Down to Earth

ORGANIC & NATURAL

Menu
Skip the Line, Order Online!

Order your Deli Favorites Online
Pick Up in Store or Get it Delivered

Download the Mobile App “Down to Earth Deli”
or visit dtedeli.org

Discounts do not apply.
FRESH JUICES

12oz $6.99 • 16oz $8.99 • 24oz $11.99

The Real V8

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

Immune Booster

Energize Surprize

Fantastic Fat Fighter
Organic Cucumber, Organic Apples, Organic Celery, Organic Mint, Organic Lime, Coconut Water

Fresh-n-Fabulous

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 Juice
12oz $9.99 • 16oz $11.99 • 24oz $15.99

Superfoods Shots
1oz $4.59 • 2oz $6.59
Your choice of Ginger or Wheatgrass
MAKE YOUR OWN FRESH JUICE!

12oz $6.99 · 16oz $8.99 · 24oz $11.99

Choose Your Juice Base Pick any combination of:

- Apple
- Beet
- Carrot
- Celery

- Coconut Water
- Cucumber
- Tomato

Choose any Combination of Juice Add-Ons: (Only 1 Serving of Each) Extra Servings $1 Each

- Basil
- Organic Garlic
- Organic Ginger
- Kale
- Organic Lemon
- Organic Lime

- Organic Mint
- Organic Spinach
- Organic Parsley
- Organic Turmeric
- Wheatgrass

ADD A NUTRITIONAL BLAST $1.00 EACH

- Acai
- Cacao Nibs
- Cacao Powder
- Chia Seeds

- Flax
- Ginger
- Maca
- Pomegranate
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Organic Espresso Bar
## ORGANIC ESPRESSO DRINKS

<table>
<thead>
<tr>
<th>Drink</th>
<th>Small</th>
<th>Medium</th>
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<tbody>
<tr>
<td>Americano</td>
<td>$3.99</td>
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<tr>
<td>Café Latte</td>
<td>$4.59</td>
<td>$5.59</td>
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<tr>
<td>Mocha Latte</td>
<td>$4.99</td>
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<tr>
<td>Vanilla Latte</td>
<td>$4.99</td>
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<tr>
<td>Cinnamon Honey Latte</td>
<td>$4.99</td>
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<tr>
<td>Cappuccino</td>
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<tr>
<td>Flat White</td>
<td>$4.99</td>
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<tr>
<td>Mushroom Love Latte</td>
<td>$5.59</td>
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<tr>
<td>Mushroom Love Mocha</td>
<td>$5.59</td>
<td>$5.99</td>
<td>$6.99</td>
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## OTHER DRINKS

<table>
<thead>
<tr>
<th>Drink</th>
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<tbody>
<tr>
<td>Chai Latte</td>
<td>$4.99</td>
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<tr>
<td>Hot Chocolate</td>
<td>$4.59</td>
<td>$5.59</td>
<td>$5.99</td>
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</table>
**ICE BLENDED DRINKS**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mocha Latte Ice Blended</td>
<td>$5.59</td>
<td>$5.99</td>
<td>$6.59</td>
</tr>
<tr>
<td>Vanilla Latte Ice Blended</td>
<td>$5.59</td>
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<td>$6.59</td>
</tr>
<tr>
<td>Chai Latte Ice Blended</td>
<td>$5.59</td>
<td>$5.99</td>
<td>$6.59</td>
</tr>
</tbody>
</table>

**EXTRAS**

Extra Espresso Shots:
- Single $1.99
- Double $2.99

Add organic whipped cream 50¢
Add your favorite organic flavor 50¢

- Caramel
- Mint
- Vanilla
- Raspberry
- Pumpkin Spice
- Hazelnut
- Almond

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Down to Earth’s Espresso Drinks uses Fair Trade Certified and USDA Organic Espresso Beans.

All Down to Earth Espresso drinks can be made with your choice of Organic Whole Milk, Organic Low Fat Milk, Organic Soy Milk, Almond Milk or Coconut Milk.
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Smoothies
SUPER SMOOTHIES

12oz $7.59 · 16oz $9.99 · 24oz $12.99

Kreamy Kale
Kale, Sprouted Almonds, Purified Water, Bananas, Flax, Almond Butter, Agave

Mocha Mixer
Cacao Nibs, Cacao Powder, Bananas, Sprouted Almonds, Purified Water, Coconut Oil, Dandelion Coffee, Agave

Berry Blaster
Strawberries, Blueberries, Raspberries, Bananas, Sprouted Almonds, Purified Water, Super Greens, Acai Powder, Agave

Powerful Protein
Sprouted Almonds, Purified Water, Bananas, Almond Butter, Raw Plant or Whey Protein, Spirulina, Maca, Agave

Island Sunset
Strawberries, Mango, Bananas, Pineapple, Coconut Water, Goji, Pomegranate Powder, Agave

ALL FRUIT SMOOTHIES

12oz $5.99 · 16oz $7.59 · 24oz $9.99

Tropical Passion
Mango, Papaya, Bananas, Passion Fruit Mango Juice

Lanikai Sunrise
Mango, Pineapple, Strawberries, Passion Fruit Mango Juice

Ultimate Berry
Blueberries, Raspberries, Strawberries, Apple Juice

Pitaya Smoothie (Dragonfruit)
Organic Pitaya, Strawberries, Mango, Pineapple, Bananas, Passion Fruit Mango Juice

Mega Acai Smoothie
Organic Acai Sorbet, Blueberries, Pineapple, Bananas, Apple Juice
SUPER FRUIT BOWLS

Pitaya (Dragonfruit) Bowl $9.99
Organic Pitaya Sorbet, Strawberries, Bananas, Apple Juice. Topped with Granola

Rio Acai Bowl $9.99
Organic Acai Sorbet, Bananas, Apple Juice. Topped with Granola

Warrior Bowl $10.99
Your choice of Organic Acai Sorbet or Organic Pitaya Sorbet, Blueberries, Raspberries, Bananas, Strawberries, Apple Juice. Topped with Shredded Coconut, Granola, and Honey

Lehua Bowl $9.99
Pineapple, Bananas, Coconut Water, Goji Berries. Topped with Shredded Coconut, Sliced Bananas, Hemp Seeds, Coconut Cream Drizzle

Makai Bowl $9.99
Blue Spirulina Sorbet, Pineapple, Passion Fruit Mango Juice. Topped with Hemp Seeds, Sliced Bananas, Shredded Coconut

Mauka Bowl $9.99
Green Spirulina Maca Sorbet, Pineapple, Banana, Coconut Water. Topped with Bee Pollen, Sliced Bananas, Chia Seeds, Coconut Cream Drizzle

ADD A NUTRITIONAL BLAST

$1.00 each
- Acai
- Cacao Nibs
- Cacao Powder
- Chia Seeds
- Coconut Cream
- Flax
- Ginger

$2.00 each
- Maca
- Pomegranate
- Spirulina
- Supergreens
- Turmeric
- Vitamin C
- Almond Butter
- Peanut Butter
- Granola
- Vanilla Raw Plant Protein
- Vanilla Whey Protein

Any of our Smoothies and Shakes can be made Vegan with Organic Soy Milk, Almond Milk, Coconut Milk or Organic Soy Ice Cream upon request. Agave can be substituted with Honey or Dates.
CREAMY SMOOTHIES

12oz $7.99 · 16oz $9.99 · 24oz $13.99

**Very Berry**
Blueberries, Blackberries, Strawberries, Apple 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

ICE CREAM SHAKES

12oz $7.99 · 16oz $9.99 · 24oz $13.99

**Vanilla**
Organic Vanilla Ice Cream, Organic Low Fat Milk, Organic Vanilla

**Chocolate**
Organic Vanilla Ice Cream, Organic Low Fat Milk, Organic Chocolate Syrup

**Strawberry**
Organic Vanilla Ice Cream, Organic Low Fat Milk, Strawberries

**Peanut Butter**
Organic Vanilla Ice Cream, Organic Low Fat Milk, Peanut Butter

**Coconut Macadamia Nut**
Organic Vanilla Ice Cream, Coconut Milk, Macadamia Nuts, Shredded Coconut
Any of our Smoothies and Shakes can be made Vegan with Organic Soy Milk, Almond Milk, Coconut Milk or Organic Soy Ice Cream upon request. Agave can be substituted with Honey or Dates.

### ADD A NUTRITIONAL BLAST

<table>
<thead>
<tr>
<th>$1.00 each</th>
<th>$2.00 each</th>
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<tbody>
<tr>
<td>Acai</td>
<td>Almond Butter</td>
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<tr>
<td>Cacao Nibs</td>
<td>Peanut Butter</td>
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<td>Cacao Powder</td>
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<tr>
<td>Chia Seeds</td>
<td>Vanilla Raw Plant Protein</td>
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<tr>
<td>Coconut Cream</td>
<td>Vanilla Whey Protein</td>
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<tr>
<td>Ginger</td>
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<tr>
<td>Maca</td>
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<td>Pomegranate</td>
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<td>Spirulina</td>
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<tr>
<td>Supergreens</td>
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<tr>
<td>Turmeric</td>
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<tr>
<td>Vitamin C</td>
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Sandwiches & Wraps
Down to Earth’s house-made veggie burgers are prepared from scratch daily.

All burgers come with Follow Your Heart Vegenaise, Organic Ketchup, Organic Tomatoes, Onion, Sprouts, Pickles, Organic Lettuce, your choice of Cheese all on a Whole Wheat Bun. Cheese options include: Swiss, Jack, Cheddar, Vegan Cheddar or Vegan Swiss

**Earth Burger $12.99**


**Black Bean & Roasted Beets Burger $12.99**


Any Burger or Sandwich can be made using Whole Wheat Wraps

All Breads, Wraps, and Buns are Vegan

All Burgers and Sandwiches can be made without any breads. Substitute lettuce or kale as a wrap instead

**Cheese options include:**
- Swiss
- Jack
- Cheddar Cheese

**Vegan Cheese options include:**
- Vegan Cheddar
- Vegan Swiss
SPECIALTY BURGERS

All burgers come with Follow Your Heart Vegenaise, Organic Ketchup, Organic Tomatoes, Onion, Sprouts, Pickles, Organic Lettuce, your choice of Cheese all on a Whole Wheat Bun. Cheese options include: Swiss, Jack, Cheddar, Vegan Cheddar or Vegan Swiss

**Beyond Burger $14.99**

Water, Pea Protein Isolate*, Expeller-Pressed Canola Oil, Refined Coconut Oil, Rice Protein, Natural Flavors, Cocoa Butter, Mung Bean Protein, Methylcellulose, Potato Starch, Apple Extract, Salt, Potassium Chloride, Vinegar, Lemon Juice Concentrate, Sunflower Lecithin, Pomegranate Fruit Powder, Beet Juice Extract

**Amy’s California Veggie Burger $12.99**


**Turtle Island Tempeh Super Burger $12.99**

Organic Soybeans, Organic Brown Rice, Organic Wild Rice, Shoyu, Lemon Juice, Onions, Garlic, Vinegar, Starter Culture (Rhizopus Oligosporus)

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**Wheat Free Burger $14.99**

Pick your choice of Wheat-Free Burger:
- Down to Earth’s Black Bean & Roasted Beets Burger or
- Gardein Garden Veggie Burger

and your choice of Gluten Free bread:
- Gluten Free Wrap
- Gluten Free Bun
The Reuben • $10.99
Vegetarian Yves Salami, Sauerkraut, Swiss Cheese, Sesame Seeds, Pickles, Tomatoes, Organic Organic Lettuce, Stone Ground Mustard, and Follow Your Heart Vegenaise on Rye

The Veggie Dog • $7.99
Relish, Ketchup, and Mustard on a Whole Wheat Bun with your choice of
• Field Roast Apple Sage Sausage
• Field Roast Chipotle Sausage
• Yves Veggie Dog

Focaccia Panini • $10.99
Pesto, Mozzarella Provolone Cheese Blend, Tomatoes, Onions, Bell Peppers, and Vegetarian Yves Ham, Yves Turkey, or Yves Salami (Grilled) on Focaccia bread

Mediterranean Panini • $10.99
Pesto, Tomatoes, Kalamata Olives, Feta and Mozzarella Cheese, Spinach, and Balsamic Vinegar on Foccacia bread

Mock Fish Supreme • $10.99
Gardein fish fillet, cheese, Vegenaise/relish, whole wheat bun, lettuce, tomato, pickle slices, sprouts, sliced onion

Mock Chicken Supreme • $12.99
Alpha Foods Chik’n Patty, Vegenaise, Ketchup, Onions, Lettuce, Tomatoes, Pickles, Sprouts, and Swiss, Jack, or Cheddar Cheese on a Whole Wheat Bun

Nashville Hot Chik’n Sandwich (Spicy) $14.99
Gardein Nashville tender, coleslaw, pickles, vegenaise on a toasted bun.

• Any Burger or Sandwich can be made using Whole Wheat Wraps
• All Breads, Wraps, and Buns are Vegan
• All Burgers and Sandwiches can be made without any breads
  Substitute lettuce or kale as a wrap instead
• Cheese options include Swiss, Jack, or Cheddar Cheese
• Vegan Cheese options include Vegan Cheddar or Vegan Swiss
COLD SANDWICHES & WRAPS

The Rainforest Sub • $10.99
Avocado, Sprouts, Spinach, Tomatoes, Carrots, Bell Peppers, Onions, Mustard, Follow Your Heart Vegenaise, Spike, and Lemon Juice on a Whole Wheat Sub Roll

Mock Chicken Salad Wrap • $10.99
Down to Earth Mock Chicken Salad with Follow Your Heart Vegenaise, Tomatoes, Cucumber, Sprouts, and Organic Lettuce on a Whole Wheat Tortilla

Avocado Wrap or Sandwich • $10.99
Avocado, Tomatoes, Onions, Sprouts, Follow Your Heart Vegenaise and Mustard on a Whole Wheat Tortilla or Whole Wheat Bread

Falafel Wrap • $10.99
Falafel, hummus, tomatoes, cucumbers, lettuce, tzatziki sauce on a whole wheat tortilla.

EXTRAS

Gluten Free Wrap • $1.00

Gluten Free Bread or Burger Bun • $2.00

Organic Tortilla Chips & Salsa • $1.99

Add Cheese or Vegan Cheese • $.49
• Swiss, Jack, or Cheddar Cheese
• Vegan Cheddar or Swiss Cheese

Avocado • $2.00
SOUTH OF THE BORDER

**Fresh Mex Burrito • $10.99**
3 Bean Chili, Organic Brown Rice, Cheese, Vegan Red Pepper Dressing, and Organic Lettuce on a Whole Wheat Tortilla

**Quesadilla • $10.99**
Cheese, Bell Peppers, Green Onions, and Black Olives on a Whole Wheat Tortilla

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

VEGGIE VALUE MENU

**Mock Fishwich • $6.99**
Mock fish tempura fillet, cheese, whole wheat bun, vegenaise, relish

**Mock Fish Taco • $3.99**
Mock fish tempura fillet, corn tortilla, red cabbage, salsa, cilantro

**Bean Rice Cheese Burrito • $4.99**
Whole wheat wrap, brown rice, mixed beans, cheese

**Spicy Chik’n Roll up • $6.99**
Nashville hot chik'n tender, whole wheat wrap, vegenaise, lettuce

**Grilled Ham and Cheese • $5.99**
Whole Wheat Bread, Cheddar Cheese, Yves Mock Ham

**Value Cheeseburger • $5.99**
Earth Burger patty, cheese, ketchup, pickles

**Cheese Quesadilla • $4.99**
Whole wheat wrap, cheese

- Any Burger or Sandwich can be made using Whole Wheat Wraps
- All Breads, Wraps, and Buns are Vegan
- All Burgers and Sandwiches can be made without any breads. Substitute lettuce or kale as a wrap instead
- Cheese options include Swiss, Jack, or Cheddar Cheese
- Vegan Cheese options include Vegan Cheddar or Vegan Swiss
Grilled Cheese • $5.99
Whole Wheat Bread, Your Choice of Cheddar Cheese or Vegan Cheddar Cheese

Mock Chicken Nuggets (Alpha Chik’n Nuggets)
• 4 Pieces $3.99
• 10 Pieces $7.99

Add-ons: BBQ Sauce 50¢  Ranch Sauce 50¢

Also available in the freezer section at select Down to Earth locations

Alpha Mock Chicken Nuggets: Chik’n (Water, Soy Protein Concentrate, Textured Wheat Protein [Wheat Gluten, Wheat Starch, Vitamin E [Tocopherols]], Canola Oil, Vegan Chik’n Seasoning [Maltodextrin, Yeast Extract, Salt, Gum Arabic, Natural Flavors, Citric Acid], Methylcellulose, Yeast Extract, Natural Vegan Flavor), Breading (Wheat Flour, Wheat Gluten, Corn Starch, Canola Oil, Sugar, Yeast, Dextrose, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate], Garlic Powder, Onion Powder, Salt, Sunflower Oil. CONTAINS: Soy, Wheat
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Honolulu
2525 S King St
Honolulu, HI
Phone: (808) 947-7678

Kakaako
500 Keawe Street
Honolulu, HI
Phone: (808) 465-2512

Kailua
573 Kailua Road
Kailua, HI
Phone: (808) 262-3838

Pearlridge
98-211 Pali Momi Street
Aiea, HI
Phone: (808) 488-1375

Kapolei
4460 Kapolei Parkway
Kapolei, HI
Phone: 808-675-2300

Kahului, Maui
305 Dairy Rd
Kahului, HI
Phone: (808) 877-2661

www.downtoearth.org