

# 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

### EGG WHITE TOMATO-BASIL OMELETTE\*

Four egg white omelette with fresh basil, tomatoes, spinach and toasted pine nuts 10.75

### NATURALLY CURED HAM AND CHEESE OMELETTE\*

Lean nitrate-free ham, cheddar and jack cheeses 11.75

### 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 11.5  
\*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 16.95

### HEARTLAND BREAKFAST\*

Your choice of nitrate-free bacon or ham or GOOD EARTH® natural turkey sausage served with any style eggs, roasted potatoes, and gluten sensitive toast 13.5

### 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 12.5

### YOGURT PARFAIT

Low-fat vanilla yogurt and fresh fruit 7

### ORGANIC STEEL CUT GLUTEN FREE OATMEAL (available until 11 a.m.)

With milk, raisins, and brown sugar  
Cup 4 Bowl 6

### MUFFIN

Ask your server 3.5

## 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 11.75 \* with grilled chicken breast add 4 \* with all natural beef add 4.5

### TORTILLA CHIPS

Served with homemade salsa 2

### BANGKOK CHICKEN SATAY

Two skewers of Thai marinated all-natural grilled chicken on napa slaw, peanut and red chili dipping sauces 10.5

### GRILLED CHICKEN QUESADILLAS

Corn tortillas, grilled chicken breast, jack and cheddar cheeses, shredded lettuce, chiles, radish, cilantro, sour cream and guacamole 13.5

## SOUPS & SALADS

### TROPICAL SPINACH SALAD

Spinach 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 made with all-natural chicken breast with tomato, sliced cucumbers, organic sunflower sprouts, sprouted beans, avocado, hardboiled egg and kalamata olives 13.95

### GOOD EARTH® VEGETABLE BEAN SOUP

Made from scratch daily with anasazi beans and garden vegetables  
cup 4.75 bowl 5.75

### 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

### GRAIN BOWL SALAD

Organic baby kale, wild arugula, organic quinoa, julienne carrots and cucumbers, red bell peppers and edamame tossed in a citrus vinaigrette, garnished with avocado, sunflower sprouts, and chia seeds 13.75

\*add marinated chicken or shrimp 4

\*add Norwegian salmon 6

## 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 1.75

### GOOD EARTH® CASHEW CHICKEN SALAD SANDWICH

Salad made with all-natural chicken breast and mayonnaise, topped with cashews and shredded lettuce 14

### CASHEW CHICKEN MELT

Salad made with all-natural chicken breast served open faced with sliced tomato and melted cheddar-jack cheese 14

### ALMOND TUNA SALAD SANDWICH

Salad made with albacore tuna and mayonnaise, topped with almonds and shredded lettuce 14

### ALMOND TUNA MELT

Salad, served open faced with sliced tomato, pickle and melted low fat mozzarella 14

### VEGGIE SANDWICH

Portabella mushrooms, field greens, avocado, tomato, sunflower sprouts and lemon basil aioli 13.25

\*add chicken or spicy shrimp 4

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\*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 1.75

### THE BASIC BURGER\*

Peterson Farms grass fed beef 14.5

### BISON BURGER\*

Grass fed bison from Northstar Bison in Rice Lake, WI.  
More flavor, less fat than chicken or beef 15.75

### THE GOOD EARTH® BURGER

Peterson Farms grass fed beef, caramelized onions, portabella mushrooms, avocado, gruyere cheese, sunflower sprouts and red pepper aioli 17

### BUILD YOUR BURGER\* Add

\* 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 17

### COCONUT CURRIED CHICKEN

All-natural 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 17

### THAI CURRY SHRIMP

Thai green curry with jumbo prawns, spicy coconut curry sauce with snow peas, yellow squash, green beans, red bell peppers, water chestnut, carrot and cilantro, served with jasmine rice 19.95

## FROM THE SEA

*We only use sustainable fish from well managed fisheries, environmentally friendly farms or fish that are wild caught*

### SIMPLE FISH\*

Choice of salmon or shrimp - pan seared or steamed with rice and steamed vegetables, served with lemon and chili sauce Market Price

### SUMMER SHRIMP RISOTTO

Crushed tomatoes, roasted red pepper sauce, summer roasted veggies, parmesan and crispy basil 16.95

## FROM THE GARDEN

### WOK-SEARED SEASONAL VEGETABLES

Carrots, broccoli, pea pods, cauliflower, yellow squash, water chestnuts, mushrooms, sweet red pepper and celery topped with roasted almonds, served with jasmine and brown rice 14.5

## SIDES

\* Steamed Rice (brown or jasmine) 3 \* Roasted Potatoes 3 \* Steamed Vegetables 6 \* Black Beans 3  
\* Gingered Yams 3.5 \* GOOD EARTH® Adzuki and Pinto Beans 3 \* Gluten Free Bread 1.5 / slice

## DESSERT

### CHEESECAKE

7.25

### CHEESECAKE WITH BERRIES

8

### COOKIE

(Ask your server)

3.95

### TURTLE BAR

3.5

### FEATURED SORBET

One scoop 3

Two scoops 5

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