

# The GOOD EARTH EXPRESS

For a quick, easy way to enjoy the best – lunch, dinner, office meetings or for family and friends – Good Earth offers its entire menu for take-out. Simply fax your selections to us at 952-925-0166 for Edina, 651-636-4335 for Roseville and your order will be ready to pick up in 20 minutes or less. When ordering for 10 people or more, please allow more time.

Please call the restaurant to verify any fax order.

## SOUPS AND SALADS

- |   |                 |
|---|-----------------|
| 1. Vegetable Bean Soup  | 5.75            |
| 2. Tropical Spinach Salad   | 12              |
| 3. GOOD EARTH®<br>Cashew Chicken Salad<br>OR<br>Almond Tuna Salad                 | 13.95           |
| 4. Mediterranean Greek Salad  | 13.95           |
| 5. Chopped Salad  | 14.25           |
| 6. Asian Chicken Salad  | 14.25           |
| 7. Grain Bowl Salad<br>add marinated chicken<br>or shrimp<br>add Antarctic Salmon | 14<br>4.25<br>6 |
| 8. Side Salad   | 6.5             |
| 9. Soup and Salad   | 11.25           |

## SHARING PLATES

- |   |                      |
|---|----------------------|
| 10. Stoneground Nachos<br>with grass fed beef<br>or chicken | 11.75<br>4.5<br>4.25 |
| 11. Bangkok Chicken Satay                                   | 10.5                 |
| 12. Baked Artichoke Dip                                     | 11.25                |
| 13. Shrimp and Salmon Cakes                                 | 11.75                |
| 14. Thai Chicken Flatbread                                  | 14                   |
| 15. Grilled Chicken<br>Quesadillas                          | 13.5                 |
| 16. Bread Basket  | 2                    |

## FROM THE GARDEN

- |   |                    |
|---|--------------------|
| 17. Wok Seared<br>Fresh Vegetables                      | 14.5               |
| 18. GOOD EARTH®<br>Bean Burrito<br>with Chicken or Beef | 13.5<br>4.25 / 4.5 |
| 19. Spring 'Green' Bowl                                 | 12.75              |

## SANDWICHES, WRAPS AND NATURAL BURGERS

- |   |                              |                |
|---|------------------------------|----------------|
|   | Substitute a cup of soup     | add 1.75       |
|   | Substitute gluten free bread | add 1          |
| 20. GOOD EARTH®<br>Cashew Chicken Salad<br>Sandwich         |                              | 13             |
| 21. Cashew Chicken Melt                                     |                              | 13             |
| 22. Almond Tuna<br>Salad Sandwich                           |                              | 13             |
| 23. Almond Tuna Melt  |                              | 13             |
| 24. Smoked Turkey Club                                      |                              | 14.25          |
| 25. Veggie Pita<br>add spicy shrimp<br>or grilled chicken   |                              | 12.25<br>4.25  |
| 26. Thai Chicken Wrap                                       |                              | 14.75          |
| 27. Caribbean Tilapia Tacos                                 |                              | 13.25          |
| 28. Salad and<br>Half Sandwich                              |                              | 13.25          |
| 29. Soup and Half Sandwich                                  |                              | 13.25          |
| 30. Peterson Farms Grass Fed<br>Basic Burger<br>with cheese |                              | 13.5<br>15     |
| 31. Grass Fed Bison Burger<br>with cheese                   |                              | 14.75<br>16.25 |
| 32. GOOD EARTH® Burger                                      |                              | 16             |
| 33. GOOD EARTH®<br>Planet Burger<br>with cheese             |                              | 13<br>14.5     |

## FROM THE FARM

- |   |                |
|---|----------------|
| 34. Free Range<br>Teriyaki Chicken                            | 17             |
| 35. GOOD EARTH® Turkey<br>Meatloaf<br>One Slice<br>Two Slices | 14.95<br>19.95 |
| 36. Coconut Curried<br>Chicken                                | 17             |
| 37. Chang Mai Thai Noodles                                    | 16             |

## FROM THE SEA

- |                               |              |
|-------------------------------|--------------|
| 38. Simple Fish               | Market Price |
| 39. Sustainably Farmed Salmon | 23           |
| 40. Blackened Arctic Char     | 21           |

## SIDES

- |   |     |
|---|-----|
| 41. Roasted Potatoes                      | 3   |
| 42. Gingered Yams                         | 3.5 |
| 43. Steamed Rice<br>(brown or jasmine)    | 3   |
| 44. Steamed Vegetables                    | 6   |
| 45. GOOD EARTH® Adzuki<br>and pinto beans | 3   |
| 46. Black Beans                           | 3   |

**Fresh Orange Juice**

Small 5.5                      Regular 6.5

**More Fresh Juices**

Small 5.5                      Regular 6.5

- Grapefruit
- Orange You Glad - orange & pineapple
- Strawberry Fields - strawberry, apple & orange
- Cranberry Crush - cranberry, apple & orange
- Zingapore Sling - pineapple & ginger
- Immuni "C" - orange & wheat grass
- Rooty Fruity - carrot & apple
- Beta Carrot-ene - carrot & orange
- Heart Beet - beet, wheat grass & carrot
- Vegamary - tomato, celery, carrot, parsley, red pepper. Garnish with celery salt, black pepper, & pepperoncini

**Whole Lemonade**

6.75

Fresh juiced lemon and apples

- Strawberry or Raspberry lemonade                      7.5
- Go Green Lemonade, Kale, Spinach, apples, lemon, ginger                      7.75

**Fresh Fruit Smoothies**

6.75

- Carmen Mi-Juice-Da - Strawberries, banana and a splash of orange juice
- CopaBanana - Mango, pineapple, banana, pina colada and protein powder
- Fiberry - raspberries, strawberries, blueberries, banana, apple juice & wheat germ
- OP - Orange juice and peaches

**Natural Shakes**

6.95

- made with high protein powder, and your choice of fat free frozen yogurt or ice cream
- Power Plus - Carob powder, banana, nuts and coconut
- Surfer - pineapple, banana and coconut
- Finish Line - homemade granola, strawberries and banana
- Body Slam - peanut butter and carob powder

Organic Milk

3.5

Skim or Whole

Arnold Palmer

6.75

Iced black tea and lemonade

Soy Milk

3.5

Almond Milk

3.5

**Hot Tea and Coffee**

3.95

**Mighty Leaf Teas**

C: CAFFEINATED    CF: CAFFEINE FREE  
LC: LIGHTLY CAFFEINATED

- Organic Breakfast                      C
- Organic Earl Gray                      C
- Spring Jasmine                      LC
- Marrakesh Mint                      LC
- Chamomile Citrus                      CF

**GOOD EARTH® Sweet and Spicy Teas**

Original • Original Decaf • Chai Green • Green Decaf • Chamomile

**Iced Teas**

- Original (Sweet and Spicy)
- Ceylon Lumbini Estate (Black)
- Green Tea with Mango
- Red Berries

**GOOD EARTH® Organic coffee**

• Original • Decaffeinated • Iced

Bottled water

3

San Pellegrino All Natural Sodas Orange, Lemon Mint, or Pomegranate

4

Boylan All Natural Soda

• Ginger Ale, Rootbeer

4

Lake State Kombucha

• Ginger, Mint Lime, Orange Mango, or Blueberry Hibiscus

4.5

Coconut Water

4

Name \_\_\_\_\_

Phone number \_\_\_\_\_

Please indicate your menu selections from the corresponding numbers on the reverse side, including the quantity of each order.

<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity
<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity
<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity	<input type="checkbox"/> _____ quantity

please list beverages and quantities below

\_\_\_\_\_

Special instructions

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_