

# SANDWICHES & WRAPS

## SANDWICHES & BURGERS

### The Reuben • \$7.99

Vegetarian Salami, Sauerkraut, Swiss Cheese, Sesame Seeds, Pickles, Tomatoes, Lettuce, Stone Ground Mustard, and Vegenaize on Rye

### Down to Earth Burger • \$7.99

Vegetarian Patty—Amy's Veggie Burger, Life Foods Burger, Turtle Island Super Burger, or Maui Taro Burger (spicy)—Vegenaize, Ketchup, Tomatoes, Onion, Sprouts, Pickles, Lettuce, and Swiss, Jack or Cheddar Cheese on a Whole Wheat Bun

### Gluten Free Burger • \$9.99

Vegetarian Patty—Life Foods Gluten Free/Soy Free Burger or Maui Taro Burger (spicy)—Vegenaize, Ketchup, Tomatoes, Onion, Sprouts, Pickles, Lettuce, and Swiss, Jack or Cheddar Cheese on a Gluten-Free Bun

### The Veggie Dog • \$4.99

Vegetarian Hotdog, Relish, Ketchup, and Mustard on a Whole Wheat Bun

### Mock Chicken Supreme • \$7.99

Mock Chicken Patty, Vegenaize, Ketchup, Onions, Lettuce, Tomatoes, Pickles, Sprouts, and Swiss, Jack or Cheddar Cheese on a Whole Wheat Bun

### The Rainforest Sub • \$7.99

Avocado, Sprouts, Spinach, Tomatoes, Carrots, Bell Peppers, Onions, Mustard, Vegenaize, Spike, and Lemon Juice on a Whole Wheat Sub Roll

### Veggie Cold Cut Sub • \$7.99

Vegetarian Salami, Turkey or Ham Slices, Tomatoes, Pepperoncini, Onions, Black Olives, Lettuce, Bell Peppers, Vegenaize, Mustard, Olive Oil, Vinegar, and Swiss, Jack or Cheddar Cheese on a Whole Wheat Sub Roll

### Mock Tuna Sub • \$7.99

Down to Earth Mock Tuna Salad, Pickles, Tomatoes, Onions, Lettuce, and Vegenaize on a Whole Wheat Sub Roll

### Focaccia Panini • \$7.99

Pesto, Shredded Cheese, Tomatoes, Onions, Bell Peppers, and Vegetarian Ham, Turkey, or Salami (Grilled) on Focaccia bread

### Mediterranean Panini • \$7.99

Pesto, Tomatoes, Kalamata Olives, Feta and Mozzarella Cheese, Spinach, and Balsamic Vinegar on Focaccia bread

## 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 White Corn Chips

All South of the Border entrées come with side orders of Sour Cream, Avocado, and Fresh Salsa

## NATURAL WRAPS

### Mock Chicken Salad Wrap • \$7.99

Down to Earth Mock Chicken Salad, Tomatoes, Cucumber, Sprouts, and Lettuce on a Whole Wheat Tortilla

### Indonesian Wrap • \$7.99

Indonesian Marinated Tofu, Mung Sprouts, Peanut Sauce, Carrots, and Cilantro on a Whole Wheat Tortilla

### Avocado Wrap or Sandwich • \$7.99

Avocado, Tomatoes, Onions, Sprouts, Vegenaize and Mustard on a Whole Wheat Tortilla or Whole Wheat Bread

### Roasted Pepper Hummus Wrap • \$7.99

Down to Earth Red Pepper Hummus, Tomatoes, Mock Chicken Tofu Strips, Cucumbers, Sprouts, and Tofu Tahini Dressing on a Whole Wheat Tortilla

Any of our sandwiches can be made using Whole Wheat wraps. All of our bread, wraps, and buns are vegan. Rice Cheese is available upon request.

Gluten Free wrap or bread • \$1.00

Gluten Free burger bun • \$2.00

Corn Chips & Salsa • \$1.00

Add Cheese • \$.49 or Avocado • \$1.00

## NOODLE BAR

\$9.59 lb. (uncooked weight)

**Step 1:** Choose your noodles from the bar

**Step 2:** Choose protein and vegetables from the bar

**Step 3:** Choose your sauce with the cashier and pay

**Small Sauce \$1.00 • Large Sauce \$2.00**

### Indonesian Peanut Satay

Sprinkled with Cilantro and Chili

### Sweet and Sour Citrus Sauce

With Pineapple and Red Onion

### Black Bean Garlic

Sprinkled with Cilantro

### Sesame Ginger Teriyaki

Sprinkled with Sesame and Green Onion

### Thai Lemongrass Coconut Curry

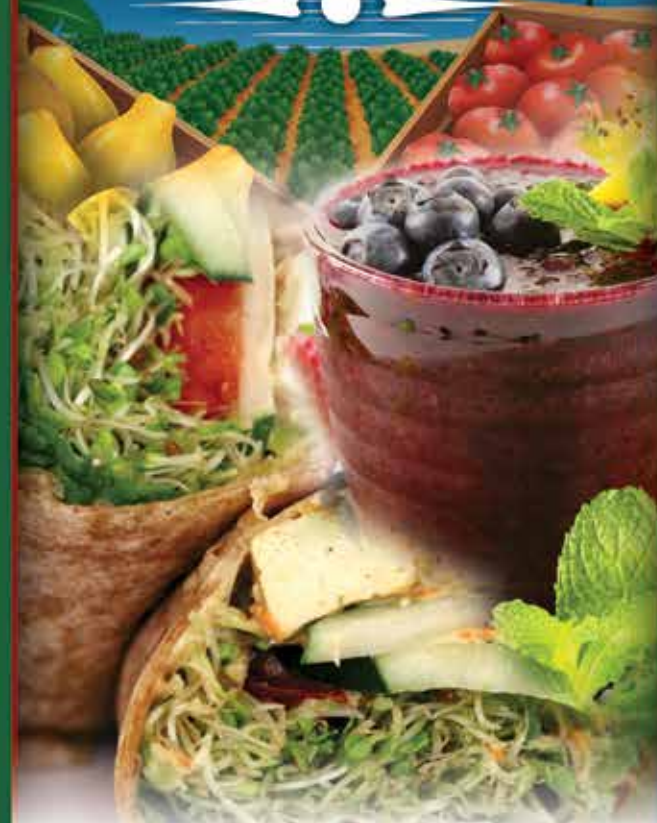
With fresh lime

### Mongolian Madness

With Red Onion and Cilantro

**Step 4:** We cook your noodle bowl, and then you pick it up

# DELI MENU



Down to Earth™  
Organic & Natural

Love Life!

## Honolulu

2525 South King St.  
947-7678

**Kailua** 262-3838 **Kapolei** 675-2300 **Pearlridge** 488-1375 **Kahului** 877-2661

# SMOOTHIES & SHAKES

## SUPER SMOOTHIES

12oz \$5.99 • 16oz \$7.99 • 24oz \$10.99

### Kreamy Kale

Kale, Sprouted Almond Milk, Bananas, Flax, Almond Butter, Agave

### Mocha Mixer

Cacao, Bananas, Sprouted Almond Milk, Coconut Oil, Dandelion Coffee, Agave

### Berry Blaster

Strawberries, Blueberries, Raspberries, Bananas, Sprouted Almond Milk, Super Greens, Acai, Agave

### Powerful Protein

Sprouted Almond Milk, Bananas, Almond Butter, Raw plant or Whey Protein, Spirulina, Maca, Vanilla, Agave

### Island Sunset

Strawberries, Mango, Bananas, Pineapple, Coconut Water, Goji, Pomegranate, Agave

## ALL FRUIT SMOOTHIES

16oz \$5.59 • 24oz \$7.99 • 32oz \$9.99

### Tropical Passion

Mango, Papaya, Bananas, Passion Fruit Mango Juice, Agave

### Just Peachy

Peaches, Papaya, Bananas, Peach Juice, Agave

### Lanikai Sunrise

Mango, Pineapple, Strawberry, Passion Fruit Mango Juice, Agave

### Ultimate Berry

Blueberries, Raspberries, Strawberries, Raspberry Juice, Agave

16oz \$5.99 • 24oz \$7.99 • 32oz \$9.99

### 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

16oz \$5.59 • 24oz \$7.99 • 32oz \$9.99

### Very Berry

Blueberries, Blackberries, Strawberries, Raspberry Juice, Vanilla Ice Cream, Organic Low Fat Milk

### Tropical Mango

Mango, Bananas, Pineapple, Papayas, Passion Fruit Mango Juice, Vanilla Ice Cream

### Piña Colada

Pineapple, Coconut Milk, Passion Fruit Mango Juice, Vanilla Ice Cream

## ICE CREAM SHAKES

16oz \$5.59 • 24oz \$7.99 • 32oz \$9.99

### Vanilla

Organic Low Fat Milk, Vanilla Ice Cream, Vanilla

### Chocolate

Organic Low Fat Milk, Vanilla Ice Cream, Chocolate Syrup

### Strawberry

Organic Low Fat Milk, Vanilla Ice Cream, Strawberries

### Peanut Butter

Organic Low Fat Milk, Vanilla Ice Cream, Peanut Butter

### Coconut Macadamia Nut

Coconut Milk, Vanilla Ice Cream, Macadamia Nuts, Coconut

Any of our smoothies and shakes can be made vegan with Organic Soy Milk and Organic Vanilla Soy Ice Cream upon request

## AÇAI 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 \$8.49

Acai, Blueberries, Raspberries, Strawberries, Bananas, Apple Juice, Coconut Milk, Granola, Honey

## BANINIS

16oz \$5.59 • 24oz \$7.99 • 32oz \$9.99

**Blueberry or Strawberry** - Organic Soy milk, Bananas, Blueberries or Strawberries, Tahini, Agave

**Date** - Organic Soy milk, Dates, Tahini, Cinnamon, Agave

## FRESH JUICES

10oz \$4.59 • 16oz \$6.59

### The Real V8

Organic Carrots, Organic Tomatoes, Organic Celery, Organic Beets, Organic Spinach, Organic Parsley, Ginger, Garlic

### Alive

Organic Apples, Organic Celery, Cucumber, Organic Spinach, Ginger, Mint

### Immune Booster

Organic Carrots, Organic Celery, Wheatgrass, Ginger, Garlic

### Add Nutritional Blasts \$1 ea.

Spirulina, Supergreens, Ginger, Cacao Powder, Cacao Nibs, Flax, Pomegranate, Protein Powder (Raw plant or Whey), Chia Seed, Vitamin C, Wellness Formula or Multi-Vitamin

## FRESH JUICES CONT.

10oz \$4.59 • 16oz \$6.59

### Energize Surprise

Organic Oranges, Organic Carrots, Organic Apples, Lemon, Ginger

### Fantastic Fat Fighter

Cucumber, Organic Apples, Organic Celery, Mint, Lime, Coconut Water

### Fresh-n-Fabulous

Organic Apples, Mint, Organic Kale, Organic Parsley, Basil, Organic Spinach, Organic Celery, Coconut Water

### Beauty Beets

Organic Carrots, Organic Beets, Lemon juice, Ginger

### Emergen-C

Organic Oranges, Lemon Juice, Pineapple, Organic Carrots

### Organic Carrot

Organic Carrots

### Organic Orange

Organic Oranges

### Make Your Own Fresh Juice

You may have any combination of Organic Carrot, Organic Beet, Organic Orange, Organic Celery, Organic Garlic, or Ginger for the same price as a fresh juice

Add Organic Kale, Organic Spinach, Organic Parsley or Organic Apple for \$1.00

### Wheatgrass Shots

1 oz. \$2.99 • 2 oz. \$4.99

## ORGANIC OATMEAL

8oz \$1.99 • 16oz \$3.99

### Apples and Cinnamon

Organic Steel Cut Oats, Apples, Cinnamon, French Vanilla Almond Granola, Walnuts, Brown Sugar, Earth Balance Margarine (non hydrogenated), Vanilla, Salt

### Mixed Berries

Organic Steel Cut Oats, Blueberries, Blackberries, Brown Sugar, Salt

### Fresh Banana and Raisin

Organic Steel Cut Oats, Bananas, Raisins, Brown Sugar, Salt

### Plain

Organic Steel Cut Oats, Brown Sugar, Salt

### Extras: \$.49

Walnuts, Fresh Banana, Raisins, Organic Milk, Organic Soy Milk, Almond Milk

A dash of cinnamon, no charge. Substitute honey or agave for brown sugar upon request.