

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 with 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 11.75

*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 13.75

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

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 4.25 * 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, chilies, 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

All-natural chicken, mayonnaise, greens, tomato, cucumbers, organic sunflower sprouts and sprouted beans, avocado, 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 14

*add marinated chicken or shrimp 4.25

*add Antarctic 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

Made with all-natural chicken, mayonnaise, cashews, shredded lettuce 14

CASHEW CHICKEN MELT

Made with all-natural chicken and mayonnaise served open faced, sliced tomato and melted cheese 14

ALMOND TUNA SALAD SANDWICH

Dolphin-safe tuna, mayonnaise, almonds and shredded lettuce 14

ALMOND TUNA MELT

Served open faced, sliced tomato, mayonnaise, 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 4.25

CARRIBEAN TILAPIA TACOS

Red and green cabbage, pickled onion, avocado, cilantro, lime and chipotle aioli in corn tortillas 13.25

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 1.75

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

Grilled, teriyaki-marinated, locally raised chicken breast, served with mango salsa, gingered yams and steamed seasonal vegetable 17

COCONUT CURRIED CHICKEN

All-natural 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 17

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, arctic char or shrimp - pan-seared or steamed with rice and steamed vegetables, served with lemon and chili sauce Market Price

SUSTAINABLY FARMED SALMON*

Grilled Antarctic salmon with ginger chili sauce, shallots, garlic, kale, spinach, quinoa and white wine with a charred lemon 23

BLACKENED ARCTIC CHAR

Pan seared with cajun rice, rhubarb compote, cilantro and picked rhubarb 21

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

SPRING 'GREEN' BOWL

Baby kale, arugula, spring peas, grilled asparagus, edamame, cucumber, sunflower sprouts, avocado, cold soft poached egg, watermelon radish, chia seeds with green goddess dressing 12.75

*add marinated chicken or shrimp 4.25

add Antarctic salmon 6

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

FEATURED SORBET

One scoop 3

Two scoops 5

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