

All Organic

JUICES

Green Power Detox \$8.00

Swiss Chard, Kale, Dandelion, Celery, Cucumber, Parsley & Lemon

Cold and Flu \$8.00

Cucumber, Celery, Parsley, Lemon, Ginger, Scallion, O.J. & Echinacea

Super Immune \$8.00

Carrots, Beets, Garlic, Spinach, B-Complex, Vitamin C

High Energy \$8.25

Wheat Grass, Greens, Celery

Bone Up \$8.00

Fresh Greens, Broccoli, Apple & Vegan-Calcium-Magnesium

Sweet Thing \$8.00

Apple, Celery, Beets, Carrots

Mister Cleanse \$8.00

Cucumber, Lemon, Cayene, Maple Syrup

All Organic

SMOOTHIES

Morning Thunder \$7.50

Granola, Strawberry, Banana, O.J. & Ginseng

Very Berry \$7.50

Blueberries, Strawberries, Raspberries, Banana, Cranberry Juice

Raw Protein Almond \$7.75

Raw Almond Butter, Banana, Dates, Honey & Almond Milk

Sambazon \$7.75

Amazon Acai, Banana, Strawberry & Apple Juice

Mega Digest \$7.75

Avocado, Pineapple, Yogurt, Milk and Vanilla Megafood (with Hemp protein, Fiber, Probiotics, Omegas, Enzymes and More).

Source Of Life \$8.00

Strawberries, Mango, Banana, Source Of Life Spirulina & Milk

Yogi \$8.00

Chai, Banana, Yogurt, Vanilla and Kava Kava

Liver Guard \$7.50

Blueberry, Pineapple, Banana, Lecithin, Milk Thistle & Milk

Smooth Skin Lhassi \$7.50

Yogurt, Honey, Coconut water & Flax Oil

Think \$7.50

Mango, Pineapple, Ginkgo, Coconut water, E3 Live

All Organic

BURGERS

Served on choice of Brio bun or 7 grain bread and fries or salad. + cheese \$1.50

Mr. Beef \$10.95

100% Organic Grass Feed Beef Burger w/Lettuce, Tomatoes, Red Onions & Homemade Chipotle Mayo

Turkey Business \$10.95

Free Range Turkey Burger w/ Lettuce, Tomatoes, Red Onions & Homemade Chipotle Mayo

The Gandhi \$9.95

Homemade Veggie Burger with Lettuce, Tomatoes, Avocado & Hummus

King Salmon \$10.95

Wild catch salmon w/lettuce, tomatoes, onions and chipotle mayo on briosh bun.

Chicken Strut Sandwich \$10.95

Free range organic grilled chicken w/roasted red peppers and onions, lettuce and tomatoes.

FREE WIFI FREE

Check our website for our daily specials in the salad bar and hot food

NOW SERVING ORGANIC WINE & BEER

www.earthmatters.com

We use only organic and local ingredients in our food and all meat is prepared and cooked separately from our vegetarian dishes.

EARTH MATTERS



WE ARE WHAT WE EAT

KITCHEN MENU

Breakfast Special

Lunch/Dinner

Salad/Juice Bar

- Top brand organic groceries. • Fresh Organic Produce.
- Bulk items. • Big variety of vitamins & body care products. • Internet Café. • Free delivery (15 min order)

Open 7 days a week

Summer Hours: 8am - Midnight

Winter Hours: 8am - 11pm

177 Ludlow Street, NY, NY 10002

(212) 475 - 4180

Fresh Organic

BREAKFAST

Eggs any style you please!

2 Eggs on a Plate \$4.95
w/ Greens & Toast
ADD: Spinach, Mushrooms, Onions, Peppers,
Broccoli, Tomatoes \$0.50ea - Cheese
\$0.75 - Fakin Bacon \$1.00

EggWhites on a Plate \$5.95
w/ Greens & Toast

Tofu Scrambled \$5.45

Egg Sandwich \$3.95
(on 7 Grain Roll)
w/ Fakin Bacon – \$4.95
w/ Cheese – \$4.00

Egg Whites Sandwich \$4.00

F.B.L.T \$6.25
w/ Faking Bacon

Bagel w/ Butter \$1.75
w/ Cream Cheese – \$2.25
w/ Tofutti Cheese – \$2.65
w/ Cheese & Lettuce – \$2.75
w/ Peanut Butter & Jelly – \$2.95
w/ Cream Cheese & Lox – \$8.75

Oatmeal, Cinnamon Raisins, Flax \$3.50
w/ Fruit – \$4.25

Granola and Yogurt \$5.95
w/ Acai – \$6.50

Today's Cereal
w/ Milk – \$3.85

ORGANIC BEVERAGES

Organic Hot Coffee – \$1.25/1.75
Organic Hot Tea – \$1.25/1.75
Cappuccino – \$3.25/3.75
Latte – \$3.25/3.75
Iced Coffee – \$2.00/3.00
Iced Tea/Mate – \$2.00/3.00
Hot Chocolate – \$2.50/3.50

SHOTS

All shots \$3.50

Blood Builder
Highly-absorbable Iron, Vitamins B and C, Digestive
Herbs, and Rosehip Extract

Cold and Flu
Herbs, Peppermint Oil, Maple Syrup and Apple Cider Vinegar

Faux Espresso
An herbal blend with Eleuthero, Maca, Rhodiola for
sustained energy*

Hair of the Dog
Digestive Bitters Compound and Ume Plum for hangover recovery*

Midnight Express
An herbal blend with Valerian, Passionflower and
Hops to relax and relieve tension and insomnia*

Slim Jim
Hoodia, Garcinia, Green Tea and Apple Cider Vinegar for
appetite and weight control

* In base of pure water

YOUR FAVORITE SANDWICH

just the sandwich \$6.75

sandwich w/ baby mixed greens & greek olives \$7.75

Turkey Delight
All Natural Smoked Turkey, Swiss Cheese, Tomato, Lettuce
& black olive spread

Tunalicious
w/Lettuce, Tomato, Alfalfa Sprouts & Soy Mayo

Veggie Boogie
Avocado, Tomato, Cucumber, Lettuce, Sprouts & Soy Mayo

Tofurkey Deli
Smoked Tofurkey, Soy Mozzarella, Lettuce, Roasted Peppers,
Soy Mayo & Mustard

Egg Salad Sandwich
Egg Salad, Lettuce, Tomatoes and Soy Mayo

Unchicken Salad
Grain Protein Unchicken Salad with Lettuce, Tomatoes and
Choice of Spread

Mediterranean Fling
Lettuce, Roasted Red Peppers, Feta Cheese, Basil, Cucumbers
& Black Olive Spread

COMBINATIONS

(Salads & Hot Food)

Bowls (up to 3 items)
\$5.50 small / \$8.75 large (+tax)

Plates (up to 6 items)
\$11.95 small / \$13.95 large (+tax)

SALADS

Raw Kale w/ Bean Sprouts
Wild Rice w/ Tofu & Edemame
Raw Garden Veggies
Egg Salad w/ Soy Mayo
Raw Avocado w/ Cilantro, Tomatoes, Onion
Roasted Yams w/ Apples & Walnuts
Beets w/ Scallions
Unchicken Salad w/ Walnuts & Raisins
Tuna Salad (no Mayo)
Arame Seaweed Salad
Pesto Garbanzo Salad
Greek Salad w/ Feta Cheese
Stuffed Dolmas
Pesto Pasta Salad
Fresh Fruit Salad
Mixed Greek Olives
Baked Tempeh & Vegetables

HOT FOOD

Steamed Brown Rice
Vegetarian Chili
Green Beans & Mushrooms
Roasted Potatoes
Sauteed Greens w/ garlic
Seitan stew
Morrocan Style Salmon +\$3.00
Free range chicken +\$3.00
Tofu Dogs \$2.00
Quiche \$4.50 ea
Vegetable Soup \$3.95 ea

Check webpage for daily specials!
www.earthmatters.com

PREPARED DAILY Experience Healthy & Tasty Food

All Fresh & 100% Organic Ingredients
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