

FEATURED SEASONAL

Local Apples: Most local varieties have been developed at the U of M. They are harvested in the fall with a surprisingly short season. With over 7,500 different varieties cultivated around the world, we are lucky to produce a unique array right at home. Rich in phyto-nutrients, apples are popular for all ages

Squash: The origins of squash are said to be in Central America but have traveled throughout the world in the last 10,000 years. The squash family has a wide versatility being used in dishes from appetizers to desserts. This trait, along with the nutrient punch it packs, makes squash a favorite in many households.

Cranberries: These are one of the three fruits that are native to North America. The name came from Dutch and German settlers and are said to have been used as early as the 1700's. Grown in bogs, the US has five states that are the main producers, one of which is our neighboring state to the east.

APPLE CIDER MIMOSA

Apple cider mixed with sparkling wine 8

FEATURED SOUP

Ask your server about today's selection

cup 4.75 bowl 5.75

MAPLE CHICKEN SALAD GS

Organic baby kale, wild arugula, grilled chicken breast, local apple, roasted squash, dried cranberry, walnuts, blue cheese and maple vinaigrette 13.95

Our drink pairing suggestion: Riesling, Evolution, Columbia Valley, Oregon

AUTUMN TURKEY WRAP GS

All-natural smoked turkey breast, wild rice, mushroom, gingered yams, dried cranberry, chicken cream sauce and cranberry chutney in a flour tortilla 14

Our drink pairing suggestion: Chardonnay, Hess Shirtale, Napa County, California

WILD RICE STUFFED SQUASH V

Adzuki and pinto beans, sunflower and sesame seeds, cashews, candied pecans, dried cranberry and apple crème fraîche 12.95

Our drink pairing suggestion: Indeed Brewing Day Tripper Pale Ale, Minnesota

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, chilis and green onion 16

Our drink pairing suggestion: Evolution, Red Blend, Columbia Valley, Oregon

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 11.95

*add grilled chicken 4.25

*add grass-fed beef 4.5

SHRIMP AND SALMON CAKES

With brown rice, fall vegetables, chilies, cilantro and teriyaki glaze 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 6.5 / 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 or shrimp 4.25

add Antarctic salmon 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 spicy shrimp or marinated chicken 4.25

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 13.5

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

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) 3.5
Cheese (Provolone, Swiss,
Cheddar-Jack or Mozzarella) 1.5
Onions (Grilled or Raw) 1
Sautéed Mushrooms 1
Avocado 2
Organic Sunflower Sprouts 1.5

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 14.5
*add chicken or shrimp 4.25
add Antarctic salmon 6

GOOD EARTH® TURKEY MEATLOAF

Wild Acres all-natural ground turkey, spinach, basil
pesto 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, red and green bell peppers,
red onion, cheddar-jack cheese, shredded
lettuce, chilies, radish, cilantro, sour cream,
guacamole and salsa 13.95
*add grilled chicken 4.25
*add grass fed beef 4.5

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

Bok choy, red and green bell pepper, red onion,
broccoli, basil, coconut Indian curry sauce,
jasmine rice and mango chutney 13
*add chicken or shrimp 4.25
*add tofu 3.5

SUSTAINABLY FARMED SALMON* GS

Pan-seared with mashed squash, roasted Brussels
sprouts, almonds and apple cider glaze 23

SIDES

Steamed Rice (brown or jasmine) 3 Roasted Potatoes 3 Steamed Broccoli 3
Steamed Mixed Vegetables 6 Pinto and Adzuki Beans 3 Gingered Yams 3.5

VEGAN V

GLUTEN SENSITIVE GS

*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.