

## FRESH BEVERAGES

### SMOOTHIES

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

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

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

\*prices may vary

### BOOSTERS:

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

**Rice Protein, Spirulina, & PB2.....\$1.00**

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

# GREEN EARTH DELI

## **Deli Hours:**

Monday – Friday 11am-5pm

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 5pm\**



## **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 Blue Corn Chips, Billy Goat Chips, Banana, Apple, or Orange (when available)

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

### COLD SANDWICHES

<b>Veggie Bella</b> .....	<b>\$5.75</b>
Cheddar cheese, Lettuce, Tomato, Cucumber, Green Pepper, Sprouts, Italian Dressing, Mayo, Mustard	
<b>Hummus Hoyo</b> .....	<b>\$5.75</b>
Hummus, Lettuce, Tomato, Cucumber, Green Pepper, Sprouts	
<b>Un-Blt</b> .....	<b>\$5.99</b>
Marinated tofu, Olives, Pepperoncini, Spinach, Drew's Smokey Tomato Dressing	
<b>Tofu Your Way</b> .....	<b>\$5.99</b>
Choice of 3 Standard Toppings, for each additional see 'add-ons'	
<b>Tuna</b> .....	<b>\$6.50</b>
Tuna, Pickle Relish, Onion, Celery, Mayo, Mustard, Lettuce, Tomato, Avocado	
<b>Turkey</b> .....	<b>\$7.50</b>
Applegate Farms Roasted Turkey, Lettuce, Tomato, Onion, Mayo	
<b>**not to be combined with combo meal</b>	
<b>Turn any sandwich into a wrap</b> .....	<b>75¢</b>
Sprouted Ezekiel, Rice, and Spelt	

### HOT SANDWICHES

<b>Boca</b> .....	<b>\$5.99</b>
Vegan Burger Topped with Lettuce, Tomato, Onion, Mayo	
<b>California</b> .....	<b>\$6.25</b>
Vegetarian Burger Topped with Lettuce, Tomato, Onion, Mayo	
<b>Un-chicken</b> .....	<b>\$6.25</b>
Veggie Chicken Pattie Topped with Lettuce, Tomato, Onion, Mayo	
<b>Spicy Un-chicken</b> .....	<b>\$5.99</b>
Vegan Chicken Pattie Topped with Lettuce, Tomato, Onion, Mayo	
<b>Grilled Ruben</b> .....	<b>\$7.50</b>
Meatless Canadian Bacon, Cheddar Cheese, Sauerkraut, Ruben Sauce	
<b>Quesadilla</b> .....	<b>half \$5.25 / whole \$8.25</b>
Wrap, Refried Beans, Cheddar Cheese, Salsa, Sour Cream, Olives, Avocado	
<b>Cheese Quesadilla</b> .....	<b>\$4.99</b>
EXTRAS: Sour Cream & Salsa.....50¢	

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

### Sandwich Add-Ons

<i>Tomato, Cucumber, Green Pepper, Carrots, Red Onion</i> .....	<b>25¢</b>
<i>Sprouts, Spinach, Olives, Pickles, Pepperoncini, Beets</i> .....	<b>50¢</b>
<i>Avocado, Cheddar Cheese, Tofutti Cheese</i> .....	<b>\$1.00</b>
<i>Diaya Cheese</i> .....	<b>\$1.25</b>

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

### Extra Chips

Blue corn.....	<b>\$1.29</b>	Billy Goat.....	<b>\$1.05</b>
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### Bread Choices

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

**Sprouted:** Ezekiel & Sour Dough

**Wraps:** Spelt, Rice, Ezekiel

## SOUPS & SALADS

### SALADS

<b>Garden</b> .....	<b>\$5.75</b>
Lettuce, Tomatoes, Carrots, Cucumber, Green Pepper, Red Onion, and choice of dressing	
<b>Green Earth</b> .....	<b>\$6.50</b>
Fresh Spinach, Carrots, Red Onion, Apples, Walnuts, with Raspberry Vinaigrette	
<b>Italian</b> .....	<b>\$6.75</b>
Lettuce, Olives, Pepperoncini, Feta Cheese, with Balsamic Vinaigrette	
<b>Spinach Beet</b> .....	<b>\$7.25</b>
Fresh Spinach, Beets, Feta Cheese, Cashews, Red Onion, with Greek Olive Dressing	
<b>Dressings:</b> Cowgirl Ranch, Raspberry Vinaigrette, Balsamic Vinaigrette, Drew's Smokey Tomato, Poppy Seed	
<b>Flax oil</b> .....	<b>\$1.75</b>
<b>Add Protein to any salad:</b>	
<b>Tuna scoop</b> .....	<b>\$3.25</b>
<b>Turkey Slices (3)</b> .....	<b>\$2.99</b>
<b>Hummus Scoop</b> .....	<b>\$1.75</b>

### Soup of the day

Soups are homemade and change weekly

PRICES WILL VARY: TASTE WILL ALWAYS BE GREAT



### DELI COMBO

**Your choice of 2:**

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

½ Soup

½ Salad

.....**\$7.25**



### KIDS MENU

\*All Kids Meals Served with a Choice of Blue Corn 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

**Ants on a Log**.....**\$2.25**

Celery, Peanut Butter, Raisins

**Apples sauce**.....**.99¢**