

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

PEARLRIDGE

98-129 Kaonohi St. • 488-1375

Honolulu

947-7678

Kailua

262-3838

Kapolei

675-2300

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 Surprize - 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, Strawberry Juice, Shredded Coconut, Granola, Honey

