

Organic Breakfast

- 3 Eggs omelets on a Plate**.....\$4.50
- 2 Eggs on a Plate** {w/Greens & Toast}..\$4.50
- ADD:** Spinach, Mushrooms, Onions, Peppers, Broccoli, Tomatoes \$0.50ea - Cheese \$0.75 - Fakin Bacon \$1.00
- Egg Whites on a Plate** (w/Greens & Toast).....\$5.50
- Tofu Scrambled**.....\$4.50
- Egg Sandwich** (on 7 Grain Roll)\$3.25
 - With: Fakin Bacon.....\$4.25
 - Cheese.....\$4.00
- Egg Whites Sandwich**.....\$4.00
- Bagel w/Butter**.....\$1.25
 - W/Cream Cheese.....\$1.75
 - W/Tofutti Cheese.....\$2.00
 - W/Cheese & lettuce.....\$2.00
 - W/Peanut Butter & Jelly.....\$2.50
- Oatmeal, Cinnamon Raisins, Flax**.....\$3.00
 - With: fruit.....\$3.50
- Granola and Yogurt**\$4.50
 - w/Fruit.....sm...5.00 / Lg 7.00
 - w/Acai.....\$5.75
- Today's Cereal w/Milk**.....\$3.85
- *Our eggs comes in any style you please***

We are what we eat !!!

Organic beverages

- Organic hot coffee.....\$1.00/\$1.50
- Organic hot tee.....\$1.00/\$1.50
- Cappuccino.....\$2.75/\$3.50
- Latte.....\$2.75/\$3.50
- Iced coffee.....\$1.50/\$2.00
- Iced tea.....\$1.50/\$2.00

Fresh Organic Salads

- Health Salad** - Baby Greens, Alfalfa Sprouts, Carrot, Mushrooms, Tomato, Cucumber, Corn & Avocado W/Olive Oil & Vinegar \$9.95
- Chef Delight** - Baby Greens, Smoked Turkey, Swiss cheese, Cucumber, Tomato & Roasted Peppers w/Balsamic Vinaigrette \$9.95
- Protein Salad** - Baby Greens & Ginger Baked Tempeh w/Tamari Ginger Dressing \$7.95
- Greek Salad** - Romaine Lettuce, Herb Feta Cheese, Greek Olives, Grape Leaves, Tomato & Cucumber W/Olive Oil & Vinegar \$9.95

Your Favorite Sandwich \$6.25

W/Baby Mix Greens & Greek Olives \$7.00

- Turkey Delight** – All Natural Smoked Turkey, Swiss cheese, Tomato, and Lettuce & Sun dried tomato paste
- Tuna (Mayo Free)** – w/Lettuce, Tomato, Alfalfa Sprouts & Soy Mayo
- Veggie Sandwich** – Avocado, Tomato, Cucumber, Lettuce, Sprouts & Soy Mayo
- Tofurkey Deli** – Smoked Tofurkey, Soy Mozzarella, Lettuce, Roasted Peppers, Soy Mayo & Mustard

-Turkey-All Natural	\$ 1.50	-Tomatoes	\$ 0.75
-Tofurkey	\$ 1.50	-Cucumbers	\$ 0.75
-Feta Cheese	\$ 1.50	-Onions	\$ 0.50
-Real Swiss	\$ 0.75	-Mushrooms	\$ 0.50
-Soy American	\$ 0.75	-Avocado	\$ 1.00
-Soy Mozzarella	\$ 0.75	-Alfalfa Sprouts	\$ 0.75
-Egg Salad	\$ 2.50	-Unchicken Salad	\$ 2.50

*All Fresh & 100%
organic ingredients*

☞ H0000000T ☞

Experience Healthy and Tasty Food

Every Day you'll find

- Vegetable Soup \$3.95 & Today's Soup \$3**
- Vegetarian Chili w/Brown Rice \$ 3.50
- Sautéed Greens w/Garlic \$ 3.50 / \$ 1
- Steamed Brown Rice \$ 1.50 / \$ 1
- Veggie Burger w/lettuce & Tomato \$ 5.00
- Veggie Dog in a Blanket \$ 1.50
- Veggie puff (variety of filling) \$ 3.50
- Quiche w/Daily Vegetable \$3.75**
- veggie wrap w/daily vegetable \$3.50**

COLD SALADS

- Beets Salad** \$3.50 \$7.00
- Boiled w/scallion, parsley, olive oil, lemon
- Tuna Salad** \$4.00 \$8.00
- Red Onion, Parsley, Celery, Lemon, Olive Oil,
- Egg Salad** \$3.50 \$7.00
- w/Vegan Mayo
- Eggplant Salad** \$3.50 \$7.00
- Roasted Eggplant, Roasted Pepper, Garlic, Cumin, Olive Oil, Lemon, Vinegar
- Avocado & Tomato (Raw)** \$4.00 \$8.00
- Lemon, Garlic, Cilantro, Olive Oil
- Roasted Yam & Apples** \$3.50 \$7.00
- W/ Walnut, Raisins & Cinnamon
- Kale (Raw)** \$3.50 \$7.00
- Kale Lacinato (dark Green) w/Crunchy Mix Beans Sprouts, Apple Cider Vinegar, Olive Oil & Lemon
- Grape Leaves** 2 for \$1
- Stuffed Dolmas w/rice
- Arame (Raw)** \$4.00 \$8.00
- Seaweed w/Ginger Soy Dressing & daily vegetable
- Fruit Salad** {in season} \$3.50 \$7.00

Combo Plate - {of Hot & Cold Food
\$ 9.95 small / \$ 12.95 large (+tax)

Juuuuuicing Organic

Green Power Detox

Swiss Chard, Kale, Dandelion, Celery, Cucumber, Parsley & Lemon **\$6.00** Add Chlorophyll \$7.00

Cold and Flu -Cucumber, Celery, Parsley, Lemon, Ginger, Scallion, O.J. & Echinacea \$6.50

Super Immune - Carrots, Beets, Garlic, Spinach, B-Complex, Vitamin C \$7.00

High Energy Wheat Grass, Greens, Celery \$7.00

Bone Up

Fresh Greens, Broccoli, Apple & Calcium \$6.50

Carrot \$4.00/\$5.00 Carrot O.J. \$4.50/\$6.00

Wheat Grass \$2.25/3.75 O.J......\$4.50/\$6.00

Organic Smoothies A to Z....

{Visit our store for more exotic healing smoothies}

Morning Thunder Granola, Strawberry, Apple, Banana, O.J. & Ginseng \$6.50

Very Berry Blueberries, Strawberries, Raspberries, Banana & Cranberry Juice \$6.00

Raw Protein Almond Raw Almond Butter, Banana, Dates, Honey & Almond Milk \$6.50

Sambazon Amazon Acai, Banana, Strawberry & Apple Juice \$6.50

The Ultimate Meal Your Choice of Fruit, The Ultimate Meal, Apple Juice or Soy Milk \$9.50

Digestibility Flax Oil, Papaya, Pineapple, Banana, Yogurt & Milk \$6.50

Source Of Life Strawberries, Mango, Banana, Source Of Life Spirulina & Milk \$7.00

Yogi Smoothie Chai, Banana, Mango, Yogurt, Kava Kava \$7.00

Liver Guard Blueberry, Pineapple, Banana, Lecithin, Milk Thistle & Milk \$7.00

Smooth Skin Lassi Papaya, Yogurt, Honey & Coconut Milk \$6.50

Think Mango, Papaya, Pineapple, Ginkgo, Coconut Milk & Milk \$6.50

Aloe-Luya Aloe Vera, Tibetan Gogi Berries, Mango, Papaya, Prunes, Cranberry Juice \$6.50

*No lunch special cause
everything here is special !!!*

Lunch menu

*Hot/cold Organic Salmon
poached/Moroccan style
Salmon.....\$ 6.95
Or included in a combo plate
Sm \$ 9.95 / lg \$ 12.95*

*Kosher grilled chicken
Kosher Chicken.....\$ 6.95
Or included in a combo plate
Sm \$ 9.95 / lg \$ 12.95*

*Organic grilled sweet & sour
Chicken salad
Small.....\$ 3.50
Large.....\$ 7.00*

*We got all you need, not all
you want ☺*

EARTH MATTERS

Kitchen menu Organic Market

*177 Ludlow Street
212-475-4180*



- **Salad/Juice Bar**
- **Breakfast special**
- **Lunch/dinner menu**

- **Top brand organic groceries**
- **Fresh Organic Produce**
- **Kosher Chicken**
- **Big variety of vitamins & body care products**
- **Internet Café**
- **Free delivery (\$15 min order)**