TERRA MAR
KITCHEN

Thoughtfully curated, deliciously designed.

Mains

Steel Cut Oats 14
mist farm strawberries, wilder ferments kombucha golden raisins, toasted quinoa, local honey
(gf, vegan available)

Huevos Rancheros 19
scrambled eggs, tostada, queso fresco, guajillo, avocado crema, pico
(vegetarian, gf)

Smoked Salmon Tartine 19
herb cream cheese, sourdough, caper berry, everything spice, trout roe, pickled red onion, soft egg

Little Gem Salad 17
crisp snap peas, mist farm strawberries, toasted quinoa, strawberry basil balsamic vin, *add two eggs $7*
(vegan)

Vegetable Fritata 17
spring vegetables,penny royal laychee, little gem salad
(vegetarian)

Sourdough French Toast 19
mixed berries, apricot jam, maple syrup
(vegan available)

TMK Classic Egg Plate 22
two eggs your way, new potatoes, bacon, toast, little gem salad, strawberry basil balsamic vin

Coast Lodge Egg Sandwich 17
bacon, egg, gruyere, herb aioli, little gem, ft bragg bakery tengrain bread

Sides

Mendocino Mixed Berries 7

Side of New Potatoes 5

Chia Seed Coconut Yogurt & Granola 9
(greek yogurt available) *(vegan)*

Two Eggs Your Way 7

Ft. Bragg Bakery Sourdough or Tenmile Tengrain Toast 5

Roundmans Bacon 9

Fresh Pastry of the Day 7

Beverages

Juices 6

Mimosa 12

Wilder Ferments Kombucha 7

Bloody Mary 12

Thanksgiving Coffee 5

Anima Mundi High Vibrational Smoothies   All Smoothies 12

Ocean Bliss
sea moss, banana, butterfly pea flower, mango, dates

Sunrise Cacao
cacao, banana, greek yogurt, vanilla, lovers lane honey

Golden Vitality
mango, turmeric, ginger, coconut yogurt, chia seed

*Choice of almond, coconut, or oat milk
Add matcha or pea protein for $3*

Green Goddess
spinach, kale, avocado, green spirulina, lime

Soul Shot 7
TMK immunity boosting blend featuring locally sourced ingredients from Mendocino County California farmers & Terra Farm garden

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.