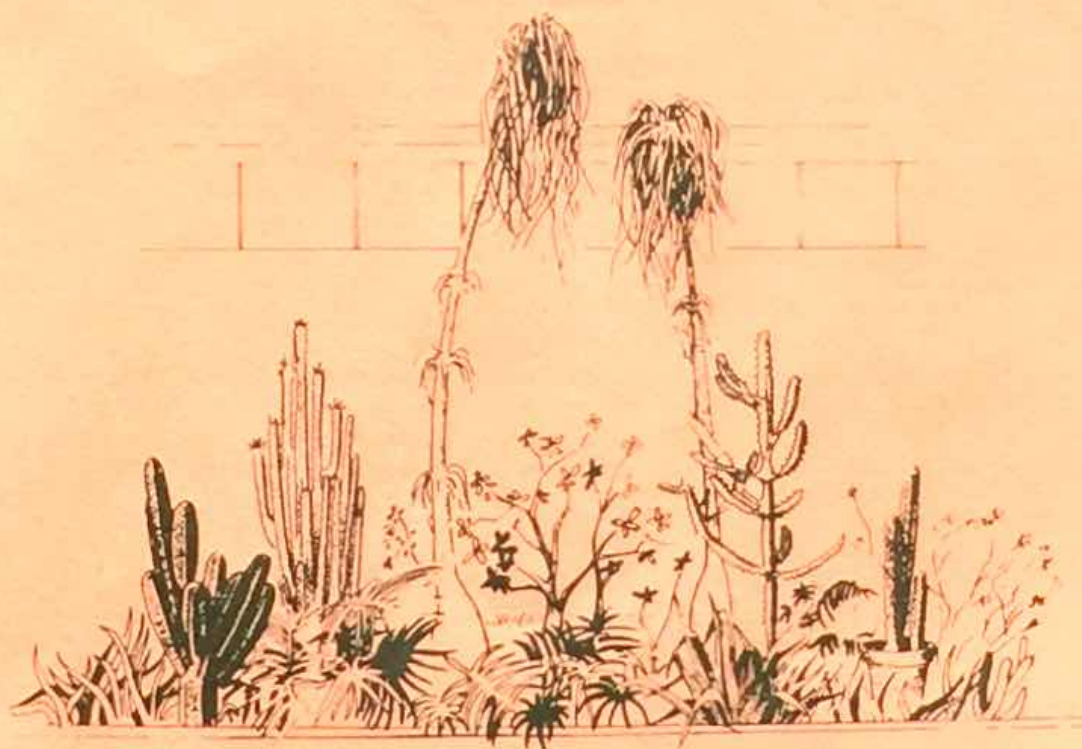


the good earth

restaurant & bakery

EL MERCADO
Broadway & Wilmot
745-6600

Mon.-Thur. 7 am - 10 pm
Fri. & Sat. 7 am - 11 pm
Sunday 9 am - 10 pm



We gladly accept take-out orders.

This is a souvenir menu
Prices and items are subject to change

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EGGS • OMELETS • CAKES • BAKED GOODS
SOUPS • SALADS • SANDWICHES
SPECIALTIES • PASTAS • ENTREES
MORE ENTREES • DESSERTS
WINE • BEER • BEVERAGE

THE GOOD EARTH BREAKFAST

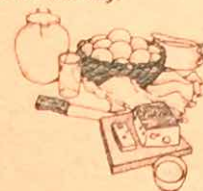
(SERVED AT ALL TIMES)

We bring you an old-fashioned breakfast that helps you maintain a higher energy peak throughout your day. Only pure, wholesome, natural ingredients go into a Good Earth breakfast. We avoid using chemically treated foods or foods that contain artificial coloring or flavoring. Eat hearty and have a nice day.



EGGS EXTRAORDINAIRE

Served with ten-grain toast or a whole wheat buttermilk biscuit, whipped honey butter and homemade fruit puree.
(Biscuits available only until 11 a.m. to ensure freshness.)



EGGS ALMOST ANY STYLE

- Two eggs fried, scrambled or poached 2.45
- With turkey sausage 4.80

CHEESE DREAM

- Two eggs scrambled, blended with cream cheese and vegetarian baco bits 2.95
- With tomatoes and green peppers 3.45

ORIGINAL JOE'S SPECIAL

- Three scrambled eggs, blended with spicy lean ground beef, fresh mushrooms and spinach 5.35

HUEVOS RANCHEROS

- Two scrambled eggs with adzuki and pinto beans, green chilies, Spanish Basque sauce and Salsa, served on a crisp whole wheat chapati and smothered with two cheeses 4.95

CHUCK WAGON

- Two eggs almost any style and fresh home fries 3.25
- With turkey sausage 5.60
- With wok-sauteed extra-lean marinated beef cubes 6.20

THE TURNCOAT

- The Good Earth's variation of Eggs Benedict—two poached eggs served open face on a toasted English muffin with turkey ham, and topped with our own Sherry Cream sauce 4.95

FRITTATA

- A fluffy open face baked omelet covered with turkey ham, tomatoes, mushrooms, green onions, and olives and crowned with Swiss cheese 5.65
- Vegetarian style 5.15

FAMOUS BAKED OMELETS

Served with choice of Spanish Basque sauce or Sherry Cream sauce, ten-grain toast or a whole-wheat buttermilk biscuit (biscuits available until 11 a.m. to ensure freshness), whipped honey butter, and homemade fruit puree.

DOUBLE CHEESE OMELET

- Aged cheddar and jack cheeses delicately blended and baked 4.65
- With turkey ham 6.60

FRESH SPINACH OMELET

- Fresh spinach, fresh mushrooms and cream cheese 4.95

DESERT DELIGHT OMELET

- Avocados, tomatoes, jack and cheddar cheese, artichoke hearts, and sprouts 5.85

TAIWAN WOK OMELET

- Pea Pods, bean sprouts, water chestnuts and Chinese greens, wok-sauteed with Tamari 4.95

NOGALES OMELET

- Green chili peppers plus jack and cheddar cheese on a whole wheat chapati with Spanish Basque sauce 4.95

EXTRA VEGGIES IN OMELETS50



♥ JUICES & FRUIT

- Fresh Orange • Fresh Carrot • Homemade Lemonade
- Small glass 1.25 Large glass 1.85 1/2 Liter 2.95 Liter 4.95
- Apple • Grapefruit • Pineapple • V-8 • Coconut/Pineapple
- Small glass 1.10 Large glass 1.75 1/2 Liter 2.75 Liter 4.65

JUICE BLENDS

- Create your own nutritious and delicious combination of any two or three of the above 1.85

FRESH FRUIT

- Select from a seasonal variety 1.85



BREAKFAST BOUNTIES

If you would like delicious fruit topping with your Cakes or French Toast, just add95

TEN-GRAIN SOURDOUGH CAKES

Made from a super sourdough starter—with all the natural whole grains. Served with our own honey maple flavored syrup and whipped butter 4.45

BUTTERMILK CAKES

Enjoy the hearty goodness of old-fashioned buttermilk cakes. Served with our own honey maple flavored syrup and whipped butter 3.95

BLUEBERRY CAKES

Our Ten-Grain Sourdough Cakes with plump blueberries 4.75
Our Buttermilk Cakes with plump blueberries 4.25

SWISS STYLE FRENCH TOAST

Made with our home-baked whole grain bread, dipped in a specially seasoned egg batter, served with our own honey maple flavored syrup and whipped butter 4.35

DESERT DOUBLE

Two eggs (almost any style) and a short stack of either Buttermilk or Sourdough Cakes or French Toast 4.55
With Blueberry Cakes 4.85

SECOND NATURE GRANOLASM

Homemade in our own bakery. Second Nature GranolaSM is a tasty combination of two grains, cashews, coconut, raisins, sesame and sunflower seeds, all gently roasted in honey butter, served hot or cold with milk 2.95
Small bowl 2.45

SWISS GRANOLA

A delightful combination of fresh fruit, Second Nature GranolaSM and your choice of either milk, plain yoghurt, or low fat frozen yoghurt sm... 3.95 lg... 4.95
With Ice Cream or Cottage Cheese sm... 4.45 lg... 5.45

♥ TURKEY SAUSAGE

We offer turkey sausage patties or links (with natural cologan casing). Both have up to 70% less fat than pork sausage but still have that good old country flavor. 2.35
3 Links or 2 Patties

SPICY RAISIN IRISH OATS

A delicious high protein, unrefined oat that has a crunchy, chewy texture and is cooked with Raisins, apples, cinnamon and other spices. Served w/milk (available only until 11 a.m. to ensure freshness) . sm... 1.95 lg... 2.95



BAKED GOODS



DANISH PASTRIES

Select from our daily favorites combining mouth watering fruit and cream cheese resting atop a whole wheat pastry. (Available until 11 a.m. to ensure freshness) 1.85

MUFFINS

Blueberry, Raisin Nut Bran, or our Apple/Raisin Oat Bran
All the goodness of whole wheat is found in our tasty raisin nut bran muffins, the sweet succulent flavor of blueberries in our blueberry muffins, or the healthy choice of our low fat (4 gr)/low cholesterol (23 mg) fruit flavored raisin nut oat bran muffins. Served warm with whipped honey butter.
One muffin95 Two muffins 1.80

HONEY APPLE NUT COFFEE CAKE

Good Earth whole grain cake chock full of apples and nuts, lightly sweetened with pure golden honey and covered with tasty oatmeal crumb topping 1.45

WHOLE WHEAT ALMOND CROISSANT

A whole wheat puff pastry, lightly covered with an apple glaze. Served warm with whipped honey butter 1.55

CINNAMON BUN

A delicious combination of honey, cinnamon, and creamy butter, folded into our special whole grain dough, then topped with raisins and walnuts and fresh baked. Served warm with whipped honey butter 1.85

WHOLE WHEAT BUTTERMILK BISCUITS

Two whole wheat soda biscuits with the tang of buttermilk.
Served warm with whipped honey butter
(Available only until 11 a.m. to ensure freshness) . 1.00

EGGS • OMELETS • CAKES • BAKED GOODS



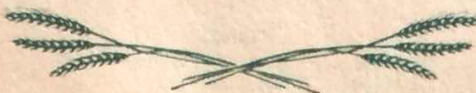
ORIGINAL HOMEMADE SOUPS

Do you recall the rich, robust flavor of genuine stock pot soups? At the Good Earth that's all we know. Our numerous varieties (minimum of two offered daily) of homemade soups are prepared from only the freshest ingredients. Many of our exotic recipes are totally vegetarian, but all will fill you with that warm country-kitchen glow. Please ask about today's selections.

Soup served with a ten-grain roll and whipped honey butter.

♥ Regular De Jour or Spicy Gazpacho 2.45

♥ Large De Jour or Gazpacho 2.95



SUPER SALADS



Available with any of our own unique dressings:

♥ Herbal French, Yoghurt Blue Cheese, Buttermilk Ranch, Tahini-Poppy Seed, ♥ Tangy Vinaigrette
or just ♥ oil and wine vinegar.

If you would like a regular bowl of our yummy soup to go with one of the salads listed below, just add 2.35

All salads listed below are served with a ten-grain roll and whipped honey butter.

♥ GARDEN PATCH VEGETABLE

A lush mix of greens, sprouts, garden fresh vegetables, snow peas, tomatoes, & Jicama (in season) 4.35
Dinner Size 2.85

♥ NEW AGE SPINACH SALAD

With a unique mix of spinach, sprouts, chopped eggs, mushrooms, red cabbage, tomatoes, snow peas, Jicama (in season) and sprinkled with vegetarian baco bits 4.55
Dinner Size 2.90

GOOD EARTH'S VERSION OF THE CLASSIC CEASAR SALAD

We start with fresh, crisp Romaine, tossed with the classic dressing of olive oil, garlic, anchovy paste, lemon juice, Worcestershire sauce, egg and Parmesan cheese, then topped with croutons made from our 10-Grain bread 4.25
If you would like an ounce of fresh hickory smoked (w/o nitrates) Salmon for additional flavor, add 1.25

♥ MEDITERRANEAN SUNSHINE SALAD

A delightful array of greens, vegetables, fresh mushrooms, tomatoes, marinated beans, olives, cheese and egg ... 5.55

CASHEW CHICKEN SALAD

Breast meat chicken salad on a bed of mixed greens with a slice of avocado, tomatoes, vegetables, sprouts, egg, and sprinkled with cashews.
Large 6.95 Regular 5.95

STUFFED TOMATO

A fresh whole tomato stuffed with your choice of Cashew Chicken or Tuna Salad 4.95
With Good Earth Creamy Shrimp Salad 5.65

ALMOND TUNA SALAD

Choice tuna salad and slivered almonds served on a bed of fresh iceberg and spinach salad.
Dressed with tomatoes, cucumber, a slice of avocado, egg, olives and sprouts 5.25

CREAMY SHRIMP SALAD

Gulf shrimp salad with water chestnuts, celery, and onions in a spicy cream cheese dressing, nestled on top of a bed of mixed greens. Garnished with tomatoes and cucumber, egg, a slice of avocado and sprouts 6.95

♥ AMBROSIA

A cornucopia of sliced seasonal fresh fruits with your choice of cottage cheese, plain or frozen yoghurt, or Eric's ice cream and sprinkled with slivered almonds and coconut 5.55

♥ PASTA SALAD

Fresh spiral pasta combined with broccoli, carrots, cauliflower, garden peas, and zucchini delicately blended with a creamy parmesan vinaigrette dressing 4.95



CREATIVE COLD SANDWICHES

Exciting and creative selections that provide the ultimate taste experience.

All served on our fresh baked ten grain bread.

If you would like a regular bowl of our yummy soup or a dinner salad to go with your sandwich, just add 2.35

GOOD EARTH SPECIAL

Muenster and aged cheddar cheese combined with cucumbers, sprouts, lettuce, tomatoes, mayonnaise and pickles, all piled high on our super home-baked bread 3.95

With choice of extra-lean roast beef, salt-free breast of turkey, or turkey ham, just add 1.95

♥ THE ROADRUNNER

Avocado, tomatoes, sprouts, vegetarian baco bits, mayonnaise and fresh lettuce, with your choice of Muenster or aged cheddar cheese 4.95

With your choice of extra-lean roast beef, salt-free turkey breast, or turkey ham, just add 1.95

CASHEW CHICKEN

Our specially seasoned breast meat chicken salad sprinkled with crunchy roasted cashews and fresh lettuce 4.95

CREAMY SHRIMP SALAD

A generous amount of creamy shrimp salad with tomatoes, cucumber, sprouts, mayonnaise and fresh lettuce 5.95

TANTALIZING TUNA

A blend of tuna, water chestnuts, celery, carrots, and mayo together with crunchy almonds & fresh lettuce 4.15

♥ THE DYNAMIC DUO

One-half of any of the above cold sandwiches with regular soup or dinner salad 5.25



SENSATIONAL HOT SANDWICHES

THE TUCKSON

Served open face on a toasted slice of our 10 grain bread with avocado, tomatoes, mayonnaise and slivered almonds, tucked under a blanket of melted Muenster and aged cheddar cheese 4.25

With choice of extra-lean roast beef, salt-free breast of turkey, or turkey ham, just add 1.95

THE WILDCAT

Stacked high with roast beef and Spanish Basque sauce, or turkey breast with Sherry Cream sauce served open faced with tomatoes, pickles and mayonnaise, then covered with cheese 5.45

♥ CHICKEN TERIYAKI

A boneless portion of marinated chicken breast, flame broiled on our grill and covered with jack cheese.

Served on a ten-grain bun with tomato, pickles, mayonnaise and lettuce 5.55

BAKED DOUBLE CHEESE

Muenster and aged cheddar with fresh mushrooms, tomatoes, mayonnaise and vegetarian baco bits ... 3.65

THE CATALINA

Choice tuna salad baked with jack cheese, tomatoes, pickles and almonds 3.95

CHUNKY CHICKEN OR CREAMY SHRIMP MELT

The Good Earth's own special chicken salad, spread over two toasted halves of an

English muffin, with tomato slices and covered with melted cheese 5.95

Creamy Shrimp Salad Melt 6.95

♥ THE EARTH BURGER™

Vegetarian. Served with sliced tomatoes, pickles, mayonnaise and lettuce over a grilled patty covered with melted cheese. This patty is created from a variety of nuts, grains, adzuki beans, mushrooms and exotic spices from around the world to give you a unique, nutritious and healthful alternative to the everyday burger blues 4.85

SOUPS • SALADS • SANDWICHES

GOOD EARTH SPECIALTIES

PASTA DISHES

Served with a ten-grain roll and whipped honey butter

If you would like a regular bowl of soup or a dinner salad to go with your pasta entree, just add 2.35

FETTUCCINE PRIMAVERA WITH ALFREDO OR BASIL PESTO SAUCE

Fresh broccoli, cauliflower, snow peas, zucchini and carrots sauteed in garlic butter and spices, served over a bed of spinach fettuccine noodles and topped with either a savory Alfredo or creamy basil pesto sauce 6.45

COUNTRY FRESH LASAGNA

Spinach pasta—three cheeses—two subtle sauces (cream and tomato), fresh mushrooms and vegetables.
Baked and served bubbly hot. 6.25

CREAMY BASIL PESTO WITH SMOKED SALMON

A combination of fresh basil, garlic, nuts and olive oil, sauteed with egg linguini noodles and smoked salmon flakes, then covered with a delightful creamy basil sauce. 6.95

♥ PASTA SALAD

Refer to Previous Page under Salads 4.95

SOUTHWESTERN FAVORITES

If you would like a regular bowl of soup or dinner salad with any of the entrees below, just add 2.25

GOOD EARTH BURRITO

Japanese adzuki beans (higher in protein) and carefully seasoned extra-lean ground beef or spicy chicken, all rolled up in a soft whole wheat chapati and topped with guacamole, sour cream, fresh tomatoes, lettuce, and two kinds of cheese. Served with a side of our homemade salsa 6.75
Vegetarian Style 6.25

GOOD EARTH TOSTADA

The Good Earth's interpretation—a beautiful combination of Japanese adzuki beans and pinto beans on a crisp whole wheat chapati, topped with cheeses and seasoned extra-lean ground beef or spicy chicken, then mounded high with lettuce, guacamole, tomato slices, sprouts, and sour cream. Served with a side of our homemade salsa 6.75
Vegetarian Style 6.25

GOOD EARTH STYLE ENCHILADA

Two corn tortillas dipped in warm peanut oil and filled with tender chicken, sour cream, grated cheddar and jack cheese, green onions, and a flavorful combination of Mexican spices. We then cover these with our zesty red sauce, and top them with melted cheese 6.65
Vegetarian version with spinach, mushrooms and onions instead of chicken 6.35

♥ GOOD EARTH CHILI

A thick and hearty combination of pinto and adzuki beans, extra lean ground beef, onions, green peppers and other good things in a spicy chili sauce; garnished with two cheeses sprinkled on top and raw onions 4.65
Small portion 3.65
Vegetarian Style 4.15
Small vegetarian portion 3.15

LIGHTER FARE

If you would like a regular bowl of soup or a dinner salad with any of the entrees below, just add 2.35

QUICHE DU JOUR

Fresh cream, eggs, imported Jarlsburg and Swiss cheese combined with a wide array of tantalizing goodies—baked fresh daily. Served with a ten-grain roll and whipped honey butter. Ask for today's selection 5.55

CREPE OF THE WEEK

Two homemade egg crepes, gently folded around an assortment of taste tempting combinations created for your dining pleasure. These are made fresh daily. Ask about this week's selection 4.95

♥ GARDEN VEGETABLE MEDLEY

A platter of fresh raw vegetables—buds of cauliflower, zucchini sticks and slices of cucumber, chunks of juicy red tomato, mushrooms, carrots, snow peas, green onion and sprouts, served with wedges of jack and cheddar cheese. Offered with either mustard or curry dip and served with a ten-grain roll and whipped honey butter 4.95

THE MAGIC EGGPLANT CASSEROLE

Lightly breaded and sauteed eggplant in a luncheon-sized casserole topped with herbs, fresh mushrooms, tomatoes, our special Spanish Basque sauce, crowned with two kinds of cheese and baked to perfection.
Served with a ten-grain roll and whipped honey butter 5.95

THE VAGABOND

A plank of selected cheeses and seasonal fresh fruits served with a ten-grain roll and whipped honey butter 5.75

APPETIZERS

VEGETABLES & DIP

A variety of fresh vegetables served with Buttermilk Ranch Dressing 1.95

GUACAMOLE & CHIP

Homemade Guacamole served with crisp whole wheat chapati chips 3.75

♥ WOK VEGETABLES

Broccoli and carrots wok sauteed in a rich tamari sauce 2.45

♥ SAUTEED MUSHROOMS

Fresh, plump button mushrooms, wok sauteed with tamari and Chinese spices 2.65

CHEESE CRISP

Jack and cheddar cheese, melted on a whole wheat chapati, served with salsa 2.65
Add tostada meat or guacamole each 1.35
Add Spanish Basque sauce, chilies, tomatoes, onions or olives each .50



GOOD EARTH ENTREES

Most of the delicious and unique entrees listed below are prepared to order either on our flame broil grill or in our specially built woks. Our cooks have been extensively trained in the ancient method of wok cooking. Wok sauteed foods are flash-cooked and thus maintain more nutrients and more of their own natural flavor.

All entrees are served with your choice of homemade soup or dinner salad (spinach or garden-patch), ten-grain rolls and whipped honey butter.



SEAFOOD DISHES

♥ FRESH CATCH OF THE DAY

A special selection made from only the freshest catch available. See inside cover for today's choices. Served with our own brown rice pilaf Priced Daily

♥ MALAYSIAN CASHEW SHRIMP

Tender morsels of shrimp with pea pods, Chinese greens, mushrooms, onions, celery and water chestnuts. Served with our own brown rice pilaf 9.95

♥ SWEET AND SOUR SHRIMP

Plump pieces of shrimp, flash-sauteed in our woks with Chinese cabbage, green peppers, onions, snow peas, mushrooms, celery and water chestnuts. To this we then add our own special sweet and sour sauce to tantalize the taste buds. Served with our own brown rice pilaf 9.95

SEAFOOD KABOB

A delicious combination of shrimp, scallops, mushrooms, green and red peppers and onions, lightly basted with a special marinade, then seared on our grill. Served with our own brown rice pilaf 9.85

BEEF DISHES

♥ MALAYSIAN CASHEW BEEF

Tender morsels of sirloin with pea pods, Chinese greens, mushrooms, onions, celery and water chestnuts. Served with our own brown rice pilaf 8.95

♥ GINGER BEEF

Strips of extra-lean sirloin wok sauteed with onions, broccoli, carrots, green peppers, Chinese cabbage, celery, cauliflower, mushrooms, zucchini, and snow peas, then simmered in a special ginger sauce. Served with our own brown rice pilaf 9.15

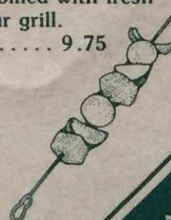
ZHIVAGO'S BEEF STROGANOFF

Extra-lean tender sirloin, simmered in our herb-spiced wine sauce with fresh mushrooms and onions. Topped with sour cream and served over spinach noodles 9.55

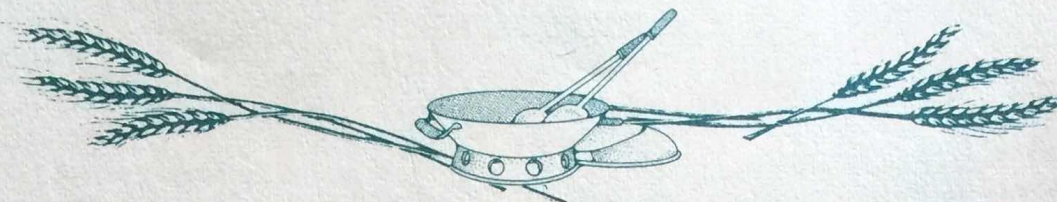
TERIYAKI BEEF KABOB

Choice pieces of sirloin steak, marinated in our own teriyaki sauce, combined with fresh green and red peppers, mushrooms and onions, then flame broiled on our grill. Served with our own brown rice pilaf 9.75

FOR CHICKEN AND VEGETARIAN
ENTREES, SEE NEXT PAGE



PASTA • MEXICAN • APPETIZERS • ENTREES



MORE GOOD EARTH ENTREES

CHICKEN DISHES

♥ MALAYSIAN CASHEW CHICKEN

Tender morsels of chicken with pea pods, Chinese greens, mushrooms, onions, celery and water chestnuts. Served with our own brown rice pilaf 8.95

♥ SWEET AND SOUR CHICKEN

Plump pieces of white meat chicken, flash sauteed in our woks with Chinese cabbage, green peppers, onions, snow peas, mushrooms, celery and water chestnuts. To this we then add our own special sweet and sour sauce to tantalize the taste buds. Served with our own brown rice pilaf 8.95

CHICKEN MARCO POLO

Tender pieces of chicken breast, deliciously blended with broccoli, mushrooms, sour cream, onions, Poupon mustard and Sherry Cream sauce; then crowned with melted jack and cheddar cheese. Served with our own brown rice pilaf or over spinach fettucine noodles, and topped with coconut, almonds and raisins 9.95

CREAMY CAJUN CHICKEN

Tender pieces of white meat chicken sauteed in sassy Cajun spices and smothered in a rich sauce of butter, heavy cream and parmesan cheese, served over spinach fettucine noodles 9.65

TERIYAKI CHICKEN KABOB

Tasty pieces of breast meat chicken marinated in our own teriyaki sauce and combined with fresh green peppers, mushrooms and onions, then flame broiled on our grill. Served with our own brown rice pilaf 9.65



VEGETARIAN DISHES (See Pasta Section for additional items)

♥ FRESH GARDEN VEGETABLE SAUTE

A fantabulous array of fresh garden vegetables delicately seasoned with natural Tamari sauce and exotic spices quickly sauteed in a Chinese wok. Served with our own brown rice pilaf 7.85
With Tofu, just add 1.45

WALNUT AND FRESH MUSHROOM CASSEROLE

Crunchy walnuts and fresh mushrooms combined with sour cream, onions, broccoli and Sherry Cream sauce, then topped with a blend of cheeses and baked to perfection. Served with our own brown rice pilaf or over spinach fettucine noodles 8.95

♥ FAR EAST CURRIED VEGETABLES

A variety of fresh vegetables simmered in a sensational tomato based curry sauce with green onions and mushrooms, served with coconut, raisins, chutney and nuts, plus our own brown rice pilaf 7.95
With Tofu, just add 1.45

MAGIC EGGPLANT CASSEROLE

Lightly breaded and sauteed eggplant in a casserole, topped with herbs, fresh mushrooms, tomatoes, our special Spanish Basque sauce, crowned with two kinds of cheese and baked to perfection 8.45

♥ VEGETABLE KABOB

A delightful combination of fresh mushrooms, green onions, green and red peppers, jicama, zucchini, and radish. Basted with your choice of teriyaki sauce or Cajun spice and charbroiled on our grill to a crispy finish. Served with our own brown rice pilaf 7.95



DELIGHTFUL DESSERTS

CARROT CAKE

Moist and rich, nestled under a velvety smooth cream cheese frosting 2.65

♥ SOFT FROZEN YOGHURT

A smooth and creamy unflavored treat made with low-fat milk 2.35
Add these toppings: granola, almonds, carob chips each .75

ERIC'S HOMEMADE ICE CREAM

Ask about the flavors currently available 2.35
With hot fudge 3.70
Add these toppings: granola, almonds, carob chips each .75

YOGHURT CREAM PIE

Similar to a light fluffy cheesecake with granola nut graham crust 2.55
With fruit topping 3.50

FRESH FRUIT or HOT FUDGE SUNDAE

Fresh sliced seasonal fruits and nuts or hot fudge served over either Eric's ice cream or soft frozen yoghurt 3.75

BANANA YOGHURT BREAD

Delicious bananas, whole wheat flour, honey, sunflower seeds, yoghurt, walnuts and cinnamon 1.55
A la mode 3.20

HOME BAKED COOKIES

Carob Chip, Oatmeal-Coconut-Raisin, Chocolate Mint, Peanut Butter or Gingerbread 1.00
A la mode 2.65

CAROB MINT BROWNIES

A mouth-watering combination of whole wheat pastry flour, rich carob fudge, coconut, and peppermint, with carob chips nestled throughout 1.55
A la mode 3.20

CHOCOLATE CHIFFON PIE

Rich and creamy chocolate chiffon, nestled into a chocolate graham cracker crust and crowned with fresh whipped cream 2.75

ERIC'S ICE CREAM PIE

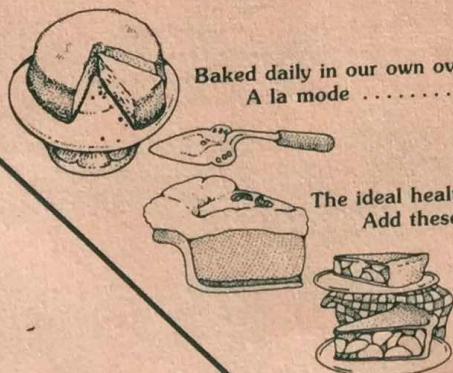
Two layers of Eric's homemade ice cream, separated by rich chocolate fudge all resting on a brownie crust 3.45
With hot fudge 4.80

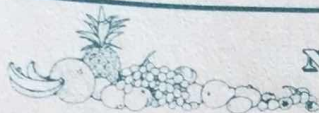
FRESH BAKED FRUIT PIES

Baked daily in our own ovens 2.55
A la mode 4.20

♥ FRESH FRUIT CUP

The ideal healthy end to any meal, a selection of fresh cut seasonal fruits 1.85
Add these toppings: granola, almonds, coconut each .75





NATURAL FRUIT SHAKES



♥ FRUIT OF THE WEEK SHAKE

Soft frozen yoghurt or ice cream, our own juice blend, H.P.P.* and various fruits (depending on availability) such as: strawberries, bananas, peaches, or blueberries 2.85

POWER PLUS

Like a chocolate shake, only better! Carob powder, pineapple-coconut juice, bananas, nuts, dates, and H.P.P.* ... 2.35

THE JOGGER

Pineapple-coconut juice, pineapple juice, orange juice, and our H.P.P.* 2.35

♥ SUPER STARTER

Fresh fruits and juices with our H.P.P.* (Helps get you going) 2.35

CHOLLA

Banana, pineapple-coconut juice, and our H.P.P.* 2.35

EXTRA INGREDIENTS

For more nutrition. Raw egg, wheat germ, or brewer's yeast50

With frozen yoghurt or ice cream, just add 1.10

* High Protein Powder



BEVERAGES



GOOD EARTH'S PRIVATELY BLENDED SPICE TEA AND PREMIUM COFFEE

SPICE TEA: A unique blend of aromatic teas, herbs, and spices (iced or hot) 1.00

PREMIUM COFFEE: Specialty coffee roasted and ground fresh by Arbuckle (reg. or decaf.) 1.00

DARJEELING TEA95

ASSORTED HERBAL TEAS 1.00

SODA 1.00

FRESH FRUIT SPARKLER 1.95

MILK (Whole, Buttermilk, or Non-Fat) 1.00

SMALL MILK75

SPARKLING MINERAL WATER (Calistoga) 1.35

SPRING WATER (Evian) 1.45

GOOD EARTH GOURMET GRINDS

Our own unique blend of fresh roasted South and Central American Arabica coffee beans, brewed individually for you at your table in a 1 1/2 cup French press 1.75

ESPRESSO & CAPPUCINO

(Available in both Regular and Decaffeinated)

ESPRESSO

A thick rich coffee, strong but not bitter. Served with lemon peel in a demitasse cup 1.65

CAPPUCCINO MOCHA

Thick rich espresso coffee, mixed with a blend of steamed milk and mocha chocolate 2.35

CAPPUCCINO ITALIANO

A double portion of espresso coffee, topped with frothy steamed milk 2.35

CAFE AU LAIT

A great cup of espresso coffee, blended with an equal portion of hot steamed milk 2.35

EXTRAS & SIDE ORDERS

Bread or Rolls (2 with whipped honey butter) .75

Chapati (2—plain or grilled)75

Fruit Topping95

One Egg95

Side Cup of:

Salsa, Dressing, Sour Cream, Vegetarian

Baco Bits, Chilies, Sprouts, Onion,

Whipped Cream, Pickles each .50

Granola, Almonds, Carob Chips, Olives

Coconut, Grated Cheese Mix each .75

Alfredo Sauce, Ceasar dressing,

Fresh Grated Parmesan

Peanut Butter each 1.00

Tostada Meat, Spicy Chicken, Hot Fudge

Guacamole each 1.35

Home Fries 1.25

Woked Sauted Tofu w/ Tamari Sauce 1.75

Wedge of Cheese 1.35

Baked Potato (served w/ sour cream or whipped butter) 1.65

Rice, Noodles, or Beans 1.65

Pasta Salad/Bean Salad 1.95

1/2 Avocado 1.95

Short Stack of Cakes or Fr. Toast 3.45

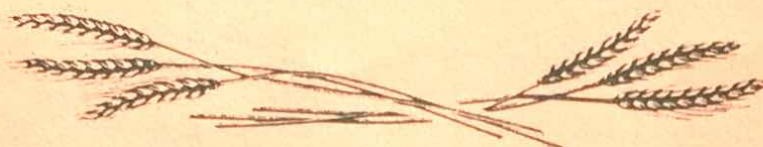
Scoop of Chicken or Tuna Salad 2.95

Scoop of Shrimp Salad 3.95

Extra Wok Meat 2.95

Extra Wok Shrimp 4.75

ENTREES • ESPRESSO • SHAKES



WINE / BEER OFFERINGS

HOUSE WINE

We proudly feature C.K. Mondavi wine of Napa Valley, California as our house specialty

CHABLIS

perfect with salads and light entrees
(clean, crisp and dry)

ROSE

excellent with soups and cheese dishes
(semi-dry)

BURGUNDY

best with beef and spicy entrees
(full-bodied but mellow)

Glass..... 2.75 1/2 Carafe 3.95 Carafe 6.95

FEATURED VARIETAL WINE

To complement our House Wine offerings, we also feature a different and unique varietal wine for your enjoyment.
This special varietal selection is offered by the glass, 1/2 carafe, and carafe.

Please see inside cover for today's selection.

Glass..... 2.95 1/2 Carafe 4.95 Carafe 7.95

PREMIUM WINE BY THE GLASS

For those who wish to experience the very best, the Good Earth is proud to offer premium wines by the glass.
Our Wine Bar will feature three to five different varietals to choose from. Glasses of our premium wines are moderately more expensive than our normal House Wine, but will afford you the opportunity to experience a fine glass of wine without having to purchase an entire bottle.

Please see inside cover for today's selection.

CHAMPAGNE & NON-ALCOHOL WINE

Our two non-alcohol wines contain less than a half of one percent alcohol, or approximately the same amount of alcohol that is found in many fruits and yeast based bread products.

Fré (Sutter Home) Chardonnay (Non-Alcohol) 1/4 Bottle... 3.95
Ariel (J. Lohr) White Zinfandel (Non-Alcohol) 1/2 Bottle... 4.95
Freixenet Champagne: Festive, moderately dry—perfect for that special occasion 1/4 Bottle... 3.95

WINE COOLERS

SANGRIA

Glass..... 2.25 1/2 Carafe 3.45 Carafe 4.95

BANANA BAM

A tasty combination of coconut-pineapple juice, fresh bananas, chablis wine 2.25

SUNRISE SOUR

A thirst-quenching combination of orange juice and fresh fruit blended with burgundy wine 2.25

SPRITZER

Your choice of either chablis, burgundy, or rose mixed with soda water 2.25

SEAGRAMS GOLDEN WINE COOLER

A refreshing blend of real juice and sparkling white wine 2.25

DOMESTIC & IMPORTED BEERS

Miller Lite	2.35	Heineken (Holland)	2.85
Bud light	2.35	Molson's Golden (Canada)	2.85
Michelob	2.35	Corona Extra (Mexico)	2.85
Coors	2.35	Anchor Steam (San Francisco)	2.85
O'Douls (Non-Alcohol)	1.95		

DESSERTS • WINE • BEER



NEW BANQUET FACILITIES

We are pleased to announce the addition of our new banquet facility.

If you're planning a meeting, party or reception of 20 to 80 guests, the Good Earth's banquet rooms, decorated in warm yet classy Southwestern decor, are just right for you. We offer all items that are on our current, extensive, and healthful menu or we can design a menu just for your event.

The most unique feature of our banquet service is that we provide maximum flexibility. Our professional staff will be more than happy to work with you in developing the best possible menu that is sure to impress and satisfy your guests.

When planning your next special function, be sure to check with us. We know that when you compare our quality, versatility, selection and reasonable prices, you will be impressed.

For reservations call 745-6600.