

ALL DAY BREAKFAST

Only real food without the crash! No seed oils, no processed or fake stuff. Just really delicious food made with anti-inflammatory ingredients that actually love you back. Nourishing, natural, and the way it was meant to be.

toasts

\$15.75

Served on toasted multigrain sourdough or sweet potato medallions for a gluten-free option. Choice of house salad or sweet potato hash.

TRUFFLE SHROOM

Roasted wild mushrooms layered over truffle-whipped ricotta, topped with tangy pickled onions.

SMOKED SALMON LUXE

Silky Nova lox, creamy labneh, cured egg yolk shavings, crisp baby greens, and bright pickled shallots.

POWER AVO & EGG

Herb cottage cheese topped with sliced avocado, a soft poached egg, and nutty hemp seeds.

CASA TERRA BENNY

Canadian bacon, velvety hollandaise, perfectly poached eggs, and chives.

ALBA TOAST

Bacon Jam, signature swirled scrambled eggs, truffle-whipped ricotta topped with crispy shallots.

LA DOLCE VITA

Whipped goat cheese, pears, Prosciutto di Parma served in two textures, finished with pistachios and honey.

eggs your way!

\$10.50

2 eggs cooked to perfection: sunny side up, over easy, over hard, scrambled, poached or vegan tofu scramble! Served with toasted multigrain sourdough bread.

Add your favorite sauce for \$2

extras \$4

- Keto Granola
- Berries Fruit Medley
- Avocado
- Poached Egg
- Nova Lox
- Bacon or Canadian bacon
- Sweet Potato Hash
- Chicken Breakfast Sausage

breakfast bowls

\$14.75

TROPICAL SUNRISE

Smooth Açaí bowl served with almond butter, diced papaya, mango and pineapple. Toasted coconut flakes, and a crunch of keto granola. *No refined sugar added.*

BLUE LAGOON

Blue spirulina Greek yogurt and coconut chia pudding, berry compote, kiwi, dragon fruit, hemp seeds, and toasted coconut flakes. *No refined sugar added.*

CACAO CRUNCH

Creamy Greek yogurt with cacao chia pudding, almond butter, banana slices, raw cacao nibs, keto granola. *No refined sugar added.*

SPECIALS

brunch favorites

SHAKSHUKA SKILLET

\$14.25

A Levantine classic: tomato sauce simmered with fresh herbs, topped with two farm eggs, avocado, and served with toasted Sourdough.

SIGNATURE SOURDOUGH PANCAKES

Our famously fluffy pancakes made with sourdough starter and ancient grain flour, served with butter and maple syrup.

Plain

\$14.75

Guava & Cream Cheese

\$16.75

Lemon Blueberry

\$16.75

Cinnamon Roll Swirl

\$16.75

(make them Vegan for extra \$2)

BUILD-YOUR-OWN OMELETTE

\$14.25

Choose your favorites:

VEGGIES: confit tomato, onion, bell pepper, spinach, mushroom

CHEESE: cheddar, feta, ricotta, cottage cheese

PROTEIN: bacon or Canadian bacon

TIRAMISU FRENCH TOAST

\$16.75

Buttery brioche bun served with mascarpone whipped cream, cacao and crème anglaise.

QUICHE LORRAINE

\$16.75

A classic made glute free and low carb with an almond crust and hearty filling.

CASA
terra
eat real, be real

Looking for
vegan options?
SCAN ME!



ALLERGEN STATEMENT

Our menu features various NUTS and SESAME SEEDS. If you have any allergy, please inform our staff so we can discuss options to accommodate your needs safely.