

Dinner Menu

A lot of TLC(Tasty Loving Care) goes into your meal.

We buy all sustainable seafood and all natural, hormone and antibiotic free meat and chicken. We buy from the following local San Diego family farms: Stehly Organics, Blue Heron Farms, Suzie's Farm, Sage Mountain, Cunningham Organics, Crows Pass and Tierra Miguel
If you should have any food allergies or concerns, or just want to ask about our food, please ask your server.

◆SMALL PLATES◆

- Flatbread **Pizza** | heirloom tomatoes, garlic oil, mozzarella cheese, caramelized onions, chopped basil 8
ginger chicken **Potstickers** | soy chile drizzle 7
pumpkin **Raviolis** | roasted corn cream, toasted hazelnuts 8
potato, brie and red onion **Quesadilla** | chipotle honey 7
Sesame and Macadamia **Seared Ahi Tuna** | napa slaw, soy sauce 11.50
coconut dusted **Crab Cakes** | hot mustard 13.50
steamed Carlsbad **Black Mussels** | garlic, onions, red and green peppers, herb white wine broth 9.75(GF)
A Burst of Brie for 2 | phyllo wrapped with homemade granola and honey served with sourdough bread 12.50
salty peppery **Calamari** | with garlic, green onion and chili flakes 8.95
homemade Mushroom **Gnocchi** | oyster mushrooms, smoked tomatoes, garlic, basil, butter, asiago cheese 8
roasted **Beets** and goat cheese | candied pecans, baby greens, honey-miso dressing 6.50
garlic **French Fries** | 4.50(GF)

◆SALADS AND SOUP◆

- House** | arugula, radicchio, gorgonzola cheese, candied pecans, honey walnut vinaigrette 6.50(GF)
Blue Heron Farms' Organic Baby Greens | hard boiled egg, local avocado, carrot, cucumber, herb shallot vinaigrette 7(GF)
Caesar | anchovies, creamy garlic dressing, garlic-herb croutons 6
Organic Farmer's | fresh picks at the Chef's whim, candied macadamia nuts, kaffir lime vinaigrette 8(GF)
Lobster Cobb | arugula, Maine lobster claw, goat cheese, avocado, tomato, smoked bacon, herb shallot vinaigrette 15.75(GF)
Chicken & Fruit | grilled chicken, Blue Heron Farms mixed baby greens, sliced strawberries and apple, golden raisins
feta cheese, sliced red onion, spiced walnuts, red wine vinaigrette 12.95(GF)
Chef's Daily Soup Selection 4.00

◆LARGE PLATES◆

- Terra Burger** | 10 ounce Kobe beef and Meyer blend, chipotle aioli, aged white cheddar, lettuce, tomato and French fries 13.50
add avocado, caramelized onions or applewood smoked bacon 1.00 each
Basil Fettuccini | roasted garlic oil, smoked tomatoes, oyster mushrooms, basil, asiago cheese, butter 11
with chicken breast 15.95 with shrimp 18
Pan Roasted **Local Yellowtail** | macadamia and mango purees, curried carrot puree 19 (GF)
grilled **Atlantic Salmon** | BBQ cream sauce, applewood smoked bacon, mushroom gnocchi, collard greens 21
Seafood pasta | black tiger shrimp, mussels, fresh fish, smoked tomatoes, basil, garlic, basil fettuccini 19.95
lobster **Macaroni 'n Cheese** | Maine lobster, mini penne pasta, asiago, brie and havarti cheeses 23
Steak Stir Fry | sweet chili soy sauce, napa cabbage, onions, peppers, oyster mushrooms, cilantro, Thai brown rice 17
Karl Strauss® lager braised **Pot Roast** | leek and wild mushroom ragout, Yukon potato mash, truffle oil drizzle, natural jus 19
grilled all natural **Flat Iron Steak** | port wine sauce, cambazola cheese, roasted garlic potato mash 19(GF)
Meyer Farm all natural **Hanger Steak** | mushroom-leek risotto, smoked onion marmalade, summer vegetables 19
Fulton Valley Farms natural **Chicken Breast** | herb roasted Yukon potatoes, summer vegetables, natural jus 17
summer **Vegetable Plate** | mushroom risotto, summer vegetables 15

**Terra offers full catering services through our catering division.
Please ask for the manager to inquire about Terra Catering.**

One check presented per table. An 18% gratuity will be added for parties of 6 or more.

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

GF = GLUTEN FREE