SMALL PLATES.....SHARING PLATES

CHICKEN QUESADILLA GS**
Flour tortillas, grilled chicken, cheese, lettuce, chilies, radish, cilantro, sour cream, guacamole and salsa 15.95

THAI CHICKEN FLATBREAD GS** N
Grilled chicken, peanut sauce, carrot, peppers, onion, cilantro, mozzarella and peanuts 16.95
sub gluten sensitive flatbread 5

STONEGROUND NACHOS VG GS
Corn chips, black beans, cheese, chilies, radish, chipotle sour cream, cilantro, guacamole and salsa 14.75
add chicken 4.75
grass fed beef 4.75

AUTUMN HUMMUS VG GS**
Roasted squash hummus with feta and roasted pepitas, served with grilled vegetables and warm naan bread 12.50

BAKED ARTICHOKE DIP GS**
Artichokes, spinach, jicama, sour cream, mayonnaise and Parmesan cheese. With toasted naan 13.95
sub gluten sensitive flatbread 5

SOUP & SALADS

SOUP OF THE DAY (ask your server)
cup 5.75 bowl 7.25

CASHEW CHICKEN SALAD GS N
All-natural chicken, mayonnaise, romaine, spinach, tomato, cucumber, sunflower sprouts, sprouted beans, avocado, egg, olives. Tahini poppyseed dressing 16.95
(Sub Almond Tuna Salad)

AUTUMN GRAIN BOWL VG GS N
Spinach and baby kale tossed in an apple cider vinaigrette, with quinoa, roasted beets, toasted walnuts and goat cheese 16.50
add grilled chicken 4.75
shrimp 6 *tofu 3.5*
*Antarctic salmon** 6

CHOPPED SALAD GS**
Romaine, tomato, blue cheese, raisins, corn, bacon, grilled chicken, flour tortilla strips. Cilantro vinaigrette 16.95

MEDITERRANEAN GREEK SALAD VG GS**
Tabbouleh, cucumbers, tomatoes, olives, romaine and crumbled feta cheese. Greek vinaigrette, served with toasted Naan and hummus 15.95
add chicken 4.75

MAPLE CHICKEN SALAD VG** GS N
Baby kale, arugula, grilled chicken, Granny Smith apples, dried cherries, toasted pecans and blue cheese, tossed in a maple vinaigrette 16.95

SANDWICHES & NATURAL BURGERS

Sandwiches available on sourdough or multi-grain, with choice of fresh fruit, field green salad or natural chips | Substitute a cup of soup 1.95

1/2 SANDWICH COMBINATION GS** N
Choice of: cashew chicken salad, tuna salad or Good Earth® veggie and choice of cup of soup or salad 14.50

CASHEW CHICKEN SANDWICH GS** N
All-natural chicken, mayo, cashews, shredded lettuce 17.50
(Sub Almond Tuna Salad)

CHICKEN SOUVLAKI
Warm pita topped with grilled garlic and herb chicken, cucumber, cherry tomato, kalamata olives, feta, fresh mint, lemon yogurt 17.75

CASHEW CHICKEN MELT GS** N
All-natural chicken salad served hot & open faced with sliced tomato, cheese 17.50 (Sub Almond Tuna Salad)

THAI CHICKEN WRAP GS** N
Grilled chicken, brown rice, napa slaw, peanut sauce in a flour tortilla 17.95

SMOKED TURKEY CLUB GS**
All-natural smoked turkey breast, bacon, lettuce, avocado, tomato and mayo on toasted sourdough 17.50

THE GOOD EARTH® BURGER* GS**
Grass-fed beef, caramelized onion, portabella mushroom, avocado, swiss, sunflower sprout and pepper aioli 19.50

THE BASIC BURGER*
With lettuce, tomato, and pickle 17
(Sub Turkey Burger)

PLANET BURGER VG N
House-made vegetarian burger of adzuki and pinto beans, sunflower and sesame seeds, cashews and vegetables 16.50

Burger Add-Ons

Onions (Grilled or Raw) 1 Sautéed Mushrooms 1 Avocado 2 Nitrite-Free Bacon (3 Slices) 4
Cheese (Mozzarella, Swiss or Cheddar-Jack) 1.5

ENTREES

GOOD EARTH® TURKEY MEATLOAF N
All-natural ground turkey, spinach and basil pesto with roasted red pepper sauce, gingered yams, broccoli and cranberry chutney
One slice 17 Two slices 21

CHIANG MAI THAI NOODLES N GS
Rice noodles, sweet potatoes, carrots, bell peppers, coconut red curry sauce, peanuts, cucumber 16.25
add chicken 4.75
shrimp 6 *tofu 3.5*

GRILLED SHRIMP TACOS GS
Napa slaw, grilled corn salsa, lime sour cream, jalapeno and cilantro served with chips and salsa 17.50

TERIYAKI CHICKEN GS
All-natural grilled chicken breast, mango salsa, gingered yams and broccoli 19

SIMPLE FISH GS
Choice of salmon or shrimp, pan-seared, grilled or steamed. Served with brown rice and steamed broccoli
salmon 24 shrimp 22

KUNG PAO GS VG N
Stir fried veggies with red and green peppers, red onions, yellow squash, zucchini, peanuts, sesame seeds and green onions. served with brown rice 16.25
chicken 4.75 | *shrimp* 6 | *tofu* 3.50

GOOD EARTH® BEAN BURRITO GS**
Whole wheat tortilla, black beans, brown rice, peppers, onion, cheese, lettuce, chilies, radish, cilantro, sour cream, guacamole and salsa 16.95
add grilled chicken 4.75
grass fed beef 4.75

WOK SEARED VEGETABLES V GS N
Carrots, broccoli, pea pods, cauliflower, yellow squash, water chestnuts, mushrooms, sweet red pepper and celery, sauteed in a soy-sherry sauce and topped with roasted almonds, served with brown rice 16.25
add chicken 4.75
shrimp 6 *tofu* 3.5

VEGAN V VEGETARIAN VG NUTS N GLUTEN SENSITIVE GS CAN BE MADE GLUTEN SENSITIVE GS**

Some items can be made vegan or gluten sensitive upon request. Additional charges may apply.

*Please note that eating raw or undercooked beef, poultry, fish, shellfish or egg can increase the risk of foodborne illness. This risk increases with some medical conditions. Also note that our restaurant and bakery are not gluten free environments. We can minimize the gluten present, but cannot guarantee that every dish is completely gluten free.

DESSERTS

FAMOUS CARROT CAKE N
9

CHEESECAKE GS
plain 9.25
with berries 9.75

GLUTEN SENSITIVE COOKIE
5.5

GLUTEN SENSITIVE & VEGAN SPICE CAKE N
6

GOOD EARTH COOKIES
4.25
Selection may include oatmeal raisin, iced ginger, M&M, oatmeal chocolate chunk, peanut butter chocolate chip, chocolate chip or date filled

GOOD EARTH BARS
4.75
Selection may include lemon bar, oatmeal date, seven layer or iced chocolate brownie

BREAKFAST

Served all day

GOOD EARTH® TURKEY SAUSAGE SCRAMBLE* GS
Natural turkey sausage, tomatoes, potatoes, scrambled eggs, onion and peppers, mozzarella, sour cream and green onions 14.95

GOOD EARTH® HUEVOS* GS**
Scrambled eggs, black beans in a whole wheat tortilla topped with roja sauce, cheese, sour cream, guacamole, sliced radish, cilantro and chilies. Served with roasted potatoes 16

JOE'S EGGS* GS
Fresh spinach, mushrooms, green onions, black beans and scrambled eggs topped with cheese, guacamole, sour cream, chilies, sliced radish and cilantro. Served with roasted potatoes 14.95
*Substitute grass fed beef for black beans 2

GRILLED SALMON ON VEGETABLE HASH* GS
Grilled sustainable salmon on potato and vegetable hash with poached eggs, chilies and red pepper aioli 19.95

FRESH-SQUEEZED FAVORITES

WHOLE LEMONADE Lemon, fresh apples - 7.5
Strawberry, Raspberry or Blueberry - 8

GO GREEN LEMONADE Kale, spinach, apple, lemon, ginger - 8.25

SMOOTHIES

Blended with ice and honey 7.50

CARMEN-MI-JUICE-DA
Strawberry, banana, orange juice

COPABANANA
Banana, mango, pina colada

FIBERRY
Strawberry, blueberry, raspberry, banana, apple juice

NATURAL SHAKES

Made with frozen yogurt 9.00

FINISH LINE
Strawberry, banana, granola

BODY SLAM
Carob, peanut butter

SURFER
Banana, pina colada

GOOD EARTH TEAS

ORIGINAL BLEND
brewed fresh, bottomless cup 5.25

BAGGED TEAS
One tea bag and a pot of hot water 5.25
Additional Tea Bag .75 each

ICED TEAS

Brewed freshserved over ice 5.25
Good Earth Original
Green Tea with Mango
Red Berries (Caffeine Free)
Ceylum Lumbini Black

WINES

RED	Glass	Bottle
Pinot Noir, Evolution, Willamette Valley, OR ∞	13	38
Malbec, Dona Paula, "Paula", Luján de Cuyo, Mendoza ∞	13	38
Cabernet Sauvignon, Josh, Napa Valley, CA	13	38
Cabernet Sauvignon, Bonterra Vinyards, Mendoncino Co, CA §	13	38
WHITE		
Riesling, Starling Castle, Mosel, Germany	12	37
Pinot Grigio, Barone Fini, Valdadige DOC, Italy ∞	12	37
Sauvignon Blanc, Overstone, Marlborough, New Zealand ∞	12	37
Sauvignon Blanc, Bonterra, Mendoncino Co, CA §	13	38
Chardonnay, Benziger, North Coast, CA ∞ ¤	13	38
SPARKLING WINE, COCKTAILS, AND SPLITS		
Prosecco Brut, Cantine Maschino, 187ml, Italy		10 split
Mimosa with Fresh Squeezed Juice	9	
Brut Rosé, Piper, Sonoma, CA	12	37

∞ - Sustainable § - Organically Grown ¤ - Biodynamic

BEER

8 each

Indeed Brewing Flavorwave IPA, Minnesota
Surly Grapefruit Supreme, Minnesota
Indeed Brewing Mexican Honey Light, Minnesota
Central Waters Mud Puppy Porter, Wisconsin
Surly Furious IPA, Minnesota
Bent Paddle ESB Amber, Minnesota

In order to maintain quality benefit programs, the Good Earth adds a 5% employee benefits charge to our guest check. This is not an employee gratuity.

Parties of 10 or more will have an automatic 18% gratuity added to the check.