



SANDWICHES 17

Black Bean Burrito

an oversized tortilla layered with black beans, bell peppers, onions, mushrooms, cheddar cheese, and organic brown rice. Served on a bed of mesclun with our homemade salsa

Chipwich

an everything bagel served open-faced with melted provolone, thinly sliced organic baked tofu, tomatoes and seasonings

Earthburger

organic brown rice, textured soy, fresh herbs and seasonings served on a whole wheat kaiser roll with your choice of fixins (ketchup, brown mustard, pickles and red onion = The Works)

Filly Cheese Phake

thinly sliced marinated organic tofu, roasted caramelized onion and melted provolone all stuffed into long Italian bread with your choice of fixins (lettuce, tomatoes, pickles, mayonnaise and hots = The Works)

Liquid Earth Rolls

organic brown rice, spinach avocado cucumber , organic carrot. 2 rolls

Liquid Earth Tacos

3 hard corn or soft flour tortillas filled with our seasoned ground soy , romaine , cheddar cheese and salsa

Meatless Muffaletta

roasted red, gold and green bell peppers with our olive relish, pepperoncinis, hots and melted smoked provolone stuffed into Italian bread

Not Ham Sandwich

thinly sliced marinated organic tofu served on a whole wheat kaiser roll with provolone cheese thin slices of red onion and tomatoe and a horseradish mayonnaise dressing

Portabello Mushroom

marinated "shroom" with melted provolone on a nest of organic sprouts with avocado, tomatoe and our lentil tapenade served on 3 seed whole wheat bread

Powerhouse

muenster cheese ,button mushrooms, tomatoes and alfalfa sprouts stacked between 3 seed whole wheat bread with real honey mustard

Picnic

a halved baguette with true honey mustard, melted brie , walnuts, thinly sliced bermuda red onions , pears and granny smith apples

Reuben

marinated baked organic tofu on a bed of sauerkraut with melted Yarlberg and our own 100,000 island dressing on Jewish rye. add roasted onion. add extra tofu

Reuben Royale

same great sandwich with double kraut , tofu , and cheese. add roasted red onion and another slice of rye to hold it all. triple decker big fun

Rice And Beans

organic brown rice and spicy black beans

Sacred Submarine

one 12" long Italian bread stuffed with roasted red onions and mushrooms, organic baked tofu and melted provolone lying upon organic baby field greens, tomatoes, pickles ,cherry hots with vinegar and oil. Half Sacred Sub - also available

Stacked Enchiladas

cheddar cheese, textured soy filling, green and red bell peppers, tomatoes and onions stacked 4 layers high. Served with salsa side

Tofu Melt

our organic tofu salad served open faced on multigrain bread with tomatoes and melted provolone

VEGAN SANDWICHES 7

Hummus Sandwich

our homemade hummus on multigrain bread with sliced cucumber, tomato and alfalfa sprouts

T.I.t.

our own organic fake bacon, slender strips of celery, organic baby field greens and tomatoes stacked on multigrain bread with Nayonnaise

Liquid Earth Club

our T.L.T.sandwich sans the celery and add red onion , avocado and sprouts. Club sandwiches NOT seals!

Tofu Salad Sandwich

crumbled baked organic tofu tossed in a Nayonnaise dressing with diced red onion, celery and seasonings. Served on Jewish rye bread with organic greens and tomato

Raw Vegetarian Roll

in oversized spinach flour tortilla layered with hummus, slivered red cabbage, organic carrot strips, organic sprouts, cucumbers, green bell peppers, radish and button mushrooms

Vegan Reuben

(Vegana Reubonagis) noun : veganese-food of the vegans our signature sandwich but with vegan cheese and our homemade vegan 100,000 island dressing! try a vegan

Bbq Pulled Tofu

organic tofu in a tasty, home made BBQ sauce served on a whole wheat Kaiser roll with a side of slaw

RAW PREPARED ITEMS 7

Raw Spinach Avocado Salad

Spinach, avocado, red bell pepper, red onion, cucumber and amino acids chopped on the spot and tossed. Served with a cucumber cabbage slaw

Seaweed Salad

A blend of 6 types of sea vegetables in our homemade marinade with asian radish

Raw Veg Wrap

2 cabbage leaves stuffed with a chopped blend of avocado, raw tahini, olives, cappers, white and red cabbage with a lemon tahini dressing

Raw Zucchini Spaghetti

Long shredded organic zucchini with an incredibly bright tasting red heirloom tomato marinade sauce topped with fresh organic baby Italian oregano

Raw Sushi

three hand rolls of asian radishes, carrot, cucumber,avocado, sprouts and assorted mushrooms

Sprout Salad

peas, mongbeans, lentils, and a rotating variety of other sprouts in a lemon raspberry balsamic dressing

Raw Taco

two romane leaves within 2 callord leaves filled with a seasoned nut meat, sliceed avocado,tomato and thinnly sliced white onion topped with a cashew sour cream

RAW SMOOTHIES 3

Goji Luv

spring water, bananna, goji berries, cacao, macha, agave, walnuts, almonds, ice (filtered source)

Rawmond Joy

spring water, bananna, cacao, coconut oil, agave, almonds, walnuts, ice (filtered source)

Butternut Green

spring water, bananna, avocado, agave, walnuts, pinenuts, ice (filtered source)

FRESH SQUEEZED JUICES 27

Apple lemonade

granny smith apple served over ice with lemon

AntioxDetox

organic carrots, red cabbage, beet and granny smith apple

Brainteaser

granny smith apple, ginger, red cabbage and lecithin granules

The Dohler

organic carrots, granny smith apple, cucumber, celery, green pepper, radish and parsley

E-Booster

pear, orange,liquid vitamin E and wheat germ

Enzyme Chamomile Cooler

chamomile-mint iced tea with pineapple, red delicious apple and lemon

Evergreen Pinetree

pineapple, granny smith apple, green pepper, celery, mint, spinach, wheatgrass and pinenuts

Facelifter

honeydew melon, mint, ginger, orange and grapefruit

Fill Phace

facelifter with pineapples and banana

Fru-Tea

green iced tea with ginger, red delicious apple, pear and lemon

Ginger Cold Snap Cure

organic carrot, granny smith apple, ginger, liquid vitamin C, ginseng, and bee pollen

Ginger Zinger

lotsa ginger and granny smith apples

Grasshopper

organic wheatgrass and granny smith apples

Grogger

cucumber ,honeydew melon , pear

Lips'Smack

organic carrots, granny smith apple, lotsa #!% ginger and alfalfa sprouts

MelonHead

honeydew melon, cantaloupe, ginger and aloe

O.C. Loco

organic carrot, granny smith apple, celery, parsley and spirulina. Served in a glass rimmed with sea salt

Orange Pearrot

organic carrots, pears and orange

Orange (Soles)Souls

organic carrots, orange and ginger

Phat Bheet

granny smith apple, red delicious apple, beet and ginger

Phat Kiss

pineapple and lemon

Red Pearrot

organic carrots, pears and red delicious apples

Royal Flush

pineapple, pear, ginger and aloe

Skin Trip

organic carrots, spinach, aloe, lettuce, green pepper and cucumber

Sunspots

orange , grapefruit and strawberries

Twisster

organic carrots, granny smith apple, orange and lemon

Xray eyes

organic carrots, spinach ,beets and parsley with liquid multi vitamin,liquid antioxidant and ginkgo so you can remember what you see!

FROZEN DRINKS 16

Agent Orange

soy milk, orange juice, vanilla, banana and ice

Banana E

soy milk, 2 bananas!, oj, honey and ice

Captain Hempy

hemp milk, hemp nuts, black indian hemp, banana ,honey and ice

Frozen Chai

our own organic chai blended with milk, banana and ice

Hippy Lippy

soy milk, banana, Ultimate Meal, spirulina, wheat germ, honey and ice

Liquid Earthquake Shake

soy milk, banana, Ultimate Meal, spirulina, wheat germ, honey and ice

Monkey Business

mixed berries, milk, organic plain yogurt, granola, wheat germ, banana and ice

Blue Monkey*

Monkey Business with blueberries only

Chocolate Monkey*

Monkey Business with chocolate

Nuts & Berries

soy milk, blueberries, walnuts, almond and hazelnut syrups, banana and ice

Peanut butter & Berries

soy milk, banana, peanut butter, berries and ice

OxyMoron

milk, chilled espresso, strawberries, chocolate syrup, banana and ice

Thai Espresso

milk, coconut syrup, chilled espresso, banana and ice

Thai Chai

2 of our favorites frozen chai and Thai esspresso

The Kitchen Zink

hemp milk, honey,banana.multi vitamin, liquid antioxidant, soy protein, ginseng, ginkgo,lecithin and ice

The Original Strawberry Smoothie

soy milk, strawberries, banana, ice

SHOTS 8

Wheatgrass

1 ounce and 2 ounce

Goji Berry

1 ounce 2 ounce

Pomegranate

1 ounce 2 ounce

Ginger

1 ounce 2 ounce

Grasser

wheat and lemon grass 1 ounce and 2 ounce

Gingerseng Shooter

a blend of ginger and ginseng

Phat Lip Shooter

wheat grass, lemon grass and gingerseng

Grass Hopper Shooter

wheat grass and granny smith apples

OTHER BEVERAGES 7

Bottled Spring Water

Iced Tea

raspberry, chamomile, ginger, or green

Perrier

Italian mineral H2O

Italian Soda

perrier water with your choice of flavored syrup

Hot Tea

ask for our tea list

Chai

our homemade chai steeped in steamed milk. add soy

COFFEE 3

Cappucino

espresso with steamed and frothed milk

Latte

espresso with steamed milk

Mocha

espresso with steamed and frothed milk along with chocolate syrup

APPETIZERS 14

Soup

served with fresh bread. ask for our soup of the day

Chips & Salsa

our homemade salsa served with tortilla chips

Rice Bowl

organic brown rice and avocado served with Braggs

Hummus Plate

our homemade hummus served with fresh bread , chopped cucumber and tomato

Bruschetta

fresh tomatoes, capers, onions, olives and peppers atop 4 pieces of crusty, grilled bread

Guacamole

fresh made on the spot with avocado, onions, tomatoes and seasonings

Quesadilla

a vegetable cheese quesadilla served with our salsa

Crustini

roasted peppers, tomatoes, mozzarella, basil and olives served on crunchy toasted Italian bread

Bread and Oil

fresh Italian loaf bread sliced and served with 3 varieties of herb infused extra virgin organic olive oil

Stuffed Avocado

an incredible blend of broccoli, onion, peppers, greens, avocado, and seasonings stuffed in the shell

House Seaweed Salad

Hijikii sea weed, shitaki mushrooms, enoki mushrooms, chinese radish, cucumber, carrot

Raw Sushi

three hand rolls of asian radishes, carrot, cucumber, avocado, sprouts and assorted mushrooms

Sprout Salad

peas, mungbeans, lentils, and a rotating variety of other sprouts in a lemon raspberry balsamic dressing

Raw Taco

two romane leaves within 2 callord leaves filled with a seasoned nut meat, sliced avocado, tomato and thinly sliced white onion topped with a cashew sour cream
