



WINTER.

WHOLESOME
UNPROCESSED
NATURAL

General Manager: Cynthia Mott
Chef: Joe Lieberman

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 BARRAMUNDI GS

Mole sauce, griddled polenta cake and a blood orange citrus salsa.

or

CURRY DAHL V GS

Curry red lentils, onions, coconut milk, turmeric, mustard and cloves. Served with a cilantro mint chutney.

and

FRESH FRUIT or BAKER'S FEATURED DESSERT

FEATURED SEASONAL

CRANBERRY MIMOSA

Cranberry juice mixed with sparkling wine 8

WILD RICE AND WILD MUSHROOM SOUP

cup 4.75 bowl 5.75

WILD RICE SALAD V GS

Baby kale, Brussels sprouts, carrot, wild rice, roasted squash, goat cheese, pomegranate seeds and toasted almonds with lemon parsley vinaigrette 14

*Add grilled chicken 4.25 * Add shrimp or Antarctic Salmon 6

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

WINTER BOWL V GS

Wild rice, roasted beets, mushrooms, onions, sundried tomatoes, kale and pears warmed and finished with dried cranberries and goat cheese 12

*Add grilled chicken 4.25 * Add shrimp or Antarctic Salmon 6

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

ROASTED SPAGHETTI SQUASH GS

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

Our drink pairing suggestion: Astoria Prosecco, Italy

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, chilies and green onion 16

Our drink pairing suggestion: Cabernet Sauvignon, Tribute, San Benito 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 4.50

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

SOUPS & 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 6.50 / 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 4.25

*add Antarctic salmon or shrimp 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 marinated chicken 4.25

*add spicy shrimp 6

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 13.50

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, sunflower and sesame
seeds, cashews and vegetables 13

IMPOSSIBLE BURGER V

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

Burger Add-Ons

Nitrite-Free Bacon (3 Slices) 3.50

Cheese (Provolone, Swiss,
Cheddar-Jack or Mozzarella) 1.50

Onions (Grilled or Raw) 1

Sautéed Mushrooms 1

Avocado 2

Organic Sunflower Sprouts 1.50

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 14.50

*add chicken 4.25

*add Antarctic salmon or shrimp 6

GOOD EARTH® TURKEY MEATLOAF

Wild Acres all-natural ground turkey, spinach, basil
pesto (contains nuts) 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, cheddar-jack cheese, shredded
lettuce, chilies, radish, cilantro, sour cream,
guacamole and salsa 13.95

*add grilled chicken 4.25

*add grass fed beef 4.50

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 GS

Bok choy, red and green bell pepper, red onion,
broccoli, basil, coconut Indian curry sauce (contains
peanuts), jasmine rice and mango chutney 13

*add chicken 4.25

*add tofu 3.50

*add shrimp 6

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 3.50

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 4.50 / 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 & peppercorn

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
PROTEIN POWDER
WHEAT GERM
CHIA SEEDS
FLAX SEED

AGAVE NECTAR
POMEGRANATE JUICE
KALE
SPINACH
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 ESPRESSO 3.75

ORGANIC CAPPUCCINO 4.25

ORGANIC CAFE LATTE 4.50

ORGANIC CAFE MOCHA 4.75

ORGANIC CHAI TEA LATTE 4.50

HOT CHOCOLATE 4

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.

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 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
Red Blend "Ruby", Batroun Mountains, Lebanon	9	32
Malbec, Santa Julia[+], Mendoza, Argentina ∞	9	32
Merlot, Forestville, Sonoma & Napa, CA	8	30
Cabernet Sauvignon, Sycamore Lane, Napa & Lodi, CA ∞ (Vegan)	9	32
Cabernet Sauvignon, Hess Select, Napa County, CA ∞	11.5	40

WHITE	Glass	Bottle
Riesling, Seaglass, Santa Barbara County, CA	10	35
Pinot Grigio, Oko, Veneto, Italy §	10	35
Pinot Grigio, Sycamore Lane, Napa & Lodi, CA ∞	9	32
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	Glass	Bottle
Chardonnay, Sutter Home Fre, CA	7.5	26

SPARKLING WINE, ROSÉ, AND SPLITS	Glass	Bottle
Rosé, Malene, Central Coast, CA	9	32
Astoria Prosecco 187ml, Italy		9.5 split
Brut Rosé, Veuve du Vernay, Burgundy, France		9.5 split

OTHER	Glass	Carafe
Mimosa with Fresh Squeezed Juice	8	32
Bloody Mary	9	
Freewheeler Dry Apple Cider, Sociable Cider Werks	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
- Heineken 0.0 Non-alcoholic, Holland

- 7
- Indeed Brewing Flavorwave IPA, Minnesota
- Indeed Brewing Stir Crazy Porter, Minnesota
- Indeed Brewing Mexican Honey Light, Minnesota
- Bauhaus Stargrazer Black Ale, Minnesota
- Castle Danger George Hunter Stout, 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.

