

# TERRAS

## LUNCH MENU

### STARTERS

- GARLIC HUMMUS** VG 17  
pistachio dukkah, radish sprouts, seasonal crudité, lavosh chips
- DESERT GUACAMOLE** GF NF VG 17  
annatto oil, rainbow carrots, blue corn chips
- AHI TUNA TARTARE\*** GF NF DF 19  
smashed avocado, ahi tuna mix, purple ninja radish, persian cucumber, micro cilantro, blue corn chips
- MORINGA COCONUT WRAP DUMPLINGS** GF VG 15  
almond ricotta & mushroom filling, pumpkin turmeric vinaigrette, walnuts
- SOUP OF THE MOMENT** 12  
inspired daily, seasonal ingredients
- SHRIMP COCKTAIL** GF NF DF 18  
poached shrimp, atomic cocktail sauce, lemon

### 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 KALE SALAD** GF VG 18  
lacinato kale, radicchio, marcona almonds, honeycrisp apple, oregano vinaigrette
- POKE BOWL\*** GF NF DF 26  
ahi tuna mix, sesame seeds, carrot, cucumber, edamame, watermelon radish, cabbage, forbidden rice
- BUDDHA BOWL** GF NF DF 25  
wild mushroom, fermented cabbage, kale, roasted carrots, black beans, forbidden rice, cumin lime vinaigrette, choice of chile-spiced cauliflower or natural grilled chicken
- FORAGER BOWL** GF NF VG 20  
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 (15), marinated tofu (6)

### TACOS

- SEARED SALMON\*** GF NF 19  
ancho chile rub, jicama slaw, guacamole, aji amarillo, micro cilantro, white corn tortilla, with black beans topped & cotija cheese
- GREEN CHILE CHICKEN** GF NF 18  
green chile-braised chicken, cabbage slaw, pickled red onion, guacamole, white corn tortilla, with black beans & cotija cheese
- CAULIFLOWER** GF VG 16  
chile-spiced cauliflower, guacamole, cashew cheddar, radish pico, micro cilantro

### SANDWICHES

served with choice of a side

- GRILLED CHICKEN SANDWICH** NF 25  
natural chicken breast, grilled red onion, 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 19  
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

- SEASONAL SORBET** GF NF VG 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%.

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## DRINK MENU

### CIVANA CLASSICS

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<b>WILDFLOWER HONEY MARGARITA</b>	blanco tequila, lime, honey	17
<b>STRAWBERRY CHILI MARGARITA</b>	reposado, strawberry, chili, lime	19
<b>APEROL SPRITZ</b>	prosecco, aperol, club soda	17
<b>ELDERBERRY SPRITZ</b>	prosecco, st germain, elderberry, mint	17
<b>PALOMA SPRITZ</b>	blanco tequila, nopal cactus spirit, campari, grapefruit	18
<b>PRICKLY PEAR SANGRIA</b>	rosé, gin, strawberry liquor, prickly pear	17
<b>HIBISCUS MIMOSA</b>	prosecco, orange, hibiscus	16
<b>MOSCOW MULE</b>	chakra vodka, ginger beer, lime	16

### CIVANA ZERO PROOF

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<b>LAVENDER LABYRINTH</b>	zero proof ritual gin, strawberry, lavender & lemon balm dram	14
<b>DRAGON FRUIT SPRITZ</b>	zero proof elderflower liquor, hibiscus & oolong sparkling tea, dragon fruit, lemon	14
<b>SEAGLASS PINOT GRIGIO</b>		10
<b>BOLLE SPARKLING ROSÉ</b>		15
<b>ORGANIC HIBISCUS &amp; OOLONG SPARKLING TEA</b>		14
<b>FREE WAVE NON-ALCOHOLIC HAZY IPA</b>	athletic brewing, milford, ct, <.5% abv	7

### WINES BY THE GLASS

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<b>PROSECCO</b>	avissi, veneto, italy	15
<b>BRUT ROSÉ</b>	café de paris, brut rosé, france	15
<b>ROSÉ</b>	j mourat collection, france	14
<b>PINOT GRIGIO</b>	giuseppe luigi, friuli, italy	15
<b>SAUVIGNON BLANC</b>	taonga, new zealand	14
<b>CHARDONNAY</b>	paul hobbs crossbarn, sonoma coast, ca	17
<b>PINOT NOIR</b>	fogscape vinyards, monterey, ca	15

### BOTTLES & CANS

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<b>PURPOSE PILSNER</b>	greenwood brewing, phoenix, az, 5.5% abv	7
<b>SIPPIN' PRETTY FRUITED SOUR</b>	odell brewing co., fort collins, co, 4.5% abv	7
<b>JUNESHINE HARD KOMBUCHA</b>	6% abv, 100 calories, choose from assorted flavors	7



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