

# Down to Earth™

Organic & Natural

## SANDWICHES & WRAPS

### Hot Sandwiches & Wraps

#### Down to Earth Burgers

Our own house-made veggie burgers are prepared from scratch to offer the tastiest, most amazing burgers ever!

##### **Black Bean & Roasted Beets Burger - \$7.99**

Organic Black Beans, Organic Roasted Beets, Organic Brown Rice, Mushrooms, Organic Sunflower Seeds, Onions, Garlic, Gluten Free Bread Crumbs, Italian Seasoning, Organic Worcestershire Sauce, Spike, Spectrum Extra Virgin Olive Oil, Sea Salt, Black Pepper.

##### **Earth Burger - \$7.99**

Okinawan Sweet Potato, Onions, Organic Carrots, Organic Celery, Garlic, Almonds, Organic Oat Flour, Organic Oats, Spectrum Extra Virgin Olive Oil, Organic Wheat Free Tamari, Organic Tomato Paste, Mock Beef Seasoning, Sea Salt, Black Pepper, Organic Flax Seed Meal.

Comes with Follow Your Heart 🌱 Veganaise, **Organic** Ketchup, **Organic** Tomatoes, Onion, Sprouts, Pickles, **Organic** Lettuce, and Swiss, Jack, Cheddar Cheese or **Vegan Daiya Cheddar or Swiss Cheese** on a Whole Wheat Bun.

#### Other Burgers

Comes with all the fixin's of Down to Earth Burgers:

**Amy's Veggies Burger - \$7.99**

**Life Foods Burger - \$7.99**

**Maui Taro Burger (Original or Spicy) - \$7.99**

**Mock Chicken Supreme - \$7.99**

**Turtle Island Super Burger - \$7.99**

##### **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 Reuben • \$7.99**

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

##### **The Veggie Dog • \$4.99**

Vegetarian Yves Hotdog, Relish, Ketchup, and Mustard 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

### 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, Tzatziki sauce on a lavash wrap

##### **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.
- Make your sandwich without any breads. Substitute lettuce, kale as a wrap on all our sandwiches.
- Vegan Cheese is available upon request.

### 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

### Extras

**Gluten Free Wrap • \$1.00**

**Gluten Free Bread or Burger Bun • \$2.00**

**Organic Corn Chips & Salsa • \$1.00**

**Add Cheese or Vegan Cheese • \$.49**

**Avocado • \$1.00**

## KAPOLEI

4460 Kapolei Pkwy. • 675-2300

## Honolulu

947-7678

## Kailua

262-3838

## Pearlridge

488-1375

## Kahului

877-2661

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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, Organic Vanilla Ice Cream, Organic Low Fat Milk  
**Tropical Mango** - Mango, Bananas, Pineapple, Papayas, Passion Fruit Mango Juice, Organic Vanilla Ice Cream  
**Piña Colada** - Pineapple, Coconut Milk, Passion Fruit Mango Juice, Organic Vanilla Ice Cream

### Add Nutritional Blasts \$1 ea.

Spirulina, Supergreens, Organic 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, Bananas, 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, Organic Vanilla Ice Cream, Chocolate Syrup  
**Strawberry** - Organic Low Fat Milk, Organic Vanilla Ice Cream, Strawberries  
**Peanut Butter** - Organic Low Fat Milk, Organic Vanilla Ice Cream, Peanut Butter  
**Coconut Macadamia Nut** - Coconut Milk, Organic 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. Agave can be substituted with Honey or Dates.

## 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, Organic Ginger, Organic Garlic  
**Alive** - Organic Apples, Organic Celery, Cucumber, Organic Spinach, Organic Ginger, Organic Mint  
**Immune Booster** - Organic Carrots, Organic Celery, Wheatgrass, Organic Ginger, Organic Garlic  
**Energize Surprise** - Organic Oranges, Organic Carrots, Organic Apples, Organic Lemon, Organic Ginger  
**Fantastic Fat Fighter** - Cucumber, Organic Apples, Organic Celery, Organic Mint, Organic Lime, Coconut Water  
**Fresh-n-Fabulous** - Organic Apples, Organic Mint, Organic Kale, Organic Parsley, Basil, Organic Spinach, Organic Celery, Coconut Water  
**Beauty Beets** - Organic Carrots, Organic Beets, Organic Lemon, Organic Ginger  
**Emergen-C** - Organic Oranges, Organic Lemon, 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, Organic Garlic, Organic Ginger, Kale, Organic Lemon, Organic Lime, Organic Mint, Organic Spinach, Organic Parsley, Wheatgrass, Organic Turmeric. Extra Servings \$1.00 each

### 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 with brown sugar

with your choice of Organic Milk, Organic Soy Milk, or Organic Almond Milk.

8oz \$1.99 • 16oz \$3.99

Add Banana's and Raisins - \$0.49

Add Mixed Berries - \$0.99

Blueberries, Blackberries, Brown Sugar

Add Apple Pie - \$0.99

Apples, Walnuts, Granola, Cinnamon, Brown Sugar, Earth Balance Margarine

Extras: \$.49 (per portion)

Walnuts, Banana's, Raisins, Mixed Berries, Apples & Cinnamon, Granola

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
Mocha	\$4.49	\$4.99	\$5.49
Vanilla	\$4.49	\$4.99	\$5.49
Chai	\$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