

# 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!



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Twitter: @EarthShake\_

Facebook: [www.facebook.com/earthshake](http://www.facebook.com/earthshake)

Store Hours:

Monday – Saturday 8:00 am – 5:30 pm

Pre-orders are welcome  
Catering Services  
Delivery is available



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

[www.earth-shake.ca](http://www.earth-shake.ca)

# Smoothies

16oz 20oz  
\$6.75 \$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

Gojicino, 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 16oz  
\$4.75 \$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

Carrot and more Carrot

\$3.75 \$5.95

# Soups

## Golden Curried Tofu

Tofu, Curry, Garlic, Coconut Milk, Broccoli, Mushroom

\$6.50

## Vegetarian Chili

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

\$7.50

## Soup of the Day

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

\$6.00

Soups and chili are available in 32oz jars

# Sandwiches

## Green Earth Grilled Cheese

Avocado, Spinach, Pesto, Goat Cheese, Mozzarella on Multigrain Bread

\$7.60

## Greek Salad Sandwich

Tomato, Cucumber, Olive, Feta, Red Onion, Tzatziki on a Pita

\$6.50

## Earth Egg Beeter

Egg, Beet, Red Onion, Horseradish Dill Spread on Marbled Rye

\$6.60

## Grilled Portobello

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

\$7.85

## Caprese Panini

Tomato, Pesto, Mozzarella on Multigrain Bread

\$6.85

## Grilled Veggie

Red Pepper, Zucchini, Eggplant, Mushroom, Red Onion, Spinach, Goat Cheese on a Multigrain Ciabatta

\$7.60

## Lentil Burger

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

\$7.00

## Kiddie Grilled Cheese

Mozzarella, Multigrain Bread

\$4.60

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