

Coffee & Tea Service

Our coffee is made with shade grown organic beans and has a medium to full-bodied flavor.

“Shade” coffee farms are more ecologically conservative and support a greater bio-diversity. The Good Earth Tea is made from herbs and spices and is a signature beverage of ours. Both coffee and tea are provided in a take-home box.

Serves up to 15 cups: \$40 ea.

* Beverages stay hot for at least 3 hours.

Breakfasts

Sausage Scrambler

Turkey sausage, roasted potatoes, red and green bell pepper, red onion, low-fat mozzarella, sour cream and green onion.

Serves 8-10: \$115

Joe's Eggs

Spinach, mushroom, green onion, pinto and adzuki beans, scrambled eggs, cheddar-jack cheese, sour cream, guacamole, chilies, radish and cilantro

Serves 8-10: \$100

Substitute grass-fed beef for beans: \$25

Breakfast Quesadillas

Flour tortillas, scrambled eggs, red onion, red and green bell pepper, cheddar-jack cheeses with shredded lettuce, chilies, sour cream, salsa and guacamole.

Serves 4-6: \$75 Serves 8-10: \$115

Desserts

Famous Good Earth Carrot Cake

9" round *Serves 8-12* \$50

Crustless Cheesecake with berries

12" round *Serves 16-20* \$75

Assorted Sweet Basket

An assortment of cookies and bars

Serves 8-10: \$35

Mini Cookie Basket

An assortment of 24 cookies: **\$35**

A bag of 9 cookies: \$12

INQUIRE WITH A MANAGER FOR SPECIALTY CAKES

72 hour notice required on all specialty cakes

TAKE-OUT EVENT PLATTERS



ORDERING INFORMATION

Convenient pick-up

*24 hour notice on all party platters.
48 hour notice on sweet baskets and breakfasts.*

EDINA
In the Galleria

PHONE: 952-925-1001

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gei@parasole.com

Take-Out menu items and prices subject to change

Salads & Starters

Starter Platter

Everything you'll need to start a luncheon or dinner party. Tabbouleh and homemade hummus served with toasted flat bread triangles. Served with freshly sliced tomatoes, cucumbers and Kalamata olives.

Serves 8-10: \$75

Cashew Chicken Salad

Served on greens with tomato, cucumbers, sprouts, avocado, egg, Kalamata olives, served with your choice of dressing and a bread basket*.

Serves 4-6: \$75 Serves 8-10: \$110

Spinach Salad

Fresh spinach, jicama, red bell pepper, mango and candied pecans served with tahini poppyseed dressing and a bread basket*.

Serves 4-6: \$70 Serves 8-10: \$95

Fresh Fruit Plate

A beautiful selection of melon, pineapple, grapes, kiwi and strawberries.

Serves 4-6: \$75 Serves 8-10: \$110

Pasta Salad Sampler

Your choice of three types of salads accompanied by a basket of multigrain rolls and crackers. Call to find out what selections are available.

Serves 4-6: \$75 Serves 8-10: \$105



Sandwiches & Wraps

Box Lunch

Choose from cashew chicken salad, almond tuna salad, smoked turkey or vegetarian sandwich served with whole fruit, chips and a sweet.

Half sandwich: \$16 Whole sandwich: \$20

Vegan half: \$20 Vegan whole: \$23

Gluten sensitive half: \$21 Gluten sensitive whole: \$24

Thai Chicken Wrap: \$22

Mini Sandwich Tray

Our same wonderful sandwiches in a smaller version. An assortment of cashew chicken, smoked turkey breast, and vegetarian sandwiches. Served with a variety of breads.

Serves 8-10: \$115

The Wrap Tray

Thai chicken with peanut sauce, vegetable wrap, and a Mediterranean wrap with tabbouleh, served with fresh fruit and chips.

Serves 4-6: \$65 Serves 8-10: \$125

Substitute all Chicken wraps: \$145

The Sandwich Builder

All you need to create your own sandwiches ... Cashew chicken salad, smoked turkey, nitrate-free ham and two types of cheese served with a basket of assorted bread, chips and condiments.

Serves 8-10: \$115

Entree Platters

Teriyaki Chicken

Free range chicken breast marinated in our own teriyaki sauce and char-grilled. Served with gingered yams, seasonal vegetables and a bread basket*.

Serves 4-6: \$90 Serves 8-10: \$135

Grilled Chicken Quesadillas

Flour tortillas, grilled chicken breast, cheddar-jack cheeses, shredded lettuce, chilies, sour cream, salsa and guacamole.

Serves 4-6: \$70 Serves 8-10: \$115

Turkey Meatloaf

Ground turkey, spinach, basil pesto and bread crumbs, grilled and served with red pepper sauce, served with gingered yams, cranberry chutney, seasonal vegetables and bread basket*.

Serves 4-6: \$90 Serves 8-10: \$130

Sustainably Farmed Salmon

Prepared grilled, pan seared or steamed with choice of brown or jasmine rice, seasonal vegetables, red chili sauce, fresh lemon and bread basket*.

Serves 4-6: \$115 Serves 8-10: \$160

Additional bread basket (multigrain rolls and crackers).

Serves 8-10: \$20

Bean Burritos

Whole wheat tortillas, black beans, brown rice, peppers, onions, cheese, lettuce, chilies, radishes, cilantro, sour cream, guacamole and salsa.

Serves 4-6: \$85 Serves 8-10: \$150

Add grilled chicken or grass fed beef

Serves 8-10: \$175

*Gluten sensitive bread baskets available at an addition charge.

