

## FRESH BEVERAGES

### SMOOTHIES

\* all smoothies made with choice of almond, rice, coconut, soy, 1%, 2% or whole milk

\* all smoothies can be made **vegan** upon request ☺

**Strawberry Banana**.....\$5.99

Strawberries, Bananas, and Choice of Milk

**Berry Outrageous**.....\$5.99

Blueberries, Raspberries, Strawberries, Blackberries, Banana, and Choice of Milk

**Blueberry Banana**.....\$7.50

Blueberries, Bananas, Alden's Vanilla Ice Cream, Choice of Milk

**Banana Latte**.....\$7.75

Banana, Alden's Vanilla Ice Cream, Coffee Flavor, Cinnamon, Choice of Milk

**Tropically Delicious**.....\$6.75

Banana, Alden's Vanilla Ice Cream, Pineapple Coconut Nectar

**Very Berry**.....\$7.50

Strawberries, Alden's Strawberry Ice Cream, Choice of Milk

**Chocolate Covered Strawberry**.....\$7.75

Strawberries, Alden's Strawberry Ice Cream, Vegan Chocolate Syrup, Choice of Milk

**Blueberry Blitz**.....\$7.50

Blueberries, Grape Juice, Alden's Vanilla Ice Cream

**Appleberry**.....\$7.99

Fresh Juiced Apples, Strawberries, Alden's Vanilla Ice Cream

**Mango Peach**.....\$7.50

Mangos, Mango Peach Nectar, Alden's Vanilla Ice Cream

**Slimming Smoothie**.....\$7.99

Blueberries, Banana, H2O, Psyllium, Flax Oil, Honey, Spirutein Protein Powder

### JUICES

**Wheat Grass**.....\$2.00

**Ginger Hopper**.....\$6.50

Carrot, Apple, Ginger

**Sweet Beet**.....\$6.50

Carrot, Beet, Apple

**Hawaiian Delight**.....\$6.25

Pineapple Coconut Nectar blended with Orange Juice

**Summer Breeze**.....\$6.50

Apple, Orange, Blended with Strawberries

**Monkey Juice**.....\$6.50

Apple, Orange, Blended with Banana

**Tropical Sunset**.....\$6.25

Pineapple juice, Apples, Blended with Strawberries

**Immunity Booster**.....\$8.25

Oranges with a Shot of Wheat Grass

**Green Earth Goddess**.....\$9.50

Beets, Carrots, Spinach, Celery, Spirulina, Wheat Grass

**Green Leaf**.....\$6.99

Celery, Spinach, Apple, Spirulina

**Create Your Own**.....\$6.99

Includes Choice of 3 Fruit or Veggie, each additional is .50

Choices: Celery, Carrots, Spinach, Apple, Banana, Orange, Beet

\*prices may vary

Menu Items Only

### BOOSTERS:

**Whey & Soy Protein & PB2**.....\$2.00

**Rice Protein & Spirulina** .....\$1.00

**Flax Oil**.....\$1.75

# GREEN EARTH DELI

## Deli Hours:

Monday – Friday 11am-3pm

Saturday 11am-4pm

**SUNDAY: CLOSED**

## Store Hours:

8am-8pm 7 Days a Week ☺

## Store Location:

441 A S. Buchanan

Edwardsville, IL 62025

## CALL IN ORDERS TO:

**(618) 656-3375**

*\*After 11am & Before 1-2pm\**



## About Our Deli

*We provide a healthy alternative to the typical lunch options in the area. Our soups and case items are made from scratch weekly with love.*

*We offer a menu comprised of hot and cold sandwiches, salads, juices, and smoothies made from only the highest quality, always fresh, and normally organic ingredients. Come see what all the fuss is about, and leave feeling the difference.*

Thank you!

## SANDWICHES

All Menu Sandwiches served with choice of Billy Goat Chips or Billy Sweet Potato Chips, Banana, Apple, or Orange (when available)

**\*\*Deli case items do not qualify as side items\*\***

### COLD SANDWICHES

**Veggie Bella.....\$5.75**

Cheddar cheese, Lettuce, Tomato, Cucumber, Green Pepper, Sprouts, Italian Dressing, Mayo, Mustard

**Hummus Hoyo.....\$5.75**

Hummus, Lettuce, Tomato, Cucumber, Green Pepper, Sprouts

**Un-Blt.....\$6.75**

Marinated tofu, Olives, Pepperoncini, Spinach, Drew's Smokey Tomato Dressing

**Tuna.....\$6.50**

Tuna, Pickle Relish, Onion, Celery, Mayo, Mustard, Lettuce, Tomato, Avocado

**Turkey.....\$7.50**

Applegate Farms Roasted Turkey, Lettuce, Tomato, Onion, Mayo

**\*\*not to be combined with combo meal**

**Turn any sandwich into a wrap.....75¢**

Sprouted Ezekiel, Rice, and Spelt

### HOT SANDWICHES

**Green Earth Burger.....\$6.75**

House Burger and Sauce, Tomato, Onion, Lettuce, Cheese

**Boca.....\$5.99**

Vegan Burger Topped with Lettuce, Tomato, Onion, Mayo

**California.....\$6.25**

Vegetarian Burger Topped with Lettuce, Tomato, Onion, Mayo

**Un-chicken.....\$6.25**

Veggie Chicken Pattie Topped with Lettuce, Tomato, Onion, Mayo

**Spicy Un-chicken.....\$5.99**

Vegan Chicken Pattie Topped with Lettuce, Tomato, Onion, Mayo

**"NEW" Veggie Rueben.....\$7.75**

Light Life Smoky Tempeh, Diaya Swiss Cheese, Sauerkraut, Veggie Ruben Sauce

**Real Meat Rueben.....\$7.75**

Niman Ranch Uncured Corn Beef, White American Cheese, Sauerkraut, Rueben Sauce

**Quesadilla.....half \$5.25 / whole \$8.25**

Wrap, Refried Beans, Cheddar Cheese, Salsa, Sour Cream, Olives, Avocado

**Cheese Quesadilla.....\$4.99**

EXTRAS: Sour Cream & Salsa.....50¢

**\*\*Most sandwiches can be made **vegan** or with **gluten free** ingredients upon request!!**

### Sandwich Add-Ons

**Tomato, Cucumber, Green Pepper, Carrots, Red Onion.....25¢**

**Sprouts, Spinach, Olives, Pickles, Pepperoncini, Beets.....50¢**

**Avocado, Cheddar Cheese, Tofutti Cheese.....\$1.00**

**Diaya Cheese.....\$1.25**

**Standard Toppings: Lettuce, Tomato, Onion, Mayo, and Veganaise**

### Extra Chips

**Billy Goat.....\$1.05 Billy Goat Sweet Potat.....\$1.05**

**Marinated Tofu.....\$2.25**

### Bread Choices

**Great Harvest: 9-Grain, Honey Whole Wheat, Dark Rye**

**Sprouted: Ezekiel & Sour Dough**

**Wraps: Spelt, Rice, Ezekiel**

## SOUPS & SALADS

### SALADS

**Garden .....\$5.75**

Lettuce, Tomatoes, Carrots, Cucumber, Green Pepper, Red Onion, and choice of dressing

**Green Earth .....\$6.50**

Fresh Spinach, Carrots, Red Onion, Apples, Walnuts, with Raspberry Vinaigrette

**Italian.....\$6.75**

Lettuce, Olives, Pepperoncini, Feta Cheese, with Balsamic Vinaigrette

**Spinach Beet.....\$7.25**

Fresh Spinach, Beets, Feta Cheese, Cashews, Red Onion, with Greek Olive Dressing

**Dressings:** Cowgirl Ranch, Raspberry Vinaigrette, Balsamic Vinaigrette, Drew's Smokey Tomato, Poppy Seed, Italian

**Flax oil.....\$1.75**

### **Add Protein to any salad:**

**Tuna scoop.....\$3.25**

**Turkey Slices (3).....\$2.99**

**Hummus Scoop.....\$1.75**

## Soup of the day

**Soups are homemade and change weekly**

PRICES WILL VARY: TASTE WILL ALWAYS BE GREAT



.....\$7.25

### DELI COMBO

**Your choice of 2:**

½ Sandwich.....*excludes hot sandwiches and turkey sandwich*

½ Soup

½ Salad



## KIDS MENU

**\*All Kids Meals Served with a Choice of Billy Sweet Potato Chips, Billy Goat Chips, Apple, Orange, Banana, or Applesauce Cup**

**PB&J.....\$4.25**

Choice of Strawberry or Grape Jelly and Peanut Butter

**Grilled Cheese.....\$4.50**

**Grilled Turkey & Cheese.....\$5.75**

Applegate Farms Roasted Turkey with Cheddar Cheese

**½ Cheese Quesadilla.....\$3.99**

Choice of Wrap with Cheddar Cheese

**Applesauce.....99¢**