

Fresh Made Juices

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 Surprise

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 Juice

12oz \$7.99 • 16oz \$9.99 • 24oz \$13.99

Superfoods Shots

1oz \$2.99 • 2oz \$4.99

Your choice of Ginger or Wheatgrass

Make Your Own Fresh Juice!

12oz \$5.49 • 16oz \$6.99 • 24oz \$9.99

Step 1: Choose Your Juice Base - pick any combination of:

- Apple
- Beet
- Carrot
- Celery
- Coconut Water
- Cucumber
- Orange
- Tomato

Step 2: 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 Blasts \$1.00 each

- Acai
- Cacao Nibs
- Cacao Powder
- Chia Seeds
- Flax
- Ginger
- Maca
- Pomegranate
- Protein Powder (Raw Plant or Whey)
- Spirulina
- Supergreens
- Turmeric
- Vitamin C

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Organic Espresso Bar

Drink	12oz	16oz	20oz
Café Latte	\$3.59	\$4.29	\$4.69
Mocha Latte	\$3.99	\$4.49	\$4.99
Vanilla Latte	\$3.99	\$4.49	\$4.99

Hot Chocolate & Tea Lattes

Drink	12oz	16oz	20oz
Chai Latte	\$3.99	\$4.49	\$4.99
Yerba Mate Latte	\$3.99	\$4.49	\$4.99
Hot Chocolate	\$3.99	\$4.29	\$4.69

Iced Coffee Americano

Drink	12oz	16oz	20oz
Americano	\$2.69	\$2.89	\$3.19

Blended Ice Drinks

Drink	12oz	16oz	20oz
Mocha	\$4.49	\$4.99	\$5.49
Vanilla	\$4.49	\$4.99	\$5.49
Chai	\$4.49	\$4.99	\$5.49

Espresso Shot or added shot

\$1.99 (Single) \$2.49 (Double)

Add organic Whipped Cream 50¢

Add your favorite organic flavor 50¢

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

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 • Shakes

Super Fruit Bowls

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.

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, Raw Plant or 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, Apple Juice, Agave

Pitaya Smoothie (Dragonfruit)

Organic Pitaya, Strawberries, Mango, Pineapple, Bananas, Passion Fruit Mango Juice

Mega Acai Smoothie

Organic Acai, Blueberries, Pineapple, Bananas, Apple Juice

Creamy Smoothies

12oz \$4.59 • 16oz \$5.99 • 24oz \$8.59

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

Super Fruit Bowls

Pitaya (Dragonfruit) \$6.99

Organic Pitaya, Strawberries, Bananas, Apple Juice, and Granola

Rio Acai \$6.99

Organic Acai, Bananas, Apple Juice, Agave, and Granola

Amazon Warrior Acai or Pitaya \$8.49

Organic Acai or Organic Pitaya, Blueberries, Raspberries, Bananas, Strawberries, Apple Juice, Shredded Coconut, Granola, and Honey

Ice Cream Shakes

12oz \$4.59 • 16oz \$5.99 • 24oz \$8.59

Vanilla

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

Chocolate

Organic Low Fat Milk, Organic Vanilla Ice Cream, Organic 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

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

Add a Nutritional Blasts \$1.00 each

- Acai
- Cacao Nibs
- Cacao Powder
- Chia Seeds
- Flax
- Ginger
- Maca
- Pomegranate
- Protein Powder (Raw Plant or Whey)
- Spirulina
- Supergreens
- Turmeric
- Vitamin C



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Veggie Burgers • Sandwiches Wraps • South of the Border



Black Bean & Roasted Beets Burger

Cold Sandwiches & Wraps

The Rainforest Sub • \$8.99

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

Veggie Cold Cut Sub • \$8.99

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

Mock Chicken Salad Wrap • \$8.99

Down to Earth Mock Chicken Salad with Follow Your Heart Vegenaïse, Tomatoes, Cucumber, Sprouts, and Organic Lettuce on a Whole Wheat Tortilla

Avocado Wrap or Sandwich • \$8.99

Avocado, Tomatoes, Onions, Sprouts, Follow Your Heart Vegenaïse and Mustard on a Whole Wheat Tortilla or Whole Wheat Bread

Hot Sandwiches & Wraps

The Reuben • \$8.99

Vegetarian Yves Salami, Sauerkraut, Swiss Cheese, Sesame Seeds, Pickles, Tomatoes, Organic Organic Lettuce, Stone Ground Mustard, and Follow Your Heart Vegenaïse on Rye

The Veggie Dog • \$5.99

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 • \$8.99

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

Mediterranean Panini • \$8.99

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

- 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

Veggie Burgers

All burgers come with Follow Your Heart Vegenaïse, 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

Specialty Burgers

Down to Earth's house-made veggie burgers are prepared from scratch daily.

Earth Burger - \$8.99

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, Jalapenos, Organic Flax Seed Meal

Black Bean & Roasted Beets Burger - \$8.99

Wheat Free Burger Patty Organic Black Beans, Organic Roasted Beets, Organic Brown Rice, Mushrooms, Organic Sunflower Seeds, Onions, Garlic, Gluten Free Bread Crumbs, Italian Seasoning, Spike, Spectrum Extra Virgin Olive Oil, Sea Salt, Black Pepper

Other Burgers

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

Amy's Veggies Burger - \$8.99

Mock Chicken Supreme - \$8.99

Turtle Island Tempeh Super Burger - \$8.99

Wheat Free Burger • \$10.99

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

South of the Border

Fresh Mex Burrito • \$8.99

3 Bean Chili, Organic Brown Rice, Cheese, Vegan Red Pepper Dressing, and Organic Lettuce on a Whole Wheat Tortilla

Quesadilla • \$8.99

Cheese, Bell Peppers, Green Onions, and Black Olives on a Whole Wheat Tortilla

Fiesta Nacho • \$8.99 (Half Order: \$6.99)

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 Tortilla Chips & Salsa • \$1.00
- Add Cheese or Vegan Cheese • \$.49
 - Swiss, Jack, or Cheddar Cheese
 - Vegan Cheddar or Swiss Cheese
- Avocado • \$1.00



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Fresh Pizza

10" Individual Pie \$13 • 16" Whole Pie \$19

Original Margherita

Fresh Roasted Roma Tomatoes, Fresh Basil, Fresh Mozzarella, Roasted Garlic, Red Pizza Sauce

Mushroom Alfredo

Fresh Roasted Mushrooms, Mozzarella Provolone Blend, Fresh Basil, Roasted Garlic, White Alfredo Sauce

Big Kahuna Creek

Fresh Roasted Roma Tomatoes, Kalamata Olives, Red Onions, Red Peppers, Yellow Peppers, Green Peppers, Feta Cheese, Mozzarella Provolone Blend, Pesto Sauce

Classic Hawaiian (Vegan Option Available)

Fresh Roasted Pineapple, Mock Ham, Red Onions, Yellow Peppers, Red Peppers, Mozzarella Provolone Blend or Vegan Mozzarella, Red Pizza Sauce

Mediterranean Veggie (Vegan Option Available)

Organic Zucchini, Yellow Squash, Eggplant, Artichokes, Red Onions, Garlic, Fresh Basil, Mozzarella Provolone Blend or Vegan Mozzarella, Red Pizza Sauce

Vegeroni (Vegan Option Available)

Yves ®Veggie Pepperoni, Mozzarella Provolone Blend or Vegan Mozzarella, Red Pizza Sauce

Just Cheese (Vegan Option Available)

Mozzarella Provolone Blend or Vegan Mozzarella, Red Pizza Sauce

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Asian Wok Bowls

Create Your Own Asian Wok Bowl \$9.99

Step 1: Choose Your Vegetable Medley

Keauhou Bowl

- Carrots
- Garlic
- Onions
- Mushrooms
- Green Onions
- Broccoli Florets
- Baby Bok Choy

Buddha Bowl

- Chickpeas
- Cauliflower
- Chinese Snap Peas
- Red & Green Peppers
- Garlic

Shanghai Bowl

- Broccoli
- Green Onions
- Garlic
- Carrots
- Shiitake Mushrooms

Keawe Bowl

- Celery
- Garlic
- Ginger
- Long Beans
- Onions
- Green Onions

Kakaako Bowl

- Garlic
- Onions
- Kale
- Mushrooms
- Green Onions
- Mung Bean Sprouts
- Cashews

Step 2: Choose Your Sauce

- Teriyaki Sauce
- Sweet & Sour Sauce
- Kung Pao Sauce
- Black Bean Sauce
- Mock Chicken Vegetarian Broth

Step 3: Choose Your Grain

- Organic Brown Rice
- White Rice Noodles (Wide)
- Organic Quinoa
- Brown Rice Noodles (Thin)
- Buckwheat Soba Noodles
- Saimin Noodles

Step 4: Choose Your Protein

- Tofu
- Mock Chicken Strips
- Mock Beef Strips

Extras (Optional)

Steamed Edamame w/ Garlic Sesame Oil \$4.99 • Assorted Vegetable Tempuras w/ Vegan Dashi \$4.99

Honolulu
2525 S. King St.
947-7678

Kailua
201 Hamakua Dr.
262-3838

Kakaako
500 Keawe St.
465-2512

Pearlridge
98-211 Pali Momi St.
488-1375

Kapolei
4460 Kapolei Pkwy.
675-2300

Kahului
305 Dairy Rd.
877-2661