

# T E R R A S

## APPETIZERS

<b>CALIFORNIA OLIVES</b> V GF NF	8
with arizona citrus & rosemary	
<b>BEET HUMMUS</b> V	12
with crudite & pistachio dukkah	
<b>CARROT GINGER SOUP</b> 🍵 V GF NF	10
with coconut yogurt & six spice sesame seeds	
<b>HEARTS OF PALM 'CRAB' CAKE</b> V GF NF	12
with frisee, citrus, & mustard seed vinaigrette	
<b>SMASHED AVOCADO</b> V NF	12
with hempseed, calabrian chili, & za'atar flatbread	
<b>CRUDO LETTUCE WRAPS</b> GF NF	15
with sushi grade hiramasa, sweet potato, avocado, lime leaf, & chiles	
<b>MUSHROOM - LENTIL PATE</b> V	13
with cashew chive cream, pickled mushrooms, & pretzle toast	
<b>GEM LETTUCES</b> V NF	15
with sourdough & sunflower crunch & black garlic vinaigrette	
<b>OVEN ROASTED SUNCHOKES</b> V GF NF	12
with pickled ginger aioli & spicy sunflower seeds	

## SIDES

<b>FINGERLING POTATOES</b> V GF NF	8
with garlic & herbs	
<b>OVEN ROASTED BRUSSELS SPROUTS</b> V GF	8
with toasted cashews	

## ENTRÉES

<b>FIRE ROASTED CAULIFLOWER</b> V GF	16
served over herby quinoa with red pepper jam, pickled walnuts, & tahini	
<b>MAITAKE MUSHROOMS</b> V GF	20
with spicy mole, pan seared masa, avocado, & cashew lime crema	
<b>BROWN RICE NOODLES</b> 🍵 V GF	18
sautéed with rainbow carrots, snap peas, ginger, & toasted cashews	
<b>WILD CONFIT SALMON*</b> GF NF	24
with fingerling potatoes & kale soubise	
<b>HEMP CRUSTED TUNA*</b> GF NF	24
with grilled cabbage & togarashi aioli	
<b>FIRE ROASTED CHICKEN</b> GF NF	22
with delicata squash, shishito peppers, & sunflower piquillo pepper butter	
<b>GRASS FED BEEF TENDERLOIN</b> GF NF	32
with black pepper oats, broccoli, & bay leaf oil	
<b>PIZZA</b>	15
rotating & from our wood burning oven	

<b>MIXED MUSHROOMS AGRODULCE</b> V GF NF	8
with toasted sesame seeds	
<b>BROCCOLI AND WILTED GREENS</b> GF NF	8
with spiced honey & lemon zest	

Executive Chef Scott Winegard

🍵 **Chopra Whole Health Retreat Offerings:** created 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.

\*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.

WHITE

<b>PINOT GRIGIO</b>	La Cappuccina, Veneto, Italy	12	48
<b>PINOT BLANC, SUR LIE</b>	Harper Voit, Willamette Valley, OR	18	72
<b>CHABLIS</b>	Garnier & Fils, Burgundy, France	-	120
<b>VIIGNIER</b>	Rune Pillsbury Vineyard, Sonoita, AZ	-	95
<b>WHITE TABLE WINE</b>	Provisioner, Wilcox, AZ	12	48
<b>SAUVIGNON BLANC</b>	Ant Moore Signature Series, Marlborough, New Zealand	12	48
<b>SAUVIGNON BLANC</b>	Long Meadow Ranch, Rutherford, CA	18	72
<b>SAUVIGNON BLANC</b>	Laporte Le Rochoy, Sancerre, France		90
<b>RIESLING</b>	Schafer-Frohlich, Dry, Nahe, Germany	14	56
<b>CHARDONNAY</b>	Natura Organic Unoaked, Central Valley, Chile	12	48
<b>CHARDONNAY</b>	Lucia Vineyards, Santa Lucia Highlands, CA	16	64
<b>CHARDONNAY</b>	Seven Springs Evening Land Vineyards, Eola-Amity Hills, OR	-	130

IN BETWEEN

<b>ROSÉ</b>	Fleurs de Prairie, Côtes de Provence, France	12	48
<b>ROSÉ</b>	Grgich Hills Estate, Napa Valley, CA	-	64

RED

<b>PINOT NOIR</b>	Natura Organic, Central Valley, Chile	12	48
<b>PINOT NOIR</b>	Brown Family Heritage, Willamette Valley, OR	16	64
<b>PINOT NOIR</b>	Long Meadow Ranch, Anderson Valley, CA	30	120
<b>PINOT NOIR</b>	David Duband Bourgogne Rouge, Burgandy, France	-	125
<b>GAMAY NOIR</b>	Jolie-Laide Barsotti Vineyard, El Dorado Hills, CA	-	110
<b>VALDIGUIE/CARIGNAN/TANNAT</b>	Cruse Wine Co 'Monkey Jacket', Napa, CA	18	72
<b>GRENACHE</b>	Rune Pillsbury Vineyard, Sonoita, AZ	-	95
<b>RED TABLE WINE</b>	Provisioner, Willcox, AZ	12	48
<b>NEBBIOLO</b>	Cantina Del Pino, Langhe D.O.C, Barbaresco, Italy	-	160
<b>CABERNET FRANC</b>	I. Brand & Family, 'Bayly Ranch', Paicines, CA	30	120
<b>CABERNET SAUVIGNON</b>	Natura, Organic, Central Valley, Chile	12	48
<b>CABERNET SAUVIGNON</b>	Skyside, North Coast, CA	18	72
<b>CABERNET SAUVIGNON</b>	Corison, St. Helena Vineyard, Napa Valley, CA	-	265

BUBBLES

<b>PROSECCO</b>	Poggio Costa, Prosecco, Italy	12	48
<b>SPARKLING ROSÉ</b>	Amelia Brut, Crémant de Bordeaux, France	12	48
<b>BLANC DENIT</b>	Raventos i Sparkling Rose, Vinya del Llac, Spain	-	70
<b>BLANC DE BLANCS</b>	Raventos i Blanc, Vinya del Llac, Spain	-	70
<b>BLANC DE BLANCS</b>	Schramsberg Brut 2016, Napa, CA	-	125