast gluten free bread available 10
blended with high fiber dragon fruit, anti-oxidant loaded acai, omega rich hemp seeds, berries, & coconut, topped with shaved coconut, almond butter, bananas, strawberries, & hemp-chia granola. this bowl is loaded with creamy berry good-ness & will have you flying with energy.	believe us, it's as good as mother nature intended. heart healthy almond butter, arizona honey, & goji strawberry jam, topped with toasted almonds on noble bakery sourdough.
Good Day Chia Pudding GF V 8	Avocado Delight V NF gluten free bread available 12
start your day on the right foot with this protein packed creamy oat milk- chia seed pudding steeped in vanilla oat milk, infused with cinnamon, & topped with toasted coconut & antioxidant rich berries.	nothing goes together better than avocado & toast. our take on the classic is topped with nutrient dense sprouts, tiny tomatoes, & crisp radish on sourdough. + smoked salmon* (6), egg* (3) or grilled tofu (6)
Warming Winter Oats 🍵 V GF 8	Sonoran Breakfast Burrito NF 14
gluten free rolled oats topped with gut healthy spiced pears, protein rich toasted almonds, & warm oat milk.	gluten free tortilla & tofu scramble available our plant-friendly take on this comfort breakfast classic combines chorizo mushrooms with pasture raised organic scrambled eggs*, nutrient rich avocado, herbed potatoes, & salsa verde.
Don't Wake Me Oats GF 8	Wild Mezze Frittata NF GF tofu scramble available 14
meet your new favorite overnight oats. rolled oats mixed with anti-inflammatory boosting whole flax seeds & organic chia seeds, drizzled with honey, & soaked overnight in oat milk, topped with fiber rich dried fruits & candied nuts.	jumping straight out of the garden with our scrambled and baked organic eggs, wild arugula, potassium loaded & roasted summer squash, heirloom cherry tomatoes, chickpeas, pickled red onion, olives, & green tahini.
Veg Out Everything Bagel V 8	Live a Little Waffle V 12
because who doesn't love a good bagel? enjoy our everything sourdough bagel toasted and topped with creamy almond cream cheese, organic tomato, cucumber, micronutrient packed radishes, capers, & scallions.	what your adult waffle dreams are made of. sourdough spelt waffle with honey crisp apples, berries, whipped coconut, & spiced maple. sweet, nutrient dense... perfection.

smoothies

The Funky Cacao 8	Add into any smoothie
oat milk, hemp seeds, maple syrup, avocado, cacao, & banana.	FRUITS strawberries, raspberries, banana, green apple, dates, kiwi, blueberries, mango, pineapple +2
Greenvana 8	VEGETABLES spinach, avocado, kale +2
green apple, lime, ginger spirulina, spinach, kale leaves, cilantro, banana, & kiwi.	SEEDS chia, hemp, sunflower, sesame, flax, pumpkin +1
Glow Getter 8	NUTS almonds, cashews +2
oat milk, strawberry, raspberry, banana, dates, hemp seeds, flax seeds, & vanilla.	BUTTERS almond butter, peanut butter +1
Golden Lassi 🍵 8	SUPERFOODS spirulina, maca, ashwagandha, lion's main mushroom +2
mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, & cinnamon	PROTEIN vegan protein powder +2

bevvies

PRESSED	COLD
Juice orange or grapefruit 7	Botanicals lemon lavender, caffeine free 6
HOT	Iced Tea raspberry lemon, caffeine included 6
Coffee small / large 3 / 5	Beet Lemonade beet root, lemon, agave 6
Latte or Cappuccino small / large 5 / 7	Iced Americano 7
Espresso single / double 4 / 7	Iced Vanilla Matcha Latte matcha, oat milk, organic vanilla syrup 7
Hot Tea 4	Honey Lavender Latte double shot of espresso, oat milk, elderberry, lavender, organic raw honey 9
Chai Tea Latte small / large 5 / 7	SPIKED
	Mimosa with classic or hibiscus pamplemousse 12
	Bloody Mary with arizona distilling company mission vodka or commerce gin 12

🍵 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.