

Salads

\$10.00

Greek Buddha Bowl

Spinach, Kale, Quinoa, Olives, Marinated Onions, Tomatoes, Feta, Cucumber and Balsamic Dressing

Beety Buddha Bowl

Beets, Goat Cheese, Eggs, Marinated Onions, Sprouts, Kale, Spinach, Quinoa, Horse Radish Dill Yogurt

Hearty Hummus Buddha Bowl

Beet Hummus, Traditional Hummus, Avocado, Hemp Hearts, Sprouts, Yams, Black Beans, Kale, Spinach, Quinoa, Apple Almond Dressing

Desserts

All Desserts are Gluten and Dairy Free

We a variety of fresh dessert selections available daily at varying prices.

Catering



Sandwiches, soup, salad and desserts, we have your catering needs covered!

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

Thank You!



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Twitter: @EarthShake_

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Store Hours:

Monday – Friday 8:00 am – 5:30 pm

Saturday 8:00 am – 4:00 pm

Pre-orders welcome
Catering Services
Delivery is available



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

www.earth-shake.ca

Smoothies

9oz \$5.00 16oz \$7.00 20oz \$8.75

- Green Goddess**
Mango, Kale, Banana
- Blue Monkey**
Blueberries, Banana
- Strawberry Nana**
Strawberries, Banana
- Pineapple Express**
Pineapple, Banana
- Tango With Mango**
Mango, Strawberries, Banana
- Cherry Turmeric**
Cherry, Banana, Cinnamon, Turmeric
- Chocolate Mudslide**
Banana, Pineapple, chocolate almond milk
- Breakfast Smoothie (add \$1.00)**
Yogurt, Banana, Almond Granola, Fruit of your choice

- Build Your Own Smoothie**
- Steps 1. Yogurt / Almond Milk / Coconut Water / H2O
- 2. Spinach / Kale / Parsley / Cilantro
- 3. Mango / Strawberry / Mixed Berry / Pineapple / Blueberry /Cherry / Banana
- 4. Add Booster
- 5. Enjoy

**** Ask about our CLEAN Eating Programs****

Soups (self serve)

Vegetable Chili 8oz \$5.50 12oz \$7.50 16oz \$8.95
Onion, Celery, Carrots, Tomato, Mushroom, Peppers, Garlic, Kidney Beans, Chickpeas, Lentils, Herbs and spices.

Soup of the Day 8oz \$4.50 12oz \$6.50 16oz \$7.95
Seasonal market fresh organic vegetables in our gourmet Soups of the Day. Always Gluten and Dairy Free.

Soups and chili are available in 32oz jars

Juices

9oz \$5.00 16oz \$8.75 20oz \$10.75

- Detoxifier**
Celery, Cucumber, Kale, Apple, Lemon
- The Ginger**
Apple, Carrot, Ginger
- Green Machine**
Apple, Spinach, Cucumber
- Kidney Stamina**
Carrot, Beet, Celery
- Hippocrates**
Sprouts, cucumber, celery, lemon
- Eliminator**
Pineapple, Carrot, Coconut Water
- Mood Booster**
Carrot, Apple, Beet, Spinach
- Cleansing Cocktail**
Carrot, Apple, Beet, Ginger
- Turmeric Tonic**
Turmeric, Beet, Orange, Apple, Carrot

Cold & Flu "Shots" 2 oz \$3.50

- Killer**
Carrot, Lemon, Ginger, Garlic
- Zinger**
Lemon, Ginger
- Sweet Heat**
Celery, Lemon, Ginger, Cayenne
- Ginger**
Apple
- Just Beet It**
- Wheat Grass 1 oz**
Just Grass

Sandwiches

- Green Earth Grilled Cheese** \$7.60
Avocado, Spinach, Pesto, Goat Cheese, Mozzarella, on Multigrain Bread
- Sundried Grilled Cheese** \$7.60
Pesto, Sundried Tomato, Sunflower seed, Mozzarella, Goat Cheese, Multi grain bread - Make it Vegan for \$1.00
- Kiddie Grilled Cheese** \$4.60
Cheddar, Mozzarella, Organic Multigrain
- Caprese Panini** \$7.25
Tomato, Pesto, Mozzarella on Multigrain Bread
- Earthy Egg Beater** \$7.00
Hard boiled egg, Beets, Marinated onion, Horseradish Dill Yogurt, on Marble Rye

Sandwiches

- Grilled Portobello** \$7.85
Portobello Mushroom, Goat Cheese, Garlic, Spinach, Mozzarella, Rosemary Yogurt on Multigrain Ciabatta
- Grilled Veggie** \$7.85
Red Pepper, Zucchini, Mushroom, Red Onion, Spinach, Goat Cheese, Balsamic vinaigrette on Multigrain Ciabatta
- Breakfast Wrap** \$7.75
Free Range Eggs, Red Pepper, Mushroom, Onion, Zucchini, Feta, Cheddar in organic tortilla
- Hummus Wrap** \$7.75
Hummus, Cucumber, Tomato, Spinach, Avocado, Sunflower Seed, Marinated onion in organic tortilla
- Vegan Breakfast Burrito** \$8.25
Sweet Potato, Black Bean, Rice, Salsa-Chi, Avocado Lime Sauce, Tofu Scramble in organic tortilla
- Lentil Burger** \$8.50
Lentil patty with avocado lime sauce, Mango chutney, Cucumbers, marinated onions, Sprouts on Multigrain Bun
- Mushroom Burger** \$8.50
Mushroom Black Bean Patty, Tomato, Sprouts, Marinated Onions, Avocado Lime Sauce, Toasted Bun
- Vegan Nacho** \$7.50
Blue Corn Tortilla Chips, Vegan Queso Sauce, Salsa Chi, Olives, Spinach

Add any 8oz Soup for \$3.75

Also Available

- Gluten Free Bread \$1.50
- Vegan Bread \$1.50
- Vegan Cheese \$1.50
- Vegan Mayo \$0.50
- Organic Toast \$0.50
- Ketchup—made in house \$0.50
- Kimchi \$0.50