

# TERRAS

## BREAKFAST

### CINNAMON RAISIN GRANOLA BOWL (GF) (V) / 9

House-made granola sweetened with cinnamon and 100% maple syrup;  
topped with dates, Greek yogurt and seasonal berries

### SEASONAL FRUIT PLATE (GF) (V) / 10

A colorful variety of the season's best fresh fruit

### OPEN-FACED SMOKED SALMON / 15

Smoked salmon served with goat cheese spread, simple salad and capers  
on a toasted whole wheat bagel; served with a side of fresh fruit

### AVOCADO TOAST (VEG) / 10

Rosemary-olive oil toast and broccamole; topped with simple salad, goat cheese crumbles,  
yuzu vinaigrette, chia seeds and grilled avocado with roasted red pepper coulis

*\*Gluten free option available*

### SOUTHWEST QUINOA BOWL (GF) / 13

Sprouted quinoa topped with avocado, cilantro, slow cooked black beans, mushrooms,  
sautéed bell peppers, simple salad and roasted corn; served with house-made salsa

*Add cage free eggs\*, any style, to any of the above items*

*One egg: \$2*

*Two eggs: \$4*

### RANCH BREAKFAST BURRITO / 12

Cage free scrambled eggs\*, heirloom tomatoes, Arizona chorizo, potatoes,  
slow cooked black beans, red onions, cilantro and organic pepper jack cheese;  
served in a warm, organic whole wheat tortilla with house-made salsa

### CLASSIC BREAKFAST (GF) / 13

Two cage free eggs\* any style with your choice of nitrate free bacon  
or chicken apple sausage;  
served with choice of potatoes or simple salad

### THE FARM HOUSE (GF) / 13

Three cage free scrambled eggs\*, gruyere cheese, spinach  
and chicken apple sausage;  
served with choice of potatoes or simple salad

### EGG WHITE GARDEN OMELET (GF) / 14

Cage free egg whites\*, shiitake mushrooms, spinach, asparagus,  
peppers, sliced avocado and fresh herbs;  
served with choice of potatoes or simple salad

### ARTICHOKE BENEDICT (GF) / 15

Two cage free poached eggs\* over artichokes; topped with grilled heirloom tomato,  
sautéed spinach and cilantro avocado hollandaise sauce;  
served with choice of potatoes or simple salad

### ARIZONA BENEDICT / 14

Two cage free poached eggs\* on a toasted English muffin with Prosciutto and avocado  
and topped with chipotle hollandaise sauce;  
served with choice of potatoes or simple salad

### GRIDDLED BERRY PANCAKES (GF) / 13

Fluffy, gluten free pancakes with a choice of blueberries, strawberries or bananas;  
served with 100% maple syrup

### GRIDDLED WAFFLES (GF) / 13

Crispy, gluten free waffles; served with fresh seasonal berries, candied pecans  
and 100% maple syrup

### OATMEAL (GF) / 8

Served with a side of organic brown sugar and Goji berries

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## SIDE DISHES

Civana Simple Salad / 4

Breakfast Potatoes / 4

Hash Browns / 6

Seasonal Fruit / 6

Nitrate Free Bacon / 5

Chicken Apple Sausage / 5

*(V) Vegan (VEG) Lacto- Ovo –Vegetarian (GF) Gluten Free*

*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 are served raw or undercooked or contain (may contain) raw or undercooked ingredients.*

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness*