

Down to Earth™

Organic & Natural

SANDWICHES & WRAPS

Hot Sandwiches & Wraps

The Reuben • \$7.99

Vegetarian Yves Salami, Sauerkraut, Swiss Cheese, Sesame Seeds, Pickles, Tomatoes, Lettuce, Stone Ground Mustard, and Follow Your Heart 🌱 Veganaise on Rye

Down to Earth Burger • \$7.99

Vegetarian Patty—Amy's Veggie Burger, Life Foods Burger, Turtle Island Super Burger, or Maui Taro Burger (original or spicy)—Follow Your Heart 🌱 Veganaise, Ketchup, Tomatoes, Onion, Sprouts, Pickles, Lettuce, and Swiss, Jack or Cheddar Cheese on a Whole Wheat Bun

Wheat Free Burger • \$9.99

Made with no gluten-containing ingredients. Vegetarian Patty—Life Foods Gluten Free/Soy Free Burger or Maui Taro Burger (original or spicy)—Follow Your Heart 🌱 Veganaise, Ketchup, Tomatoes, Onion, Sprouts, Pickles, Lettuce, and Swiss, Jack or Cheddar Cheese on a Gluten-Free Bun

The Veggie Dog • \$4.99

Vegetarian Yves Hotdog, Relish, Ketchup, and Mustard on a Whole Wheat Bun

Mock Chicken Supreme • \$7.99

Mock Chicken Patty, Follow Your Heart 🌱 Veganaise, Ketchup, Onions, Lettuce, Tomatoes, Pickles, Sprouts, and Swiss, Jack or Cheddar Cheese on a Whole Wheat Bun

Foccacia Panini • \$7.99

Pesto, Shredded Cheese, Tomatoes, Onions, Bell Peppers, and Vegetarian Yves Ham, Yves Turkey, or Yves Salami (Grilled) on Foccacia bread

Mediterranean Panini • \$7.99

Pesto, Tomatoes, Kalamata Olives, Feta and Mozzarella Cheese, Spinach, and Balsamic Vinegar on Foccacia bread

Wheat Free Tempeh Reuben Wrap • \$9.99

Life Foods Aloha Tempeh, Aloha Kraut, Noni Ranch dressing, Lettuce, Sprouts in a Gluten-Free Wrap

South of the Border

Fresh Mex Burrito • \$7.99

3 Bean Chili, Organic Brown Rice, Cheese, Vegan Red Pepper Dressing, and Lettuce on a Whole Wheat Tortilla

Quesadilla • \$7.99

Cheese, Bell Peppers, Green Onions, and Black Olives on a Whole Wheat Tortilla

Fiesta Nacho • \$7.99 (Half Order: \$5.99)

Black Beans, Cheese, Black Olives, Bell Peppers and Green Onions on Organic Corn Chips

All South of the Border entrées come with side orders of Sour Cream, Avocado, and Fresh Salsa

Cold Sandwiches & Wraps

The Rainforest Sub • \$7.99

Avocado, Sprouts, Spinach, Tomatoes, Carrots, Bell Peppers, Onions, Mustard, Follow Your Heart 🌱 Veganaise, Spike, and Lemon Juice on a Whole Wheat Sub Roll

Veggie Cold Cut Sub • \$7.99

Vegetarian Yves Salami, Yves Turkey or Yves Ham Slices, Tomatoes, Pepperoncini, Onions, Black Olives, Lettuce, Bell Peppers, Follow Your Heart 🌱 Veganaise, Mustard, Olive Oil, Vinegar, and Swiss, Jack or Cheddar Cheese on a Whole Wheat Sub Roll

Falafel • \$7.99

Falafel, Hummus, Tomatoes, Cucumbers, Lettuce on a lavash wrap with a side of Tzatziki sauce

Mock Chicken Salad Wrap • \$7.99

Down to Earth Mock Chicken Salad with Follow Your Heart 🌱 Veganaise, Tomatoes, Cucumber, Sprouts, and Lettuce on a Whole Wheat Tortilla

Avocado Wrap or Sandwich • \$7.99

Avocado, Tomatoes, Onions, Sprouts, Follow Your Heart 🌱 Veganaise and Mustard on a Whole Wheat Tortilla or Whole Wheat Bread

Any of our sandwiches can be made using Whole Wheat wraps. All of our bread, wraps, and buns are vegan. Rice Cheese is available upon request.

Extras

Gluten Free Wrap • \$1.00

Gluten Free Bread or Burger Bun • \$2.00

Organic Corn Chips & Salsa • \$1.00

Add Cheese • \$.49

Avocado • \$1.00



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SMOOTHIES & SHAKES

Super Smoothies

12oz \$5.99 • 16oz \$7.99 • 24oz \$10.99

- Kreamy Kale** - Kale, Sprouted Almonds, Purified Water, Bananas, Flax, Almond Butter, Agave
- Mocha Mixer** - Cacao, Bananas, Sprouted Almonds, Purified Water, Coconut Oil, Dandelion Coffee, Agave
- Berry Blaster** - Strawberries, Blueberries, Raspberries, Bananas, Sprouted Almonds, Purified Water, Super Greens, Acai, Agave
- Powerful Protein** - Sprouted Almonds, Purified Water, Bananas, Almond Butter, Vanilla Raw Plant or Vanilla Whey Protein, Spirulina, Maca, Agave
- Island Sunset** - Strawberries, Mango, Bananas, Pineapple, Coconut Water, Goji, Pomegranate, Agave

All Fruit Smoothies

12oz \$4.59 • 16oz \$5.99 • 24oz \$8.59

- Tropical Passion** - Mango, Papaya, Bananas, Passion Fruit Mango Juice, Agave
- Lanikai Sunrise** - Mango, Pineapple, Strawberries, Passion Fruit Mango Juice, Agave
- Ultimate Berry** - Blueberries, Raspberries, Strawberries, Raspberry Juice, Agave

12oz \$4.59 • 16oz \$5.99 • 24oz \$8.59

Pitaya Smoothie (Dragonfruit)

Pitaya, Strawberries, Mango, Pineapple, Bananas, Passion Fruit Mango Juice

Mega Acai Smoothie

Acai, Blueberries, Pineapple, Bananas, Apple, Strawberry Juice, Agave

Creamy Smoothies

12oz \$4.59 • 16oz \$5.99 • 24oz \$8.59

- Very Berry** - Blueberries, Blackberries, Strawberries, Raspberry Juice, Vanilla Ice Cream, Organic Low Fat Milk
- Tropical Mango** - Mango, Bananas, Pineapple, Papayas, Passion Fruit Mango Juice, Vanilla Ice Cream
- Piña Colada** - Pineapple, Coconut Milk, Passion Fruit Mango Juice, Vanilla Ice Cream

Add Nutritional Blasts \$1 ea.

Spirulina, Supergreens, Ginger, Cacao Powder, Cacao Nibs, Flax, Pomegranate, Protein Powder (Vanilla Raw Plant or Vanilla Whey), Chia Seed, Vitamin C or Wellness Formula

Baninis

12oz \$4.59 • 16oz \$5.99 • 24oz \$8.59

- Blueberry or Strawberry** - Westsoy Organic Soy milk, Bananas, Blueberries or Strawberries, Tahini, Agave
- Date** - Westsoy Organic Soy milk, Dates, Tahini, Cinnamon, Agave

Ice Cream Shakes

12oz \$4.59 • 16oz \$5.99 • 24oz \$8.59

- Vanilla** - Organic Low Fat Milk, Vanilla Ice Cream, Vanilla
- Chocolate** - Organic Low Fat Milk, Vanilla Ice Cream, Chocolate Syrup
- Strawberry** - Organic Low Fat Milk, Vanilla Ice Cream, Strawberries
- Peanut Butter** - Organic Low Fat Milk, Vanilla Ice Cream, Peanut Butter
- Coconut Macadamia Nut** - Coconut Milk, Vanilla Ice Cream, Macadamia Nuts, Coconut

Any of our smoothies and shakes can be made vegan with Westsoy Organic Soy Milk and Organic Vanilla Soy Ice Cream upon request

Fresh Juices

12oz \$5.49 • 16oz \$6.99 • 24oz \$9.99

- The Real V8** - Organic Carrots, Organic Tomatoes, Organic Celery, Organic Beets, Organic Spinach, Organic Parsley, Ginger, Garlic
- Alive** - Organic Apples, Organic Celery, Cucumber, Organic Spinach, Ginger, Mint
- Immune Booster** - Organic Carrots, Organic Celery, Wheatgrass, Ginger, Garlic
- Energize Surprize** - Organic Oranges, Organic Carrots, Organic Apples, Lemon, Ginger
- Fantastic Fat Fighter** - Cucumber, Organic Apples, Organic Celery, Mint, Lime, Coconut Water
- Fresh-n-Fabulous** - Organic Apples, Mint, Organic Kale, Organic Parsley, Basil, Organic Spinach, Organic Celery, Coconut Water
- Beauty Beets** - Organic Carrots, Organic Beets, Lemon juice, Ginger
- Emergen-C** - Organic Oranges, Lemon Juice, Pineapple, Organic Carrots
- Organic Carrot** - Organic Carrots
- Organic Orange** - Organic Oranges

Make Your Own Fresh Juice!

Juice Bases - Any combination of Apple, Beet, Carrot, Celery, Cucumber, Orange, Tomato, Coconut Water

Choose any combination of juice add-ons (Only 1 serving of each) - Basil, Garlic, Ginger, Kale, Lemon, Lime, Mint, Spinach, Parsley, Wheatgrass, Turmeric. Extra Servings \$1.00 each For Organic ingredients, see "What's Organic Today" sign at the Deli Counter.

Wheatgrass Shots

1 oz. \$2.99 • 2 oz. \$4.99

Super Fruit Bowls

Pitaya (Dragonfruit) \$6.99 - Pitaya, Strawberries, Bananas, Apple Strawberry Juice, Granola

The Rio \$6.99 - Acai, Bananas, Apple Juice, Agave, Granola

The Amazon Warrior Acai or Pitaya \$8.49

Organic Acai or Organic Pitaya, Blueberries, Raspberries, Bananas, Strawberries, Apple Juice, Shredded Coconut, Granola, Honey

Organic Oatmeal

8oz \$1.99 • 16oz \$3.99

Apples and Cinnamon - Organic Steel Cut Oats, Apples, Cinnamon, French Vanilla Almond Granola, Walnuts, Brown Sugar, Earth Balance Margarine (non hydrogenated), Vanilla, Salt

Mixed Berries - Organic Steel Cut Oats, Blueberries, Blackberries, Brown Sugar, Salt

Fresh Banana and Raisin - Organic Steel Cut Oats, Bananas, Raisins, Brown Sugar, Salt

Plain - Organic Steel Cut Oats, Brown Sugar, Salt

Extras: \$.49 - Walnuts, Fresh Banana, Raisins, Organic Milk, Westsoy Organic Soy Milk, Almond Milk

A dash of cinnamon, no charge. Substitute honey or agave for brown sugar upon request.



Organic Espresso Bar



Drink	12oz	16oz	20oz
Café Latte	\$3.59	\$4.29	\$4.69
Mocha Latte	\$3.99	\$4.49	\$4.99
Vanilla Latte	\$3.99	\$4.49	\$4.99

Hot Chocolate & Tea Lattes

Drink	12oz	16oz	20oz
Chai Latte	\$3.99	\$4.49	\$4.99
Yerba Mate Latte	\$3.99	\$4.49	\$4.99
Hot Chocolate	\$3.59	\$4.29	\$4.69

Iced Coffee Americano

Drink	12oz	16oz	20oz
Iced Coffee Americano	\$2.69	\$2.89	\$3.19

Blended Ice Drinks

Drink	12oz	16oz	20oz
Iced Coffee Americano	\$2.69	\$2.89	\$3.19
Mocha	\$4.49	\$4.99	\$5.49
Vanilla	\$4.49	\$4.99	\$5.49

Espresso Shot or added shot

\$1.99 (Single) \$2.49 (Double)

Add organic whipped cream .50

Add your favorite organic flavor .50

Caramel, Peppermint, Vanilla, Pumpkin Spice or Hazelnut

All of our espresso drinks can be made with Organic Low Fat Milk, Westsoy Organic Soy Milk or Almond Milk