

SMALL PLATES.....SHARING PLATES

CHICKEN QUESADILLA GS**

Flour tortillas, grilled chicken, cheese, lettuce, chilies, radish, cilantro, sour cream, guacamole and salsa 14.95

THAI CHICKEN FLATBREAD

Grilled chicken, peanut sauce, carrot, peppers, onion, cilantro, mozzarella and peanuts 16
sub gluten sensitive flatbread 4

MOROCCAN SPICED CHICKEN MEATBALLS

Lemon tahini sauce, toasted pistachios 9

BAKED ARTICHOKE DIP GS**

Artichokes, spinach, jicama, sour cream, mayonnaise and Parmesan cheese. With toasted naan 12

STONEGROUND NACHOS VG GS

Corn chips, black beans, cheese, chilies, radish, chipotle sour cream, cilantro, guacamole and salsa 12.95
add chicken 4.5
grass fed beef 4.75

SOUP & SALADS

SOUP OF THE DAY (ask your server)

cup 4.75 bowl 5.75

CASHEW CHICKEN SALAD GS N

All-natural chicken, mayonnaise, romaine, spinach, tomato, cucumber, sunflower sprouts, sprouted beans, avocado, egg, olives. Tahini poppyseed dressing 14.95
(Sub Tuna Salad)

SUMMER GRAIN BOWL V GS

Organic baby kale, arugula, farro, grilled sweet corn, heirloom tomatoes, avocado, cucumber, edamame, sunflower sprouts, chia seed, lemon basil vinaigrette 14.95
add grilled chicken 4.5 or shrimp 6
add Antarctic salmon* 6

CHOPPED SALAD GS**

Romaine, tomato, blue cheese, raisins, corn, bacon, grilled chicken, flour tortilla strips. Cilantro vinaigrette 14.95

MEDITERRANEAN GREEK SALAD

Tabbouleh, cucumbers, tomatoes, olives, romaine and crumbled feta cheese. Greek vinaigrette, served with toasted Naan and hummus 14.75
add chicken 4.5

WATERMELON SALAD GS

Arugula, radish, avocado, mint, ricotta salata, orange vinaigrette 13
add grilled chicken 4.5 or shrimp 6
add Antarctic salmon* 6

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 1.75

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 11.75

CHICKEN SOUVLAKI

Warm pita topped with grilled garlic and herb chicken, cucumber, cherry tomato, kalamata olives, feta, fresh mint, lemon yogurt 14.50

THAI CHICKEN WRAP GS** N

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

CASHEW CHICKEN SANDWICH GS** N

All-natural chicken, mayo, cashews, shredded lettuce 14.75 (Sub Tuna Salad)

CASHEW CHICKEN MELT GS** N

All-natural chicken salad served hot & open faced with sliced tomato, cheese 14.95 (Sub Tuna Salad)

SMOKED TURKEY CLUB GS**

All-natural smoked turkey breast, bacon, lettuce, avocado, tomato and mayo on toasted sourdough 14.95

THE BASIC BURGER* GS**

With lettuce, tomato, and pickle 15
Sub Bison 2

THE GOOD EARTH® BURGER* GS**

Grass-fed beef, caramelized onion, portabella mushroom, avocado, swiss, sunflower sprout and pepper aioli 16.25

PLANET BURGER V N

House-made vegetarian burger of adzuki and pinto beans, sunflower and sesame seeds, cashews and vegetables 14.50

Burger Add-Ons

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

ENTREES

TERIYAKI CHICKEN GS

All-natural grilled chicken breast, mango salsa, gingered yams and broccoli 17.75

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 15.95 Two Slices 19.95

GRILLED RAINBOW TROUT GS

With sweet corn and farro salad, and avocado salsa verde 20

GOOD EARTH® BEAN BURRITO VG GS**

Whole wheat tortilla, black beans, brown rice, peppers, onion, cheese, lettuce, chilies, radish, cilantro, sour cream, guacamole and salsa 14.75
add grilled chicken 4.5
grass fed beef 4.75

CHIANG MAI THAI NOODLES N GS

Rice noodles, sweet potatoes, carrots, bell peppers, coconut red curry sauce, peanuts, cucumber 15
add chicken 4.5
shrimp 6 *tofu 3.5*

*simply prepared Salmon, Trout, or Shrimp available upon request

WOK SEARED VEGETABLES V GS N

Carrots, broccoli, pea pods, cauliflower, yellow squash, water chestnuts, mushrooms, sweet red pepper and celery topped with roasted almonds, served with brown rice 15
add chicken 4.5

SIDES

Steamed Brown Rice - 3 Steamed Broccoli - 3 Black Beans - 3 Gingered Yams - 3.5 Natural Chips - 3

VEGAN V VEGETARIAN VG NUTS N 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
7.25

GLUTEN SENSITIVE COOKIE
4.25

GOOD EARTH COOKIES
3.5
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
Selection may include lemon bar, oatmeal date, seven layer or iced chocolate brownie

CHEESECAKE GS
plain 7.5
with berries 8

GLUTEN SENSITIVE & VEGAN SPICE CAKE
5

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 13.95

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 14.95

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 13.95

*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 17.95

FRESH-SQUEEZED FAVORITES

WHOLE LEMONADE

Lemon, fresh apples 6.50
Strawberry or Raspberry 7.25

GO GREEN LEMONADE

Kale, spinach, apple, lemon, ginger 7.25

GOOD EARTH TEAS

ORIGINAL BLEND brewed fresh, bottomless cup 4.25

BAGGED TEAS - Ask server for varieties available
One tea bag served with a pot of hot water 4.25
Additional Tea Bag .50 each

ICED TEAS

Brewed fresh and served over a tall glass of ice 4.25
Good Earth Original Red Berries (Caffeine Free)
Green Tea with Mango Ceylum Lumbini Black

WINES

FEATURED

	Glass	Bottle
Sauvignon Blanc, Bodega Garzon, Uruguay §	11	36
Rose of Pinot Noir, Bodega Garzon, Uruguay §	11	36

RED

Pinot Noir, Evolution, Willamette Valley, OR ∞	10	35
Malbec, Dona Paula, "Paula", Luján de Cuyo, Mendoza ∞	11	36
Cabernet Sauvignon, Josh, Napa Valley, CA	11	36
Cabernet Sauvignon, Bonterra Vineyards, Mendocino Co, CA §	11	36

WHITE

Riesling, Starling Castle, Mosel, Germany	10	35
Pinot Grigio, Barone Fini, Valdadige DOC, Italy ∞	9	32
Sauvignon Blanc, Overstone, Marlborough, New Zealand ∞	10	35
Sauvignon Blanc, Bonterra, Mendocino Co, CA §	11	36
Chardonnay, Benziger, North Coast, CA ∞ □	11	36

SPARKLING WINE, COCKTAILS, AND SPLITS

Prosecco Brut, Cantine Maschino, 187ml, Italy		10 split
Mimosa with Fresh Squeezed Juice	9	
So-Zen Coral	8	
So-Zen Original	8	
Brut Rosé, Piper, Sonoma, CA	11	36

∞ - 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 and safety and sanitation service charge to our guest check. This is not an employee gratuity.