Salads

$5.49

Chickpea Quinoa
Tomato, Parsley, Spinach, Feta, Cucumber, Balsamic Vinegar

Greek Quinoa
Cucumber, Onion, Tomato, Oregano, Feta, Olives, Red Wine Vinegar, Olive Oil

Broccoli Power
Broccoli, Raisins, Garlic, Apple, Almonds, Dijon, Rosemary, Avocado, Dates, Lime, Tamari

We have many other salad selections available daily.

Desserts

Get Up & Go Bars $4.00
Cranberries, Almonds, Sunflower Seeds, Pumpkin Seeds, Cinnamon, Coconut, Dates, Almond Butter, Coconut Oil

Raw Date Rounds $3.75
Dates, Oatmeal, Almonds, Vanilla, Coconut Oil

Chocolate Energy Bites $2.50
Cocoa, Cranberries, Dates, Walnuts, Almonds, Vanilla

We have many other dessert selections available daily at varying prices.

All products are organic when available.
We support local farmers and businesses.

Thank You!

earth shake
ORGANIC JUICES, SOUPS AND SANDWICHES

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Facebook: www.facebook.com/earthshake

Store Hours:
Monday – Saturday 8:00 am – 5:30 pm

Pre-orders are welcome
Catering Services
Delivery is available

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Earth Shake is a healthstyle, a journey with fresh organic food and nutrition

www.earth-shake.ca

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Smoothies

16oz $6.75 | 20oz $8.75

Green Goddess
Mango, Kale, Banana

Berry Green
Spinach, Raspberry, Blueberry, Blackberry, Strawberry

Blue Monkey
Blueberries, Banana

Pineapple Express
Pineapple, Banana

Strawberry Nana
Strawberries, Banana

Tango With Mango
Mango, Strawberries, Banana

Green Gojiccino
Gojicinno, Banana, Kale, Almond Milk, Cinnamon

Breakfast Smoothie (add $1.00)
Banana, Vanilla Granola, Flax Seed and Almonds with your choice of fruit

Build Your Own Smoothie
Choose your base, greens, fruit, boosters and sweetener

All smoothies made with an organic vanilla yogurt. Almond or Soy milk are available as an alternative base.

Boosters

Boost the nutrient quotient of your smoothies with these healthy bonus ingredients:

Yumberry, Sacha Inchi, Kale, Psyllium Seed Husk	$0.50
Hemp Hearts, Hemp Protein, Chia Seeds	$1.00
Matcha, Almond Butter	$1.50
Beetroot Stamina Shot	$3.25

Juices

9oz $4.75 | 16oz $8.45

Detoxifier
Celery, Cucumber, Kale, Apple, Lemon

Eliminator
Pineapple, Carrot, Coconut Water

The Ginger
Apple, Carrot, Ginger

Mood Booster
Carrot, Apple, Beet, Spinach

Liver Chaser
Beet, Carrot, Cucumber

Green Machine
Apple, Spinach, Cucumber

Cleansing Cocktail
Carrot, Apple, Beet, Ginger

Kidney Stamina
Carrot, Beet, Celery

Stabilizer
Carrot, Beet, Lemon, Apple

Turmeric Tonic
Turmeric, Beet, Apple, Orange, Carrot

Just Carrot $3.75 $5.95
Carrot, and more Carrot

Soups

Golden Curried Tofu $6.50
Tofu, Curry, Garlic, Coconut Milk, Broccoli, Mushroom

Vegetarian Chili $7.50
Onion, Celery, Carrots, Mushroom, Garlic, Kidney Beans, Chickpeas, Tomato, Chili Powder, Peppers, Oregano, Basil

Soup of the Day $6.00
Seasonal market fresh vegetables in our gourmet Soups of the Day. Always Gluten and Dairy Free.

Soups and chili are available in 32oz jars

Sandwiches

Green Earth Grilled Cheese $7.60
Avocado, Spinach, Pesto, Goat Cheese, Mozzarella on Multigrain Bread

Greek Salad Sandwich $6.50
Tomato, Cucumber, Olive, Feta, Red Onion, Tzatziki on a Pita

Earth Egg Beeter $6.60
Egg, Beet, Red Onion, Horseradish Dill Spread on Marbled Rye

Grilled Portobello $7.85
Portobello Mushroom, Goat Cheese, Garlic, Rosemary, Spinach, Goat Cheese on a Multigrain Ciabatta

Caprese Panini $6.85
Tomato, Pesto, Mozzarella on Multigrain Bread

Grilled Veggie $7.60
Red Pepper, Zucchini, Eggplant, Mushroom, Red Onion, Spinach, Goat Cheese on a Multigrain Ciabatta

Lentil Burger $7.00
Flax Seed, Oats, Lentils, Chickpeas, Jalapeno, Chili Powder, Carrot, Multigrain Bun, Avocado, Mango, Cumin, Cilantro, Garlic, Onion, Red Pepper

Kiddie Grilled Cheese $4.60
Mozzarella, Multigrain Bread

Gluten free bread is available $1.50 extra

Wraps

$6.60

Black Bean Sweet Potato Collard Wrap
With Cilantro Lime Dressing

Curry Chickpea Wrapped in Tortilla
Chickpeas, Curry, Raisins, Red Pepper, Parsley

Hummus Wrapped in Tortilla
Hummus, Cucumber, Onion, Tomato, Sunflower Seeds, Spinach, Avocado