

GLUTEN SENSITIVE

We make every effort to avoid gluten in all of the dishes listed on this menu. Unfortunately, due to the nature of many of the ingredients used in our restaurant, it is impossible for us to guarantee that we are able to avoid gluten entirely. Thank you for your understanding.

BREAKFAST 7-11 a.m.

EGG WHITE TOMATO-BASIL OMELETTE*

Four egg white omelette with fresh basil, tomatoes, spinach and toasted pine nuts 10

NATURALLY CURED HAM AND CHEESE OMELETTE*

Lean nitrate-free ham, cheddar and jack cheeses 11

JOE'S EGGS*

Fresh spinach, mushrooms, green onions, pinto and adzuki beans and scrambled eggs topped with cheddar and jack cheeses, guacamole, sour cream, chilies, sliced radish and cilantro 10

*Substitute all natural beef for pinto and adzuki beans 2

GRILLED SALMON ON VEGETABLE HASH*

Grilled wild salmon on potato and vegetable hash with poached eggs, chilies and red pepper aioli 16

HEARTLAND BREAKFAST*

Your choice of nitrate-free bacon or ham or GOOD EARTH® natural turkey sausage served with any style eggs and roasted potatoes 11

GOOD EARTH® TURKEY SAUSAGE SCRAMBLE*

GOOD EARTH® natural turkey sausage, tomatoes, roasted potatoes, scrambled eggs, red onions and diced peppers topped with low-fat mozzarella, sour cream and green onions 11

YOGURT PARFAIT

Low-fat vanilla yogurt and fresh fruit 6

CHRISTINE & ROB'S ORGANIC GLUTEN FREE OATMEAL

With milk, raisins, and brown sugar

Cup 4 Bowl 6

MUFFIN

Ask your server 3

LUNCH & DINNER SMALL PLATES.....SHARING PLATES

GOOD EARTH® STONEGROUND NACHOS

Corn tortilla chips with vegetarian black turtle beans, cilantro, cheddar and jack cheeses, sliced radish, chilies, chipotle sour cream and guacamole 10 * with grilled chicken breast add 4 * with all natural beef add 4.5

EDAMAME

Steamed whole soybeans 5.5

BANGKOK CHICKEN SATAY

Two skewers of Thai marinated grilled chicken on napa slaw, peanut and red chili dipping sauces 10

SOUPS & SALADS

TROPICAL SPINACH SALAD

Spinach tossed with tahini poppyseed dressing, topped with diced sweet red pepper, caramelized pecans, mango, and jicama
small 6.5 / large 12

GOOD EARTH® CASHEW CHICKEN SALAD

Cashew chicken salad with tomato, sliced cucumbers, organic sunflower sprouts, sprouted beans, avocado, hardboiled egg and kalamata olives 13

GOOD EARTH® VEGETABLE BEAN SOUP

Made from scratch daily with anasazi beans and garden vegetables
cup 4.5 bowl 5.5

ROMAINE GARDEN SALAD

Romaine leaves, carrots, sweet red pepper, sunflower sprouts, sprouted beans, tomato wedges and sliced cucumbers.

Served with your choice of dressing
small 6.5 / large 12

SANDWICHES

Sandwiches are served on gluten free bread with a choice of Terra® root vegetable chips or a small field green salad.

Substitute a cup of vegetable bean soup 1.5

GOOD EARTH® CASHEW CHICKEN SALAD SANDWICH

Cashew chicken salad with chicken breast and mayonnaise, topped with cashews and shredded lettuce 13

CASHEW CHICKEN MELT

Cashew chicken salad served open faced with sliced tomato and melted cheddar-jack cheese 13

ALMOND TUNA SALAD SANDWICH

Almond tuna salad made with albacore tuna and cholesterol free mayonnaise, topped with almonds and shredded lettuce 13

ALMOND TUNA MELT

Almond tuna salad, served open faced with sliced tomato, pickle and melted low fat mozzarella 13

VEGGIE SANDWICH

Portabella mushrooms, field greens, avocado, tomato, sunflower sprouts and lemon basil aioli 12
*add chicken or spicy shrimp 4

Elements of our menu are produced in an environment where wheat flour is used. As a result, it is possible that traces of gluten may be present. We cannot guarantee that our menu items are 100% gluten free. If you have serious health-related consequences from trace amounts of gluten, please consult your physician to help determine what is safe for you to eat.

*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.

NATURAL BURGERS

Hand-pattied and served on a gluten free bun with lettuce, tomato, pickle slices and choice of Terra® root vegetable chips or a small field green salad. Substitute a cup of vegetable bean soup 1.5

THE BASIC BURGER*

Peterson Farms grass fed beef 13.5

BISON BURGER*

Grass fed bison from Northstar Bison in Rice Lake, WI.
More flavor, less fat than chicken or beef 15

THE GOOD EARTH® BURGER

Peterson Farms grass fed beef, caramelized onions, portobello mushrooms, avocado, gruyere cheese, sunflower sprouts and red pepper aioli 16.5

BUILD YOUR BURGER* *All*

* Nitrate-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

FROM THE FARM

FREE RANGE TERIYAKI CHICKEN

Breast of locally raised chicken marinated in teriyaki sauce. Grilled and served with mango salsa, gingered yams and steamed seasonal vegetable 16.5

COCONUT CURRIED CHICKEN

Chicken breast, bok choy, sweet red and green peppers, red onion and fresh basil, wok seared with coconut milk and Indian curry, served with jasmine rice and mango chutney 15.5

MANDARIN BEEF

Marinated flank steak, green beans, red and green peppers, mushrooms, orange sauce, garlic and ginger served over steamed jasmine rice 19

FROM THE GARDEN

WOK-SEARED SEASONAL VEGETABLES

Carrots, broccoli, bok choy, pea pods, cauliflower, yellow squash, water chestnuts, mushrooms, sweet red pepper and celery topped with roasted almonds, served with jasmine and brown rice 13.5

FROM THE SEA

We only use wild caught fish or sustainable fish from well managed fisheries or environmentally friendly farms

PAN SEARED STRIPED SEA BASS*

Creamy polenta, sautéed kale and grapefruit 24

SAUTÉED WALLEYE*

Butternut squash purée, wild mushroom and leek ragout 22

CHILI DUSTED SEASONAL FISH TACOS*

Napa slaw, mango salsa, cilantro, lime 15

GRILLED NORWEGIAN SALMON*

Parsnip purée, wilted savoy cabbage and lemon-dill pesto 21

SIDES

* Steamed Rice (brown or jasmine) 3 * Roasted Potatoes 3 * Steamed Vegetables 6 * Black Beans 3
* Gingered Yams 3 * GOOD EARTH® Adzuki and Pinto Beans 3 * Gluten Free Bread 1.5 / slice

DESSERT

CHEESECAKE

6

CHEESECAKE WITH BERRIES

7.5

COOKIE

(Ask your server)

3.25

TURTLE BAR

3

SORBET

Ask about or weekly flavor

One scoop 3

Two scoops 5

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