

SMALL PLATES.....SHARING PLATES

CHICKEN QUESADILLA GS\*\*

Flour tortillas, grilled chicken, cheese, lettuce, chilies, radish, cilantro, sour cream, guacamole and salsa 15.75

THAI CHICKEN FLATBREAD

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 14.50  
add chicken 4.75  
grass fed beef 4.75

ROASTED BEET HUMMUS VG GS\*\*

served with roasted veggies, feta cheese, pepitas and warm naan 12.00  
sub gluten sensitive flatbread 5

BAKED ARTICHOKE DIP GS\*\*

Artichokes, spinach, jicama, sour cream, mayonnaise and Parmesan cheese. With toasted naan 13.50  
sub gluten sensitive flatbread 5

SOUP & SALADS

SOUP OF THE DAY (ask your server)

cup 5.5 bowl 7

CASHEW CHICKEN SALAD GS N

All-natural chicken, mayonnaise, romaine, spinach, tomato, cucumber, sunflower sprouts, sprouted beans, avocado, egg, olives. Tahini poppyseed dressing 16  
(Sub Tuna Salad)

WINTER GRAIN BOWL VG GS\*\* N

Baby kale, wild arugula, quinoa, julienne carrots and cucumbers, red bell peppers and edamame tossed in a citrus vinaigrette garnished with avocado and sunflower sprouts 15.95  
add grilled chicken 4.75 or shrimp 6  
add Antarctic salmon\* 6

CHOPPED SALAD GS\*\*

Romaine, tomato, blue cheese, raisins, corn, bacon, grilled chicken, flour tortilla strips. Cilantro vinaigrette 16.25

MEDITERRANEAN GREEK SALAD VG

Tabbouleh, cucumbers, tomatoes, olives, romaine and crumbled feta cheese. Greek vinaigrette, served with toasted Naan and hummus 15.5  
add chicken 4.75

SHRIMP AND GRAPEFRUIT SALAD VG GS

Baby lettuces tossed in an orange vinaigrette served with red onion, chilled shrimp and grapefruit segments garnished with roasted pistachios 17.25

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 13.75

CHICKEN SOUVLAKI

Warm pita topped with grilled garlic and herb chicken, cucumber, cherry tomato, kalamata olives, feta, fresh mint, lemon yogurt 16.75

THAI CHICKEN WRAP GS\*\* N

Grilled chicken, brown rice, napa slaw, peanut sauce in a flour tortilla 16.75

CASHEW CHICKEN SANDWICH GS\*\* N

All-natural chicken, mayo, cashews, shredded lettuce 16.25 (Sub Tuna Salad)

CASHEW CHICKEN MELT GS\*\* N

All-natural chicken salad served hot & open faced with sliced tomato, cheese 16.50 (Sub Tuna Salad)

SMOKED TURKEY CLUB GS\*\*

All-natural smoked turkey breast, bacon, lettuce, avocado, tomato and mayo on toasted sourdough 16.75

THE BASIC BURGER\* GS\*\*

With lettuce, tomato, and pickle 16.50  
Sub Bison 2

THE GOOD EARTH® BURGER\* GS\*\*

Grass-fed beef, caramelized onion, portabella mushroom, avocado, swiss, sunflower sprout and pepper aioli 18.75

PLANET BURGER V N

House-made vegetarian burger of adzuki and pinto beans, sunflower and sesame seeds, cashews and vegetables 16.25

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 19

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

SIMPLE FISH GS

Choice of Salmon or Shrimp, pan-seared, grilled or steamed. Served with brown rice and steamed broccoli  
Salmon 24  
Shrimp 22

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 16.25  
add grilled chicken 4.75  
grass fed beef 4.75

CHIANG MAI THAI NOODLES N GS

Rice noodles, sweet potatoes, carrots, bell peppers, coconut red curry sauce, peanuts, cucumber 15.75  
add chicken 4.75  
shrimp 6 tofu 3.5

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 15.75  
add chicken 4.75  
shrimp 6 tofu 3.5

SIDES

Steamed Brown Rice - 4 Steamed Broccoli - 4 Black Beans - 4 Gingered Yams - 4 Natural Chips 4

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  
9

GLUTEN SENSITIVE  
COOKIE  
5.5

GOOD EARTH COOKIES  
4  
Selection may include  
oatmeal raisin, iced ginger,  
M&M, oatmeal chocolate  
chunk, peanut butter  
chocolate chip,  
chocolate chip or date filled

GOOD EARTH BARS  
4.5  
Selection may include  
lemon bar, oatmeal date,  
seven layer or iced  
chocolate brownie

CHEESECAKE GS  
plain 9.25  
with berries 9.75

GLUTEN SENSITIVE  
& VEGAN SPICE CAKE  
6

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 14.75

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 14.75  
\*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 19.50

FRESH-SQUEEZED FAVORITES

WHOLE LEMONADE Lemon, fresh apples - 7.25  
Strawberry or Raspberry - 7.75

GO GREEN LEMONADE Kale, spinach, apple, lemon, ginger - 8.00

SMOOTHIES

Blended with ice and honey 7.25

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 fresh served 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 Vineyards, Mendocino 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, Mendocino 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	Central Waters Mud Puppy Porter, Wisconsin
Surly Grapefruit Supreme, Minnesota	Surly Furious IPA, Minnesota
Indeed Brewing Mexican Honey Light, 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.

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

