



WINTER.

WHOLESOME
UNPROCESSED
NATURAL

General Manager: Theresa Wood
Chef: Audrey Mazzitello

To make online reservations, please visit
our website at 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

JUST RIGHT FOR YOU

Smaller portions, paired together to make a complete 3 course meal 15.95

CUP OF SOUP OR SMALL FIELD GREENS SALAD TOSSED WITH HOUSE-MADE VINAIGRETTE

and

PAN-SEARED TILAPIA GS

Rhutabaga and potato mash, baby carrots and greek goddess sauce

or

TURKEY STEW

Wild Acres all-natural, smoked turkey breast, root vegetables, cream, herbs with gremolata breadcrumbs

and

FRESH FRUIT or BAKER'S FEATURED DESSERT

FEATURED SEASONAL

WILD RICE SALAD V GS

Baby kale, brussel sprouts, carrot, wild rice, roasted squash, goat cheese, pomegranate seeds and toasted almonds with lemon parsley vinaigrette 14
add grilled chicken or shrimp 4.25 add Antarctic salmon* 6

Our drink pairing suggestion: Sauvignon Blanc, Tribute, Monterey County, California

WINTER BOWL V

Wild rice, hominy, wheatberries, roasted beets, caramelized onion warmed with a cumin-lime sauce over baby kale with pomegranate seeds 12
add grilled chicken or shrimp 4.25 add Antarctic salmon* 6

Our drink pairing suggestion: Pinot Noir, Evolution, Willamette Valley, Oregon

ROASTED SPAGHETTI SQUASH GS

Brown sage butter, baby kale, brussel sprouts, goat cheese and pomegranate seeds 13

Our drink pairing suggestion: Astoria Prosecco, Italy

JAMMIN' JAMBALAYA GS

All-natural chicken, shrimp, spicy pork sausage, red and green bell pepper, onion, squash, celery, tomato, white wine and chicken stock served with brown rice, chilis and green onion 16

Our drink pairing suggestion: Cabernet Sauvignon, Tribute, Monterey County, California

SMALL PLATES.....SHARING PLATES

STONEGROUND NACHOS V GS

Corn tortilla chips, adzuki and pinto beans, cheddar-jack cheese, chilies, radish, sour cream, chipotle sour cream, cilantro, guacamole and salsa 12.25
add grilled chicken 4.25
add grass-fed beef 4.5

SHRIMP AND SALMON CAKES

With squash bruschetta, balsamic reduction and cranberry walnut bread 9.95

CHICKEN QUESADILLAS GS

Flour tortillas, grilled chicken, cheddar-jack cheese, lettuce, chilies, radish, cilantro, sour cream, guacamole and salsa 13.95

THAI CHICKEN FLATBREAD

Grilled chicken, peanut sauce, carrot, red and green bell pepper, red onion, cilantro, low-fat mozzarella and roasted peanuts 14

BAKED ARTICHOKE DIP

Artichoke heart, spinach, jicama, sour cream, mayonnaise, Parmesan cheese and spices.
Served with toasted naan bread 11.25

GOOD EARTH BREAD BASKET

Cranberry walnut batard, 6 seed ciabatta, and everything-seasoned crackers served with house-made hummus 2.95

SOUP & SALADS

VEGETABLE BEAN SOUP V GS

cup 4.75 bowl 5.75

TROPICAL SPINACH SALAD V GS

Fresh spinach, tahini poppyseed dressing, caramelized pecans, mango, jicama and red bell pepper
small 6.5 / large 12

GRAIN BOWL SALAD V GS

Organic baby kale, wild arugula, organic quinoa, carrot, cucumber, red bell pepper, edamame, avocado, sunflower sprouts, chia seeds with citrus vinaigrette 14.25
add grilled chicken or shrimp 4.25
add Antarctic salmon* 6

CASHEW CHICKEN SALAD GS

All-natural chicken, mayonnaise, romaine, spinach, tomato, cucumber, sunflower sprouts, sprouted beans, avocado, egg and Kalamata olives with tahini poppyseed dressing 14
Substitute Almond Tuna Salad

MEDITERRANEAN GREEK SALAD V GS

Wedge of romaine, herb tabouleh, hummus, cucumber, tomato, Kalamata olives, feta cheese with Greek vinaigrette served with toasted naan bread 14

CHOPPED SALAD GS

Romaine, tomato, blue cheese, raisins, corn, bacon, grilled chicken, baked flour tortilla strips with cilantro vinaigrette 14.25

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

SANDWICHES & NATURAL BURGERS

Sandwiches available on sourdough,
multi-grain, or caraway rye
Choice of root chips or field green salad
Substitute a cup of soup 1.75

1/2 SANDWICH COMBINATION GS

Choice of: cashew chicken salad, almond
tuna salad, turkey & provolone, or Good Earth® veggie
and choice of cup of soup or salad 13.25

CASHEW CHICKEN SALAD SANDWICH GS

All-natural chicken, mayo, cashews,
shredded lettuce 13

CASHEW CHICKEN SALAD MELT GS

All-natural chicken salad served hot & open
faced with sliced tomato and cheddar-jack cheese 13

ALMOND TUNA SALAD SANDWICH GS

Dolphin-safe tuna, mayo, almonds
and shredded lettuce 13

ALMOND TUNA SALAD MELT GS

Dolphin-safe tuna salad served hot & open
faced with sliced tomato, pickle and low-fat mozzarella 13

GOOD EARTH VEGGIE V GS

Spinach, red pepper, avocado, cucumber, tomato, sunflower
sprouts, tomato spread and swiss cheese 12.25
*add spicy shrimp or grilled chicken 4.25

THAI CHICKEN WRAP GS

Grilled chicken, jasmine rice, napa slaw,
peanut sauce wrapped in a flour tortilla 14.95

SMOKED TURKEY CLUB GS

Wild Acres all-natural, smoked turkey breast,
nitrite-free bacon, lettuce, avocado, tomato and
mayo on toasted sourdough 14.25

Cooked "pink*" or "no-pink" on a multi-grain bun
with lettuce, tomato, pickle
Choice of root chips or field green salad
Substitute a cup of soup 1.75

THE BASIC BURGER* GS

Peterson Farms grass-fed beef 13.5

BISON BURGER* GS

Grass-fed bison from Northstar Bison
in Rice Lake, WI 14.95

THE GOOD EARTH® BURGER* GS

Peterson Farms grass-fed beef, caramelized onion,
portabella mushroom, avocado, Gruyère cheese,
sunflower sprout and red pepper aioli 16.25

GOOD EARTH® PLANET BURGER V

House-made vegetarian burger of adzuki and
pinto beans, bread crumbs, sunflower and sesame
seeds, cashews and vegetables 13

IMPOSSIBLE BURGER®* V GS

Plant-based patty made from soy and potato
proteins, coconut and sunflower oils 16

Burger Add-Ons

Nitrite-Free Bacon (3 Slices) 3.5
Cheese (Provolone, Swiss,
Cheddar-Jack or Mozzarella) 1.5
Onions (Grilled or Raw) 1
Sautéed Mushrooms 1
Avocado 2
Organic Sunflower Sprouts 1.5

ENTREES

WOK-SEARED SEASONAL VEGETABLES V GS

Carrot, broccoli, pea pod, cauliflower, yellow squash,
water chestnut, mushroom, red bell pepper, celery,
almonds, jasmine and brown rice 14.5
add chicken or shrimp 4.25
add Antarctic salmon* 6

GOOD EARTH® TURKEY MEATLOAF

Wild Acres all-natural ground turkey, spinach, basil
pesto and bread crumbs with roasted red pepper
sauce, gingered yams, broccoli and cranberry chutney
One Slice 14.95 Two Slices 19.95

GOOD EARTH® BEAN BURRITO V GS

Whole wheat tortilla, adzuki and pinto beans,
brown rice, roja, red and green bell peppers,
red onion, cheddar-jack cheese, shredded
lettuce, chilies, radish, cilantro, sour cream,
guacamole and salsa 13.95
add grilled chicken 4.25
add grass fed beef 4.5

SIMPLE FISH* GS

Choice of salmon or shrimp
prepared pan-seared, grilled or steamed
choice of brown or jasmine rice and steamed vegetables,
served with lemon and chili sauce Market Price

FREE RANGE TERIYAKI CHICKEN GS

Grilled teriyaki-marinated, locally raised
chicken breast, mango salsa, gingered yams,
broccoli and teriyaki sauce 17

COCONUT CURRIED VEGETABLES V

Bok choy, red and green bell pepper, red onion,
broccoli, basil, coconut Indian curry sauce,
jasmine rice and mango chutney 13
add chicken or shrimp 4.25
add tofu 3.5

SUSTAINABLY FARMED SALMON* GS

Pan-seared with wild rice pilaf, acorn squash, wilted
spinach and baby kale, pomegranate seeds and
pomegranate molasses 24

SIDES

Steamed Rice (brown or jasmine) 3 Roasted Potatoes 3 Steamed Broccoli 3
Steamed Mixed Vegetables 6 Pinto and Adzuki Beans 3 Gingered Yams 3.5

VEGAN V GLUTEN SENSITIVE GS

These 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.

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

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, almonds, carob powder

ROOT BEER FLOAT

Served table-side with Boylan Root Beer

FRESH-SQUEEZED FAVORITES

WHOLE LEMONADE

Lemon, fresh apples 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

Breakfast Organic
Earl Grey Organic

LIGHTLY CAFFEINATED

Marrakesh Mint
Spring Jasmine Organic

CAFFEINE FREE

Chamomile Citrus

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

BOTTLED BEVERAGES

SAN PELLEGRINO 4

Orange, Lemon Mint, or Pomegranate

BOYLAN SODAS 4

Ginger Ale, Root Beer

LAKE STATE KOMBUCHA 4.5

Ginger, Orange Mango Mint Lime, Blueberry Hibiscus

COCONUT WATER 4

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.

FEATURED WINES

The Benziger and Tribute families have worked to bring together wines that have notable flavors as they follow the Certified Sustainable and Biodynamic methods for the regions. Grapes from three different renowned growing regions in California were used for the Cabernet Sauvignon. Each grape has its own identity from the soil it was grown in to the moisture level at harvest to the specific time of season when the grapes were picked. The beautiful layers in the Sauvignon Blanc can be attributed to the grapes being harvested at varying brix levels. Fossilized seashells in the soil lend to the mineral tones to this wine. We thank Tribute for their work in creating a fun family of wines!

Sauvignon Blanc, Tribute, Monterey County, California ∞ ☐

Glass 9 Bottle 32

Cabernet Sauvignon, Tribute, San Benito County, California ∞ ☐

Glass 9 Bottle 32

RED

	Glass	Bottle
Pinot Noir, Evolution, Willamette Valley, OR ∞	11	38
Pinot Noir, McManis, Lodi, CA ∞	10	35
Malbec, Santa Julia[+], Mendoza, Argentina ∞	9	32
Merlot, Forestville, Sonoma & Napa, CA	8	30
Syrah, Pacific Redwood, Redwood Valley, CA §	9	32
Cabernet Sauvignon, Sycamore Lane, Napa & Lodi, CA ∞ (Vegan) . .	9.5	33
Cabernet Sauvignon, Hess Select, Napa County, CA ∞	11.5	40
Red Blend, Batroun Mountains, Lebanon ∞	9	32

WHITE

	Glass	Bottle
Riesling, Clear Night, Pfalz, Germany	9	32
Rosé, Fleurs de Prairie, Provence, France ∞	10.5	37
Pinot Grigio, Sycamore Lane, Napa & Lodi, CA ∞	9.5	33
Sauvignon Blanc, Wairau River, Marlborough, New Zealand ∞	11	38
Chardonnay, Hess Shirtale, Napa County, CA ∞	10	35
Chardonnay, Forestville, Sonoma & Napa, CA	8	30

NON-ALCOHOLIC

Chardonnay, Sutter Home Fre, CA	7.5	26
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SPARKLING WINE, COCKTAILS, AND SPLITS

	Bottle
Astoria Prosecco 187ml, Italy	9.5 split
Brut Rosé, Veuve du Vernay, Burgundy, France	9.5 split

OTHER

	Glass
Mimosa with Fresh Squeezed Juice	9
Sangria	9
Freewheeler, Sociable Cider Werks	8

SAKE COCKTAILS

	Glass
Bloody Mary	8



∞ - Sustainable § - Organically Grown ☐ - Biodynamic

BEER

6

Summit Extra Pale Ale, Minnesota

Finnegan's Irish Amber, Minnesota

Amstel Light, Holland

Lakefront Brewery New Grist Pilsner - Gluten Free, WI

Buckler Non-Alcoholic, Holland

7

Indeed Brewing Flavorwave IPA, Minnesota

Indeed Brewing Stir Crazy Porter, Minnesota

Indeed Brewing Mexican Honey Light, Minnesota

Bauhaus Stargazer Black Ale, Minnesota

Surly Furious IPA, Minnesota

Tall Boy - 9

Indeed Brewing Day Tripper Pale Ale, Minnesota



Everything we believe at the Good Earth comes down to one thing: the more direct our connection to the planet, the better off we are. That's why we cook in harmony with the seasons. And why we're fanatical about freshness and passionate about purity.

It's why we're partial to local growers and organic suppliers. And anti-factory farming, hormones and antibiotics. Responsibly raised and harvested food, carefully handled and lovingly prepared, is better for us. It's better for the environment. And – more than anything else – it just tastes better. Naturally.

