



**the
good
earth.®**

932 WARD STREET
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the good earth®



The Good Earth Breakfast

(SERVED AT ALL TIMES)

Brings you the old-fashioned Farm Kitchen Breakfast that helps you maintain a higher energy peak all day. No chemically treated hash browns, no fatty pork loaded with sodium nitrites, no yellow or red dyes in pastries, no BHA or BHT in the cereals or grains at the Good Earth. JUST "GOOD FOOD."

Famous Three Egg Omelets

Served with choice of Basque Spanish sauce or sherried cream sauce with herbs, fruit garnish, ten-grain roll, and butter

DOUBLE CHEESE OMELET Country Cheddar and Jack cheeses delicately blended and baked	4.35
FRESH SPINACH Spinach, mushrooms, and cream cheese — a tasty combination	4.35
ACAPULCO Green chili peppers, Cheddar and Jack cheese on a chapati (whole wheat) tortilla with Basque Spanish sauce	4.65
ORIENTAL VEGETABLE OMELET Pea pods, bean sprouts, water chestnuts, Chinese greens, sauteed in a wok with Tamari soy sauces	4.85
SANTA CRUZ SPECIAL Avocados, tomatoes, Jack and Cheddar cheese, artichoke, and sprouts	4.95

Eggs

SCRAMBLED EGGS (2) with ten-grain roll, butter, and fruit puree	2.25
With cream cheese and vegetarian baco bits	2.95
HUEVOS RANCHEROS Two large fried eggs, served on crisp whole wheat chapati tortilla with Mexican refried beans, Ortega chilis then topped with Basque sauce and sprinkled with cheese	4.50
RANCHERS' BREAKFAST Two large fresh eggs with two turkey sausage patties served with home fried potatoes	4.45
ORIGINAL JOE'S SPECIAL Three eggs, scrambled with shredded chuck beef, mushrooms, and fresh spinach	4.45
THE CHUCKWAGON Two fresh eggs (fried or scrambled), Country-fried potatoes and tender chunks of seasoned lean beef. Served with our own ten-grain roll and fruit puree	4.85
Vegetarian style	3.35
COUNTRY BREAKFAST Two sourdough pancakes and two large farm fresh eggs served with butter and our syrup	2.85
TURKEY SAUSAGE (side order)	1.65
HOME FRIED POTATOES (side order)	1.25
GRILLED CORNMEAL SCRAPPLE Served with honey or syrup. (Great as a side with eggs)	1.95

Farm Kitchen Specialties

Served with our own molasses honey syrup or orange sauce and butter

TEN-GRAIN SOURDOUGH CAKES Made from a super sourdough starter — with all the natural grains	2.85
With berry topping	3.35
WHOLE GRAIN FRENCH TOAST With our home-baked bread	2.85
With berry topping	3.35

Fresh Baked Goods

Baked Fresh in Our Own Ovens

DANISH STYLE ROLLS (Assorted)	.95	DRAN OR BLUEBERRY MUFFINS	.60
HONEY WALNUT STICKY BUNS	.95	APPLE CRUMB COFFEE CAKE	1.50
HOT OR COLD GRANOLA TYPE CEREAL (With nuts and milk)			1.65
FRUIT BREADS (Baker's Assorted Variety) With butter	.75	with Fruit puree or cream cheese	.95
TEN-GRAIN BREAD OR TOAST (With butter and fruit puree)			.65



Great Salads

Available with our own creamy Herbal French, Yogurt Bleu Cheese, Tahini-Poppy Seed dressing, oil and natural rice vinegar, or Our Fresh Ginger Miso Dressing (the Orient's answer to French dressing). Served with 10-grain roll and butter

HAWAIIAN FRUIT SALAD

Delicious array of fresh seasonal fruits (nothing frozen or canned)
Choice of cottage cheese, plain yogurt or frozen yogurt .5.95
With dates, raisins, assorted nuts or coconut add .30 each

GARDEN PATCH VEGETABLE SALAD

A variety of greens, sprouts, and vegetables too numerous to mention 4.50
With small bowl of soup Add 1.35

NEW AGE SPINACH SALAD

Spinach, tomatoes, sprouts, chopped eggs and vegetarian baco bits.
We recommend our herbal French or tahini-poppy seed dressing 4.85
With small soup bowl 1.35

WATERCRESS AND FRESH MINT TABULI SALAD

From Tibet and the Middle East - Tabuli (a special cracked wheat) made with imported olive oil, fresh mint, cheeses, with array of fresh greens and vegetables. Choice of dressing 5.25
With small bowl of soup Add 1.35

EAST INDIAN ALMOND TUNA

White albacore blended with Indian chutney, water chestnuts, assorted greens, vegetables, tomatoes, avocados, egg, alfalfa sprouts and topped with slivered almonds 5.95
With small bowl of soup Add 1.35

CASHEW CHICKEN SALAD

An array of tomatoes, cashews, chicken, assorted greens, sprouts, eggs, and other vegetables served in an island papaya boat 5.95
With small bowl of soup Add 1.35

SMALL GARDEN PATCH

1.75

SMALL SPINACH

1.75

Hearty Soups

Robust and old-fashioned, our 33 varieties of homemade soups are prepared from only the freshest ingredients. Many of our recipes are vegetarian and will fill you with that warm country-kitchen glow. Please ask about today's selection.

REGULAR 1.75

LARGE 2.25

(Served with ten-grain roll and butter)

THE GOOD EARTH DUET

A bowl of homemade soup teams up with a fresh dinner salad (your choice of garden patch or fresh spinach). Served with 10-grain roll and whipped honey-butter. Perfect harmony! 3.50

Good Earth Extras

BREAD AND ROLLS65

HALF AVOCADO . . . 1.25

HOME FRIED POTATOES . . . 1.25

SIDE OF ALFALFA SPROUTS35

RICE PILAF . . . 1.25

PAPAYA HALF . . . 1.25

TOFU (tastefully cooked) . . . 1.25

PINEAPPLE QUARTER, sliced . . . 1.25



Entrees

With choice of soup or salad (spinach or garden patch) and our own ten-grain rolls with butter.

THE GOOD EARTH GARDEN FRESH VEGETABLE SAUTE

A fabulous array of garden-fresh vegetables quickly sauteed in Chinese woks, delicately seasoned with natural Tamari soy sauce and exotic herbs, served with our brown rice pilaf (spinach noodles available upon request) . . . 6.25
With tofu (soybean cakes) . . . 6.85

MALAYSIAN CASHEW CHICKEN, BEEF OR SHRIMP

Tender morsels, quickly sauteed in a wok with pea pods, Chinese cabbage, mushrooms, onions, celery and water chestnuts. . . 7.95
Served with brown rice pilaf or spinach noodles . . . 8.50
With Shrimp . . . 8.50

CURRIED SHRIMP OR CHICKEN SAUTE

Shrimp or chicken simmered in a creamy mellow seven-spice curry sauce with chopped eggs, water chestnuts, green onions, and mushrooms. . . 7.95
Served with chutney, fruit, nuts, and brown rice pilaf or spinach noodles. . . 7.95
Tofu Curry with Fresh Vegetable (for our vegetarian friends) . . . 6.95

WITH SHRIMP 8.50

WALNUT AND FRESH MUSHROOM CASSEROLE

Blended with sour cream, onions, broccoli topped with cheeses and baked to perfection, served over spinach noodles . . . 6.75
(brown rice pilaf available upon request) . . . 6.75

CHICKEN MARCO POLO

One of our special creations, where East meets West, this exotic dish is made with boneless chicken, crunchy water chestnuts, fresh mushrooms and broccoli spears, seasoned with French mustard and Oriental spices then baked in a casserole with cheeses and sherry cream sauce . . . 8.25

COUNTRY FRENCH LASAGNA

A first that's different! Spinach pasta — four cheeses — two subtle sauces (white and red), fresh mushrooms, and fresh vegetables . . . 6.75

ZHIVAGO'S BEEF SAUTE

Choice tender beef and mushrooms, simmered in our wine sauce, topped with sour cream. Served with brown rice pilaf or spinach noodles. . . 7.95

THE OLIVE BRANCH EGGPLANT

Arabian and Jewish spices blended together with grilled eggplant, fresh tomatoes, herbs, and mushrooms, topped with two cheeses and baked to perfection . . . 6.75

House Specials

FRESH CATCH OF THE DAY

Ask your server about today's special. Our delectable dishes from the sea depend on the fisherman's luck and our chef's imagination.
Market Price

THE GOOD EARTH TOSTADA

The Good Earth's interpretation — a beautiful combination of Japanese azuki and pinto beans on a crisp tortilla, topped with cheeses and chicken or beef, then mounded high with shredded lettuce, guacamole, cucumbers, tomato slices, sprouts, sour cream. Chicken or beef . . . 5.95
Vegetarian style . . . 4.95

THE GOOD EARTH BURRITO

We've made some noteworthy improvements to this long-standing favorite, such as Japanese azuki beans (higher protein), pinto beans, guacamole, sour cream, fresh tomatoes, lettuce, and two kinds of cheese. We think you'll be hard pressed to top it, no matter which side of the Rio Grande you try. Chicken or beef . . . 5.45
Vegetarian style . . . 4.75

"QUICHE ME QUICK" (Seafood or Vegetable Quiche)

This delicious dish includes choice of soup or salad. . . 5.25
Don't be bashful, ask for a little quiche!

Creative Sandwiches

Exciting and creative selections that provide the highest taste experiences.

GOOD EARTH

Your choice of either lean roast beef, turkey breast, or two cheeses combined with cucumbers, sprouts, tomatoes, and pickles, all piled high on our super ten-grain bread.

With cheeses, vegetarian style 3.75

With choice of roast beef or turkey 4.45

OUR FAVORITE

Sliced avocados, tomatoes, sprouts, vegetarian baco bits 3.75

With Jack or Cheddar cheese 4.15

With choice of roast beef or turkey 4.85

CASHEW CHICKEN

Lots of roasted cashews and chicken. A winner! (prepared fresh daily) 4.50

EAST INDIAN ALMOND TUNA SANDWICH

A blend of tuna and crunchy almonds, water chestnuts, celery, and chutney.

You'll write home about this sandwich 4.50

1/2 SANDWICH AND SOUP OR SALAD . . . 4.25

Any of the above sandwiches

Our Sensational Hot Sandwiches

BAKED DOUBLE CHEESE

Muenster and country Cheddar with vegetarian baco bits baked with fresh mushrooms and tomatoes

3.75

THE SMALL PLANET BURGER

Vegetarian. Served with sliced tomatoes, pickles, and lettuce over a grilled patty covered with melted cheese. This patty is created from exotic spices and a variety of nuts, grains, lentils, and azuki beans from around the world, to give you an exciting and energy-packed sandwich

3.95

FAR EASTERN TOFU

A sensational sandwich featuring Tamari marinated Tofu grilled and served on our own 10-grain bread with lettuce, tomatoes, and pickles

3.95

EAST INDIAN ALMOND BAKED TUNA

Chunky white tuna baked in our ovens with cheese, tomatoes, pickles, and almonds

4.50

ISLANDER

Roast beef with Basque Spanish sauce, or turkey breast with sherry cream sauce, with cheese and tomatoes

4.75

THE MAGIC EGGPLANT CASSEROLE . . . 4.50

Sauteed sliced eggplant in a luncheon-sized casserole, topped with fresh mushrooms, tomatoes, our special Spanish-Basque sauce, and melted cheese

the good earth.



Shakes

Natural Fruit/Frozen Yogurt

SHAKE OF THE WEEK

Fresh or frozen fruit or berries blended with our soft frozen yogurt and juice blend (*H.P.P.) . 1.95

HAWAIIAN SHAKE

Fresh pineapple, coconut milk, frozen yogurt and (*H.P.P.) . 1.95

SUPER STARTER

Six fresh fruits and juices (helps get you going), with soft frozen yogurt (*H.P.P.) . 1.95

THE SURFER

Pineapple, banana, coconut milk and frozen yogurt (*H.P.P.) . 1.95

THE JOGGER

Papaya juice, pineapple, coconut milk orange, and soft frozen yogurt (*H.P.P.) . 1.95

SUNSHINE SPECIAL

Raw egg, yogurt, fresh orange juice and soft frozen yogurt (*H.P.P.) . 1.95

POWER PLUS

Like a chocolate shake, only better! Carob power, bananas, nuts, dates and soft frozen yogurt (*H.P.P.)

1.95

Extra Ingredients

For more nutrition, Brewer's Yeast, sunflower seeds, dates, raisins or coconut

.30

*H.P.P. is The Good Earth High-Protein Powder with Essential Amino Acids.

Juices

Sip slowly to enjoy the maximum benefits of these robust drinks! Lovingly squeezed daily

FRESH

ORANGE — PINEAPPLE — CARROT — CELERY

REG. .95 LARGE 1.85

We Also Serve

APPLE — CRANBERRY — TOMATO — V8

REG. .95 LARGE 1.85

Juice Blends

Try these nutritious combinations!

1. PINA COLADA . 1.85
Fresh pineapple and coconut milk

2. THE HAWAIIAN BLEND . 1.85
Papaya, pineapple and orange

3. THE GOOD EARTH REFRESHER . 1.85
Carrot, pineapple and coconut

Beverages

GOOD EARTH TEA BLEND

With chamomile, rose hips, saffron, peppermint, orange spice black tea, and papaya60

GOOD EARTH ICED TEA60

HERBAL TEAS60

DARJEELING TEA60

COFFEE60

PERO (coffee substitute)60

MILK (regular or nonfat)75

PERRIER 1.35

CALISTOGA WATER 1.25

Fabulous Desserts & Fresh Baked Goods

Baked Fresh in Our Own Ovens

APPLE CRUMB CAKE

Fruity and crumbly 1.50

FAMOUS RECIPE CARROT CAKE

Delicious 1.75

YOGURT CREAM PIE

Similar to a light fluffy cheese cake with

whole-grain crust 1.75

With fruit topping 1.95

DANISH STYLE ROLLS (Assorted)95

HONEY WALNUT STICKY BUNS95

SAN ANDREAS SPLIT

Two flavors of frozen yogurt nestled on a sliced

banana, topped with our own special carob

sauce, Nuts and berries. Great tasting. 2.50

HOT CAROB DREAM BROWNIE

With Häagen Dazs Hot Carob Fudge and Nuts . 2.50

HÄAGEN-DAZS ICE CREAM 1.50

FRUIT BREADS (Baker's Assorted Variety)

With Butter95

BRAN OR BLUEBERRY MUFFINS60

FROZEN YOGURT

With nothing artificial 1.00

Add these toppings:

fruit, granola, almonds, carob chips,
raisins, or coconut .30

BIG COOKIE SUNDAE

A delicious home-baked delight hot from the oven
with a scoop of ice cream and hot carob fudge
with nuts and other goodies.

2.50