

All Organic

JUICES

Green Power Detox \$6.50

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

Cold and Flu \$7.00

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

Super Immune \$7.00

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

High Energy \$7.00

Wheat Grass, Greens, Celery

Bone Up \$7.00

Fresh Greens, Broccoli, Apple & Calcium

All Organic

SMOOTHIES

Morning Thunder \$6.50

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

Very Berry \$6.50

Blueberries, Strawberries, Raspberries, Banana, Cranberry Juice

Raw Protein Almond \$6.75

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

Sambazon \$6.75

Amazon Acai, Banana, Strawberry & Apple Juice

Digestibility \$6.75

Flax Oil, Mango, Pineapple, Banana, Yogurt & Milk

Source Of Life \$7.00

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

Yogi Smoothie \$7.00

Chai, Banana, Mango, Yogurt, Kava Kava

Liver Guard \$6.50

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

Smooth Skin Lassi \$6.50

Yogurt, Honey & Coconut water

Think \$6.50

Mango, Pineapple, Ginkgo, Coconut water

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

FREE WIFI FREE

NOW SERVING ORGANIC
WINE & BEER

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)

177 Ludlow Street, NY, NY 10002

(212) 475 - 4180

Fresh Organic

BREAKFAST

Eggs any style you please!

2 Eggs on a Plate \$4.50

w/ Greens & Toast

ADD: Spinach, Mushrooms, Onions, Peppers, Broccoli, Tomatoes \$0.50ea - Cheese \$0.75 - Fakin Bacon \$1.00

EggWhites on a Plate \$5.50

w/ Greens & Toast

Tofu Scrambled \$4.50

Egg Sandwich \$3.25

(on 7 Grain Roll)

w/ Fakin Bacon – \$4.25

w/ Cheese – \$4.00

Egg Whites Sandwich \$4.00

F.B.L.T \$5.75

w/ Faking Bacon

Bagel w/ Butter \$1.35

w/ Cream Cheese – \$1.75

w/ Tofutti Cheese – \$2.00

w/ Cheese & Lettuce – \$2.00

w/ Peanut Butter & Jelly – \$2.50

w/ Cream Cheese & Lox – \$8.75

Oatmeal, Cinnamon Raisins, Flax \$3.00

w/ Fruit – \$3.50

Granola and Yogurt \$5.50

w/ Acai – \$5.75

Today's Cereal

w/ Milk – \$3.85

ORGANIC BEVERAGES

Organic hot coffee – \$1.25/1.75

Organic hot tee – \$1.25/1.75

Cappuccino – \$2.75/3.50

Latte – \$2.75/\$3.50

Iced coffee – \$2.00/3.00

Iced tea/Mate – \$2.00/3.00

Hot Chocolate – \$2.00/3.00

Fresh Organic

SALADS

All salads \$10.75

Health Salad

Baby Greens, Alfalfa Sprouts, Carrot, Mushrooms, Tomato, Cucumber, Corn & Avocado W/Olive Oil & Vinegar

Chef Delight

Baby Greens, Smoked Turkey, Swiss cheese, Cucumber, Tomato & Roasted Peppers w/Balsamic Vinaigret

Protein Salad

Baby Greens & Ginger Baked Tempeh w/Tamari Ginger Dressing

YOUR FAVORITE SANDWICH

just the sandwich \$6.50

sandwich w/ baby mixed greens & greek olives \$7.25

Turkey Delight

All Natural Smoked Turkey, Swiss cheese, Tomato, and Lettuce & black olive spread.

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

Egg Salad Sandwich

Egg salad, lettuce, Tomatoes and soy mayo.

Unchicken Salad

Grain protein unchicken salad with lettuce, tomatoes and choice of spread.

Mediterranean Sandwich

Lettuce, roasted red peppers, feta cheese, basil, cucumbers & black olive spread.

**All Fresh & 100%
organic ingredients**

HOT FOOD

Today's Soup \$3.95

Vegetable Soup \$3.95

Vegetarian Chili \$6.00

w/ brown rice

Sautéed Greens \$4.50 / 8.25

w/ garlic

Steamed Brown Rice \$2.25 / 4.50

Veggie Dog in a Blanket \$1.50

Veggie Puff (variety of fillings) \$3.50

Quiche \$3.75

w/ daily vegetable

Veggie Wrap \$4.50

w/ daily vegetable

COLD SALADS

Beets Salad \$4.50 / 8.25

Boiled w/scallion, parsley, olive oil, lemon

Tuna Salad \$4.50 / 8.25

Red Onion, Parsley, Celery, Lemon, Olive Oil

Egg Salad \$4.50 / 8.25

w/ Vegan Mayo

Avocado & Tomato (Raw) \$4.50 / 8.25

Lemon, Garlic, Cilantro, Olive Oil

Roasted Yam & Apples \$4.50 / 8.25

W/ Walnut, Raisins & Cinnamon

Kale (Raw) \$4.50 / 8.25

Grape Leaves 2 for \$1

Arame \$4.50 / 8.25

Seaweed w/Ginger Soy Dressing & daily vegetable

Fruit Salad \$4.50 / 8.25

{in season}

PREPARED DAILY Experience Healthy & Tasty Food

Combo Plate Hot & Cold Food

\$10.75 small / \$13.95 large (+tax)

www.earthmatters.com