



WINTER

WHOLESOME  
UNPROCESSED  
NATURAL

EARLY MENU

General Manager: Theresa Wood  
Chef: Audrey Mazzitello

To make online reservations, please visit  
our website at [www.goodearthmn.com](http://www.goodearthmn.com)



PARASOLE

FAMILY OF RESTAURANTS

MANNY'S STEAKHOUSE PITTSBURGH BLUE SALUT BAR AMÉRICAIN GOOD EARTH CHINO LATINO FIELD DAY BURGER JONES LIVING ROOM W MINNEAPOLIS PROHIBITION W MINNEAPOLIS

## JUICE BAR

small 4.5 / regular 5.5

### ORANGE, APPLE OR GRAPEFRUIT

#### ORANGE YOU GLAD

Orange, pineapple

#### STRAWBERRY FIELDS

Strawberry, apple, orange

#### CRANBERRY CRUSH

Cranberry, apple, orange

#### ZINGAPORE

Pineapple, ginger

#### IMMUNI "C"

Orange, wheat grass

#### BETA CARROT-ENE

Orange, carrot

#### HEART BEET

Red beet, wheat grass, carrot

## FRESH FRUIT SMOOTHIES

Blended with ice and honey 7

#### CARMEN MI-JUICE-DA

Strawberry, banana, orange juice

#### COPABANANA

Mango, pineapple, banana, pina colada

#### FIBERRY

Raspberry, strawberry, blueberry, banana, apple juice

#### CHERRY-BO-BERRY

Cherry, banana, blueberry, orange juice

## NATURAL SHAKES

Choice of ice cream or frozen yogurt 7.25

#### POWER PLUS

Carob powder, banana, nuts, coconut

#### SURFER

Pineapple, banana, coconut

#### FINISH LINE

Granola, strawberry, banana

#### BODY SLAM

Peanut butter, carob powder

#### CHERRY BOMB

Cherry, almond, carob powder

#### ROOT BEER FLOAT

Served table-side with Boylan Root Beer

## FRESH-SQUEEZED FAVORITES

#### WHOLE LEMONADE

Lemon, fresh apple 6.50

Strawberry, Raspberry or Blueberry 7.25

#### GO GREEN LEMONADE

Kale, spinach, apple, lemon, ginger 7.25

#### WHEAT GRASS SHOOTER

A shot of wheat grass – straight up 4

#### LEMONADE FLIGHT 12

Our whole lemonade with featured flavor shots  
Ask your server about today's variety

## ADDITIONS

Add one to any juice, smoothie or shake 1

WHEAT GRASS

AGAVE NECTAR

PROTEIN POWDER

POMEGRANATE JUICE

WHEAT GERM

KALE

CHIA SEEDS

SPINACH

FLAX SEED

CAROB POWDER

## TEA SOURCE LOOSE LEAF TEAS

Served in 24oz teapot 4.5

## CAFFEINE FREE

### RED BERRIES

Raspberry, cherry, hibiscus, elderberry, bilberry, grape, citrus

### EVENING IN MISSOULA

Chamomile, rose hips, raspberry, papaya, peppermint, vanilla, spearmint, strawberry, passion flower, red clover, star anise, wild cherry

## BLACK

### CEYLON LUMBINI ESTATE

Deep rich aroma and a gorgeous copper/red hue. Hints of an almost spicy sweetness. One of our favorite teas

## GREEN

### CLOUDS AND MIST

Organic – a great China green tea. Fresh, clean, slightly sweet with a light grassy flavor

### GREEN TEA WITH MANGO

A Japanese green tea blended with pieces of mango for a delightfully tropical aroma and taste

## BAGGED TEA

One tea bag served with a pot of hot water 4

Additional Tea Bag .50 each

## MIGHTY TEA WHOLE LEAF TEAS

CAFFEINATED	LIGHTLY CAFFEINATED	CAFFEINE FREE
Breakfast Organic	Marrakesh Mint	Chamomile Citrus
Earl Grey Organic	Spring Jasmine Organic	

## GOOD EARTH TEAS

Brewed fresh and served in a bottomless cup 4

Additional Tea Bag .50 each

### ORIGINAL BLEND (REGULAR OR DECAF)

### SWEET & SPICY GREEN (REGULAR OR DECAF)

### SWEET & SPICY CHAI

### SWEET & SPICY GOODNIGHT TEA (DECAF)

## ICED TEAS

Brewed fresh and served over a tall glass of ice 4

Good Earth Original	Ceylon Lumbini Estate (Black)
Green Tea with Mango	Red Berries (Caffeine Free)

## COFFEE

### BREWED COFFEE

4

### CHAI TEA LATTE

4.25

### CAPPUCCINO or LATTE

4.25

### COLD PRESS COFFEE

4.25

### CAFÉ MOCHA

4.75

### HOT CHOCOLATE

4

### SINGLE SHOT ESPRESSO

3.75

### FLAVORINGS

Caramel, Vanilla, Hazelnut  
White Chocolate,  
Sugar-Free Vanilla 1

## MORNING COCKTAIL SPECIALS

MIMOSA WITH FRESH SQUEEZED JUICE 8

SAKÉ BLOODY MARY 8

In order to maintain quality benefit programs, the Good Earth adds a 3% employee benefits service charge to our guest check. This is not an employee gratuity.

# GRIDDLE

Full stack 9 Short stack 7 One Cake 4  
upgrade to 100% maple syrup add 2

**GOOD EARTH® TEN GRAIN CAKES**  
Sunflower seeds, spring wheat, red  
winter wheat, rye, honey, buttermilk.

**CHALLAH FRENCH TOAST**  
With cinnamon and vanilla

**BUTTERMILK PANCAKES**  
Made from buttermilk, which  
contains less than 1% fat

Try these additions at 1.5 each

**BLUEBERRIES PECANS CAROB CHIPS BANANAS GRANOLA STRAWBERRIES**

# THREE EGG OMELETTES

\*substitute organic eggs 2

Choice of roasted potatoes, field greens or fresh fruit  
Substitute egg white in any omelette

**WILD MUSHROOM\* GS**  
Mushroom, basil, garlic, tomato, low-fat mozzarella 11.95

**NATURALLY CURED HAM AND CHEESE\* GS**  
Nitrate-free ham with cheddar-jack cheese 11.95

**TOMATO-BASIL\* GS**  
Tomato, spinach, fresh basil, and pine nut 11.5

**SEASONAL VEGGIE OMELETTE\* GS**  
Red and green bell pepper, red onion, squash, artichoke,  
tomato, herbs, spinach and Asiago cheese 13.25

# BREAKFAST CLASSICS

\*substitute organic eggs 2

**SAUSAGE SCRAMBLER\* GS**  
Turkey sausage, tomato, potato, scrambled eggs, red  
onion, red and green bell pepper, low-fat mozzarella,  
sour cream and green onion 13

**GRILLED SALMON VEGETABLE HASH\* GS**  
Sustainable Antarctic salmon, potato, red onion, red  
and green bell pepper, poached eggs, chilies, radish,  
cilantro and red pepper aioli 16.95

**GOOD EARTH® HUEVOS\* GS**  
Whole wheat tortilla, scrambled eggs, adzuki and pinto  
beans, roja, cheddar-jack cheese, potato, sour cream,  
guacamole, radish, cilantro and chilies 13.95

**CONTINENTAL**  
Choice of muffin, scone or lemon pound cake,  
coffee or fresh juice and fresh fruit 7.50

**ORGANIC STEEL CUT OATMEAL V GS**  
Available until 11 a.m.  
With milk, raisins, and brown sugar  
Cup 4 Bowl 6

**HOMEMADE GRANOLA GS**  
Old fashioned oats, sunflower seeds, sesame seeds,  
raisins and honey  
cup 4 / bowl 6  
With fat-free plain or low-fat vanilla add 2

**JOE'S EGGS\* GS**  
Spinach, mushroom, green onion, pinto and adzuki beans,  
scrambled eggs, cheddar-jack cheese, guacamole, sour  
cream, chilies, radish and cilantro 11.95  
Substitute grass-fed beef for pinto and adzuki beans 2

**ALL-AMERICAN BREAKFAST\* GS**  
Choice of nitrate-free bacon, nitrate-free ham or turkey  
sausage, two eggs any style and roasted potatoes 10

**BREAKFAST QUESADILLA GS**  
Flour tortillas, scrambled eggs, red onion, red and green  
bell pepper, cheddar-jack cheese, shredded lettuce, chilies,  
radish, cilantro, sour cream, guacamole and salsa 13.95

**BREAKFAST PARFAIT GS**  
Homemade granola, low-fat vanilla yogurt,  
mango, kiwi and strawberry  
Small 4.25 Large 6.75

**AVOCADO TOAST\* GS**  
6 seed ciabatta, avocado purée, avocado, feta, poached eggs  
and radish with choice of breakfast salad or fruit 13.25

**BREAKFAST BOWL\* GS**  
Pinto and adzuki beans, quinoa, pico de gallo, two eggs any  
style, avocado, cilantro and lime 12.5

**PANCAKE COMBO\***  
Choice of buttermilk cake, 10 grain cake or french toast,  
two eggs any style and fresh fruit 10

# EXTRAS

**GOOD EARTH® TURKEY SAUSAGE 3.75**  
**NITRATE-FREE BACON OR HAM 3.75**

**ONE EGG\* 2**  
**ONE ORGANIC EGG\* 3**  
**ROASTED POTATOES 3**  
**SWEET POTATO HASH 3.25**

**BREAKFAST SALAD 3.5**  
Greens, craisins, feta cheese, and candied pecans

**FRESH MIXED FRUIT**  
small 2.5 regular 3.5 large 5.5

**MUFFINS OR SCONE 3.25**  
daily variety, ask server  
**LEMON POUND CAKE 3.25**

**CHALLAH, MULTI-GRAIN, CARAWAY RYE  
OR SOURDOUGH TOAST**  
One slice 1 Two slices 2

VEGAN V GLUTEN SENSITIVE GS

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

An 18% gratuity will be added to parties of 8 or more

\*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. Please 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.