



WINTER.

WHOLESOME
UNPROCESSED
NATURAL

EARLY MENU

General Manager: Cynthia Mott
Chef: Joe Lieberman

To make online reservations, please visit
our website at www.goodearthmn.com



P A R A S O L E

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 4.50 / regular 5.50

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

VEGAMARY

Tomato, celery, carrot, parsley, red pepper.

Garnish with celery salt, black pepper & pepperoncini

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, wheat germ

NATURAL SHAKES

Made with high protein powder and your choice of fat free frozen yogurt or ice cream 7.25

POWER PLUS

Carob powder, banana, nuts, coconut

SURFER

Pineapple, banana, coconut

FINISH LINE

Granola, strawberry, banana

BODY SLAM

Peanut butter, carob powder

FRESH-SQUEEZED FAVORITES

WHOLE LEMONADE

Lemon, fresh apples 6.50
Strawberry or Raspberry 7.25

GO GREEN LEMONADE

Kale, spinach, apple, lemon, ginger 7

WELLNESS SHOOTERS

WHEATGRASS

A shot of wheatgrass - straight up 4

GREEN LEMON

Spinach, lemon and apple 4

CITRUS MINT

Grapefruit, strawberry, ginger and mint 4

ADDITIONS

Add one of these ingredients 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 4.50

CAFFEINE FREE

RED BERRIES

This tea has a raspberry/cherry aroma and flavor. Marvelous iced, but also an unusual and bracing hot beverage. Made from hibiscus flowers, elderberries, bilberries, grapes and citrus peel

EVENING IN MISSOULA

Absolutely fabulous - chamomile, rose hips, raspberry, papaya, peppermint, spearmint, strawberry leaf, vanilla, passion flower, red clover, star anise and wild cherry bark

BLACK

CEYLON LUMBINI ESTATE

This exceptional black tea brews up with a deep rich aroma and a gorgeous copper/red hue. The liquor is very full-bodied with comple, thick flavor notes and 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

ORGANIC RASPBERRY MATCHA

Deep rich umami green tea flavor with a pronounced raspberry sweetness 5

GOOD EARTH TEAS

Brewed fresh and served in a bottomless cup 4
Additional Tea Bag 0.50 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
GREEN TEA WITH MANGO

TRADITIONAL BLACK
RED BERRIES (Caffeine free)

COFFEE

ORGANIC COFFEE 4	ORGANIC CAFE MOCHA 4.75
ORGANIC ESPRESSO 3.75	ORGANIC CHAI TEA LATTE 4.50
ORGANIC CAPPUCCINO 4.25	HOT CHOCOLATE 4
ORGANIC CAFE LATTE 4.50	FLAVORINGS

Caramel, Vanilla, Hazelnut
Almond, Sugar-Free Vanilla 1

BOTTLED BEVERAGES

SAN PELLEGRINO 4

Orange, Lemon Mint, or Pomegranate

BOYLAN SODAS 4

Ginger Ale, Root Beer

LAKE STATE KOMBUCHA 4.50

Ginger, Orange Mango, Blueberry Hibiscus

FORAGE KOMBUCHA 4.50

Raspberry, Tropical

BIG WATT COLD BREW 5.50

Original, Lavender Grapefruit, Honey Nut Vanilla

* In order to maintain quality benefit programs, the Good Earth Roseville 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 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
Black 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
Greens, craisins, feta cheese, and candied pecans 3.5

FRESH MIXED FRUIT
small 2.5 regular 3.5 large 5.5

MUFFINS OR SCONE 3
daily variety, ask server

LEMON POUND CAKE 3

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.