

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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Website: www.earth-shake.ca

Twitter: @EarthShake_

Facebook: 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

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 Gojicino

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