

LUNCH MENU

Plates made 100% seed-oil free and crafted with real ingredients only. Bold flavors, fun textures, and nothing processed, just good food that feels as good as it tastes.

appetizers

- CLASSIC HUMMUS**   **\$9.50**
Creamy hummus with 100% EVOO, sesame dukkah, and herb lavash.
- CHEESY SWEET POTATO TOTS**  **\$10.50**
Stuffed with melty cheese and served with a cool yogurt sauce.
- BRÛLÉÉ BOUCHERON**  **\$12.50**
Whipped goat cheese caramelized with coconut sugar, topped with pistachio, crispy prosciutto, pomegranate arils, dried dates, honey, and herb lavash.
- MISO BRUSSELS**   **\$10.50**
Roasted baby Brussels finished with crispy bacon and silky miso aioli.
- FALAFEL & TZATZIKI**   **\$11.50**
Crispy falafel with cannellini bean spread, herb salad, and creamy tzatziki. (Plant-based with substitution)
- BROCCOLINI SPEZIATA**   **\$10.50**
Aleppo-roasted broccolini with a charred lemon wedge.
- BUTTERNUT SQUASH SOUP** **\$8.50**
Silky, cozy, and dairy-free creamy.

market plates

Choose any plate, served with your pick of two sides: house salad, sourdough toast or double salad, double toast.

- PERUVIAN CHICKEN** **\$16.50**
Smoky, citrusy, and spice-rubbed.
- MISO-GINGER SALMON** **\$19.50**
Seared salmon with a bright miso-ginger glaze.
- CHERMOULA SKIRT STEAK** **\$22.50**
Grilled skirt steak marinated in Moroccan chermoula.
- SEARED AHI TUNA** **\$19.50**
Lightly seared tuna with citrus and herbs.
- HERBED TOFU** **\$14.50**
Crispy tofu tossed with garden herbs and EVOO.

saucés \$2.00

Sriracha Mayo | Lemon Tahini | Creamy Tzatziki
Miso Aioli | Roasted Garlic Aioli | Bacon Jam

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garden bowls

- MEDITERRANEAN GLOW**  **\$14.50**
Heirloom tomato, cucumber, Greek olives, pickled onions, feta, and tahini vinaigrette with herbed lavash.
- SOUTH BEACH FRESH** **\$14.50**
Spring greens, heirloom tomato, cucumber, avocado and topped with hemp seeds, slivered almonds, pickled onion, cottage cheese, and passionfruit vinaigrette.
- TERRA CAESAR**  **\$14.50**
Romaine, kale, keto croutons, cotija picante, and anchovy dressing.
- BEET & GOAT** **\$14.50**
Arugula, pickled red beets, roasted golden beets, cucumber, walnuts, goat cheese, and hazelnut dressing.

Make them Plant-Based by removing the cheese.

extra protein

Add a little extra fuel to your plate. All gluten free and low carb

Peruvian Chicken \$10 | Miso-Ginger Salmon \$10
Chermoula Skirt Steak \$12 | Seared Ahi Tuna \$12
Spiced Tofu \$8 | Falafel \$8

sides \$5.00

Mix & match with your plate or garden bowl — comfort food made clean.

CHEESY SWEET POTATO TOTS
Crispy, melty, and perfect for dipping.

CLASSIC HUMMUS
Smooth, earthy, topped with sesame dukkah.

ROASTED VEGGIES
Seasonal, fire-roasted, and caramelized just right served over smokey Baba Ganoush.

MOROCCAN RICE
Fragrant Basmati rice with warm spices, herbs, toasted almonds, and golden raisins for a savory-sweet balance.

LEMON SMASHED POTATOES
Zesty, rustic, and comfort in every bite.

PICKLED VEG
Bright, tangy, and gut-happy.



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.