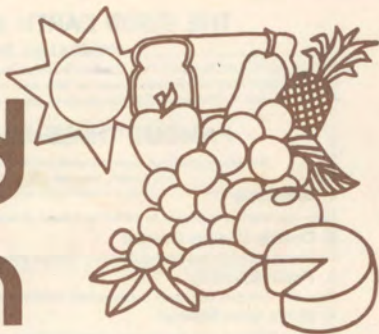


the good earth



The Good Earth Restaurant is a dynamic new pacesetter that brings you "Good Food" with better flavor. Ancient and modern cooking techniques from around the world provide you with the highest in taste experiences.

While our first goal is to bring you food that tastes good, we also endeavor to bring you food that is better for you. Although we are not purists, most of the refined sugar, flour and highly processed foods found in many restaurants have been eliminated.

Fresh bakery goods such as Danish rolls, cakes, cookies and breads are baked daily, using whole grains, high gluten flour, honey and fruit sugar.

For your enjoyment the Good Earth menu features a much higher ratio of fresh fruits and vegetables to other foods. These fresh fruits and vegetables are selected with care to provide a better balance in flavor and nutritional variety. By using the 3,000 year old method of Chinese Wok cookery, vegetables are sauteed to retain the maximum in natural flavors and nutrients. Dr. Dudley White, the famous heart specialist, has said "Most health problems begin in the kitchen." We heartily agree; however, to reach your greatest potential requires a balance in all areas of your life. What you eat, how you exercise, and what you think, largely determine what you are.

The Good Earth welcomes you and hopes you find your meal an exciting new adventure in good eating.

BREAKFAST • LUNCH • DINNER

2175 Allston Way (at Oxford)
Berkeley, California
(415) 841-2555

2323 Powell St. (Bay at Powell)
San Francisco, California
(415) 433-3174

Sorry no personal checks

We gladly accept Master Charge, Visa and Diners Club

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 whipped butter

1. Simplicity

Large eggs, whipped and baked to perfection (choice of sauces, if you like)

2. Double Cheese Omelet

Country Cheddar and Jack cheeses delicately blended and baked

3. Fresh Spinach

Spinach, mushrooms, and cream cheese—a tasty combination

4. Santa Cruz Special

Avocados, tomatoes, Jack and Cheddar cheese, artichoke, and sprouts.

5. Taiwan Wok Omelet

Pea pods, bean sprouts, water chestnuts, Chinese greens, sauteed in wok with Tamari soy sauce

6. Acapulco

Green chili peppers, Cheddar and Jack cheese on a chapati (whole wheat) tortilla with Basque Spanish sauce

7. Newport

Mushrooms, shrimp, sherry cream sauce.

FOR LIGHT EATERS

Scrambled Eggs (2) with ten-grain roll, whipped butter, and fruit puree.

With cream cheese and vegetarian baco bits

Original Joe's Special

Three eggs, scrambled with ground beef, mushrooms, and fresh spinach.

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.

Vegetarian

FARM KITCHEN STYLE HOT CAKES

Served with our own molasses honey syrup and whipped butter

Ten-Grain Sourdough Cakes

Made from a super sourdough starter—with all the natural grains

With two fresh eggs (fried or scrambled)

With berries or fruit.

Country Style French Crepes

1. Whole grain crepes with berries, sour cream, ricotta, and orange liqueur sauce

2. Whole grain crepes with assorted fresh fruit, sour cream and orange liqueur sauce

Swiss Style French Toast

With our home-baked bread.

With berry or fruit topping

CEREALS AND FRESH BAKED GOODS

Baked fresh in our own ovens

Hot or Cold Granola Type Cereal With nuts and milk

Ten-Grain Bread or Toast With butter and fruit puree

Bran or Blueberry Muffins

Pumpkin or Banana Bread (Ask for other daily special fruit breads)

With butter

Fruit puree or cream cheese.

Honey Walnut Buns

Apple Crumb Coffee Cake

FABULOUS DESSERTS

All desserts baked on premises

- Famous Recipe Carrot Cake**
- Honey Walnut Buns**
- Bran or Blueberry Muffins**
- Apple Crumb Coffee Cake**
- Cookies** (carob chip, oatmeal raisin, or peanut butter)
- Soft Frozen Yogurt** Better than ice cream!
- Add these toppings: fruit, granola, almonds, carob chips, raisins, or coconut.
- Yogurt Cream Pie** Similar to a light fluffy cheese cake with whole-grain crust
- Fresh Fruit Bowl** Sliced seasonal fruits Dessert Size
- Regular
- With a choice of cottage cheese, frozen yogurt, yogurt, or papaya honey dressing
- Pumpkin or Banana Bread** With cream cheese
- Order of Yogurt**
- Hot Berry Cobbler** A whole grain short cake topped with berries
- With frozen yogurt

BEVERAGES



- Good Earth Tea Blend**
With chamomile, rose hips, saffras, peppermint,
orange spice, black tea, and papaya.
- Celestial Teas**
chamomile, rose hips,
peppermint, red zinger, or
Mo's 24
- Good Earth Iced Tea**
- Mineral Water** (Perrier)
- Darjeeling Tea**
- Coffee**
- Milk** (regular or nonfat)
- Postum** (coffee substitute)
- Buttermilk**

JUICES

Sip slowly to enjoy the maximum benefit of these robust drinks!

APPLE-GRAPEFRUIT-PINEAPPLE-V-8-CRANBERRY-FRESH ORANGE
Large ... Small ...

JUICE BLENDS

Try these nutritious combinations!

1. Pinacolada (Pineapple and Coconut)
2. Grapefruit-Orange-Pineapple



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.
With choice of roast beef or turkey.

Our Favorite

Sliced avocados, tomatoes, sprouts, vegetarian baco bits, and

mayonnaise
With choice of roast beef or turkey.
With Jack or Cheddar cheese.

Cashew Chicken

Lots of roasted cashews and chicken. A winner! Expect us to be out at times.

Charlie Chan's Tuna

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

chutney. Charlie says you'll write home about this sandwich.

Sandwich and Soup or Salad

Your choice of any of the above sandwiches with soup or salad.

One-half sandwich with soup or salad.

Key Largo Shrimp

A delicate, refreshing blend of cream cheese, shrimp and dill piled high on our

ten-grain bread.
With avocado.

Turkey Breast or Roast Beef Vagabond

A giant platter of choice beef or turkey, cheese, tomatoes, pickles, cucumbers, alfalfa

sprouts, and our bread, and you make your own.

The Magic Eggplant Casserole

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

The Good Earth Burrito

We've made some noteworthy improvements to this long-standing favorite, such as Japanese azuki beans (higher protein), pinto beans, carefully seasoned lean ground beef, 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.
Vegetarian.

The Good Earth Tostada

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



Vegetarian

OUR SENSATIONAL HOT SANDWICHES

The Californian

Hot open-faced sandwich of melted Jack and Cheddar cheeses over sliced tomatoes, avocados, and toasted almonds.

With choice of roast beef or turkey

The Forty-Niner

Roast beef with Basque Spanish sauce, or turkey breast with sherry cream sauce, served open face with cheese and tomatoes.



Baked Double Cheese

Jack and country Cheddar with ~~vegetarian~~ ~~beef~~ baked

with fresh mushrooms and tomatoes

Charlie's Baked Tuna

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

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



The Far Eastern Tofu

A sensational sandwich featuring Tamari marinated

tofu grilled on our own bread with lettuce, tomatoes, and sprouts

SEE OUR WINE LIST SPECIALIZING IN LOCAL CALIFORNIA WINES

Additional plate charge \$1.00

15% Gratuity will be added to parties of eight or greater



ENTREES

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

Malaysian Cashew Shrimp, Beef or Chicken

Tender morsels of shrimp, beef, or chicken with pea pods, bok choy, mushrooms, onions, celery, water chestnuts, served with brown rice pilaf (spinach noodles available upon request)

Curried Shrimp or Chicken

Ocean shrimp and chopped eggs or cubed chicken breast simmered in a creamy mellow seven-spice curry sauce with chopped eggs, water chestnuts, green onions, and mushrooms. Served with chutney, fruit and nuts, brown rice pilaf (spinach noodles available upon request)

Good Earth's Garden Fresh Vegetable Saute

A fantabulous 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)
With tofu (soybean cakes)

Walnut and Fresh Mushroom Casserole

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

Country French Lasagne

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

Zhivago's Beef Stroganoff

Choice tender beef, onions, and fresh mushrooms simmered in our wine sauce and topped with sour cream. Served with spinach noodles (brown rice pilaf available upon request)
With Tofu (soybean cakes)

Beef Saute Espagnol

Tender chunks of beef, sauteed in Chinese wok with whole mushrooms, onions, bell pepper, ripe olives, potatoes, and sweet peas, then simmered in our very own rich and tangy tomato Basque sauce. Served over spinach noodles.

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.

HOUSE WINES

CHABLIS — ROSÉ — BURGUNDY

Glass ½ Carafe Carafe

See our Wine List Specializing in Local California Wines

BEER

ANCHOR STEAM—San Francisco's famous steam beer with natural carbonation—no chemical additives.

HEINEKEN—light, or dark

HENRY WEINHARD'S—A good light beer, handmade in Portland, Oregon

PREMIUM DRAFT

Additional plate charges \$1.00

15% Gratuity will be added to parties of eight or greater



HEARTY SOUPS

Do you recall the rich, robust flavor of genuine stock pot soups? At the Good Earth that's all we know. 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.

Large
Regular

(Served with ten-grain roll and butter)

GREAT SALADS

Available with our own creamy HERBAL FRENCH, YOGURT BLEU CHEESE, TAHINI-POPPY SEED dressing, or oil and natural rice vinegar

Garden Patch Vegetable Salad

A variety of greens, sprouts, and vegetables too numerous to list

New Age Spinach Salad

With spinach, tomatoes, sprouts, chopped eggs, vegetarian baco bits.
We recommend our Tahini-Poppy Seed dressing

Mediterranean Sunshine Salad

A delightful array of greens, cheeses, vegetables, fresh mushrooms, marinated beans, olives, chopped eggs, and artichokes. Choice of dressing

Cashew Chicken Salad

Platter of avocados, tomatoes, cashews, chicken, assorted greens, vegetables, sprouts, eggs, and other good things. Choice of dressing

Unique Bay Shrimp Salad

Giant platter of assorted greens, tender bay shrimp, tomatoes, avocados, vegetables, eggs, sprouts and much more

Fresh Fruit Bowl

Sliced seasonal fruits
With choice of cottage cheese, soft frozen yogurt, yogurt, or papaya honey dressing

Any of the Above Salads with Soup

FRUITS AND JUICES

Sip slowly to enjoy the maximum benefit of these robust drinks!

APPLE—GRAPEFRUIT—PINEAPPLE—V-8—CRANBERRY—FRESH ORANGE

Large ... Small ...

Slices of melon, pineapple (in season)

SHAKES

NATURAL FRUIT/FROZEN YOGURT

Try our new frozen yogurt — a great smooth refreshing taste
Topped with carob chips, coconut, raisins,
or almonds

Shake of the Week

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

Super Starter

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

Power Plus

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

The Surfer

Pineapple, banana, and coconut milk, frozen yogurt, and our H.P.P.*

The Jogger

Papaya juice, pineapple, coconut milk, orange, soft frozen yogurt,
and our H.P.P.*

Sunshine Special

Egg, yogurt, fresh orange juice, soft frozen yogurt, and our H.P.P.*

Extra Ingredients

For more nutrition. Raw eggs or brewer's yeast.

*The H.P.P. is the Good Earth's high-protein powder with essential amino acids.

WINE AND FRUIT JUICE DELIGHTS

Good Earth Sunrise

Chilled Chablis, coconut/pineapple juice, Sirop de Cassis and our H.H.P.—Yum!

Sunshine Special

Rosé, orange juice and Sirop de Cassis

Sparkle

Wine of your choice, Sirop de Cassis and mineral water.

Kir Gallique

Chilled Chablis with Sirop de Cassis

Mimosa Cocktail

A west coast creation. A blend of orange juice and sparkling champagne garnished
with a strawberry