

VEGAN MENU

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

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

POWER AVO

\$15.75

Vegan French style cashew cheese topped with sliced avocado, and nutty hemp seeds.

SICILIAN EGGPLANT TOAST

\$15.75

Fire-roasted eggplant caponata with slow-cooked tomato & garlic confit, fresh herbs, and smokey baba ganoush.

MELTED SHROOM

\$15.75

Roasted wild mushrooms topped with melted vegan cheese and tangy pickled onions.

breakfast bowls

CACAO CRUNCH

\$14.75

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

TROPICAL SUNRISE

\$14.75

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

\$14.75

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

brunch favorites

SIGNATURE SOURDOUGH PANCAKES

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

Plain	\$16.75
Guava & Cream Cheese	\$18.75
Lemon Blueberry	\$18.75
Cinnamon Roll Swirl	\$18.75

extras \$4

- Berries Fruit Medley
- Avocado
- Sweet Potato Hash

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appetizers

CLASSIC HUMMUS

\$9.50

Creamy hummus with 100% EVOO, sesame dukkah, and herb lavash. *Make it 🌱 by skipping the bread.*

MISO BRUSSELS

\$10.50

Roasted baby Brussels finished with silky miso aioli.

BROCCOLINI SPEZIATA

\$10.50

Aleppo-roasted broccolini with a charred lemon wedge.

FALAFEL & TAHINI

\$11.50

Crispy falafel with cannellini bean spread, and creamy tahini.

BUTTERNUT SQUASH SOUP

\$8.50

Silky, cozy, and dairy-free creamy.

garden bowls

MEDITERRANEAN GLOW

\$14.50

Heirloom tomato, cucumber, Greek olives, pickled onions, 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, and passionfruit vinaigrette.

BEET & V-GOAT

\$14.50

Arugula, pickled red beets, roasted golden beets, cucumber, walnuts, vegan cashew goat cheese, and hazelnut dressing.

market plate

Served with your pick of two sides: house salad, sourdough toast or double salad, double toast.

HERBED TOFU

\$14.50

Crispy tofu tossed with garden herbs and EVOO.

sides \$5

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

CLASSIC HUMMUS

Smooth, earthy, topped with sesame dukkah.

ROASTED VEGGIES

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

LEMON SMASHED POTATOES

Zesty, rustic, and comfort in every bite.

PICKLED VEG

Bright, tangy, and gut-happy.

MOROCCAN RICE

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



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.