

# MENU



OPEN MONDAY – SUNDAY  
FOR BREAKFAST & LUNCH  
8:00 AM—3:00 PM

***We offer all natural, made-from-scratch  
breakfast and lunch, fresh vegetable juices and  
delicious smoothies;***

***Our menu items include GLUTEN FREE,  
VEGETARIAN, & VEGAN OPTIONS!***

***Warm up with a cup of STUMPTOWN coffee.***

## BREAKFAST

**All omelettes and scrambles comes with toast AND a CHOICE OF HOME FRIES or COTTAGE CHEESE**

(Substitute side for Fruit Cup \$1.00)

(Egg whites \$1.00)

## EGGS & SCRAMBLES

**TRADITIONAL BREAKFAST \*** 8.99

2 Eggs, your choice of bacon, turkey bacon, sausage or veggie links

**GREEK SCRAMBLE (vegetarian)** 9.99

Spinach, feta cheese, tomatoes, red onions; served with pita bread

**COWBOY SCRAMBLE** 10.99

Ham, green peppers, red onion, tomato, Tillamook cheddar, & topped with avocado

**TOFU SCRAMBLE (vegan)** 10.99

Firm tofu, mushrooms, red onions, zucchini, tomatoes, spinach & topped with avocado  
**ADD SOY CHEESE 1.00**

**NORTHWEST SCRAMBLE** 10.99

Mushrooms, spinach, tomatoes, Tillamook cheddar, topped with wild smoked salmon

## OMELETTES

**DOWN TO EARTH OMELETTE** 10.49

Ham, cream cheese, broccoli, mushrooms, and Tillamook cheddar

**MULTNOMAH VILLAGE OMELETTE** 10.49

Bacon, mushroom, red onions, spinach, & jack cheese

**VEGGIE OMELETTE (vegetarian)** 10.49

Red onions, tomatoes, mushrooms, zucchini, spinach, and your choice of cheese  
**ADD AVOCADO \$1.00**

**MEAT LOVERS OMELETTE** 11.49

Bacon, ham, sausage, red onion, mushroom & cheddar cheese

## BUILD YOUR OWN OMELETTE or SCRAMBLE

**(Up to 5 items: 1 protein, 3 veggies, & 1 cheese)** 10.99

**Choose your Veggies:** mushrooms, red onion, green peppers, tomatoes, spinach, broccoli, zucchini

**Choose your Protein:** ham, bacon, turkey bacon, sausage or veggie links

**Choose your Cheese:** Tillamook cheddar, parmesan, feta, cream cheese, or goat cheese

**Choose EXTRA Toppings:** avocado (**EXTRA \$1.00**), salsa or sour cream (**EXTRA \$0.50**)

## BENEDICTS \*

**ADD AVOCADO \$1.50**

**EGGS FLORENTIN (vegetarian) \*** 10.99

with two poached eggs on an English muffin with Scratch made Hollandaise sauce; served with home fries

**AVOCADO BENEDICT (vegetarian) \*** 11.99

Sautéed spinach topped with tomato & avocado, topped with two poached eggs on an English muffin with Scratch made Hollandaise sauce; served with home fries

**SALMON BENEDICT \*** 14.99

Wild salmon fillet topped with two poached eggs served on an English muffin with Scratch made Hollandaise sauce; served with home fries

**HAM or BACON BENEDICT \*** 11.99/12.99

Smoked ham or bacon topped with two poached eggs on an English muffin with Scratch made Hollandaise sauce; served with home fries

\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

# BREAKFAST SANDWICHES & BURRITOS

<b>MONTE CRISTO</b>	11.99
Egg bread dipped in our special French toast batter, grilled with turkey, ham & Swiss cheese; served with your choice of home fries or cottage cheese	
<b>CALIFORNIA BREAKFAST PANINI</b>	10.49
Omelette, cheddar cheese, tomato, avocado, spinach, red onion, lettuce, and ham, grilled in a ciabatta roll	
<b>ITALIAN BREAKFAST PANINI</b>	10.49
Omelette with prosciutto, Swiss cheese, basil & caramelized red onion; grilled in a ciabatta roll	
<b>BREAKFAST BURRITO</b>	10.49
Flour tortilla filled with eggs, potatoes, red onion, green peppers, Tillamook cheddar cheese, tomato, & ham; topped with avocado; served with sour cream & salsa	
<b>VEGAN BREAKFAST BURRITO (vegan)</b>	10.49
Flour tortilla filled with tofu scrambled with potatoes, red onions, green peppers, and tomatoes; topped with avocado and served with salsa	
<b>ADD SOY CHEESE \$1.00</b>	
<b>CALIFORNIA CHICKEN BREAKFAST BURRITO</b>	11.49
Flour tortilla filled with chicken, eggs, potatoes, red onions, black beans, corn, tomatoes & cheddar cheese; topped with avocado & served with sour cream & salsa	
<b>STEAK BREAKFAST BURRITO</b>	11.49
Flour tortilla filled with steak, eggs, potatoes, red onions, green peppers, tomatoes & cheddar cheese; served with sour cream & salsa	
<b>BREAKFAST BAGEL/ENGLISH MUFFIN SANDWICH</b>	6.99
1 egg, choice of ham, bacon, turkey bacon or avocado with tomato and melted Tillamook cheddar cheese	

## SWEET EATS

<b>DOWN TO EARTH FRENCH TOAST</b>	10.99
Two slices of Organic challah French toast (secret recipe batter) topped with whip cream, seasonal fruit and candied walnuts; served with your choice of protein	
<b>STUFFED FRENCH TOAST</b>	11.99
Organic hallah French toast stuffed with organic cream cheese strawberry jam filling; topped with fresh fruit; served with your choice of protein	
<b>DOWN TO EARTH WAFFLE</b>	9.49
Scratch made waffle topped with fresh fruit, powder sugar & whip cream	

## BREAKFAST SIDES

2 Eggs	\$3.50	Fries	\$3.00
Bacon, Turkey Bacon, Veggie Links, Sausage	4.00	Toast	\$2.00
1 Slice French Toast	\$4.99	English Muffin	\$2.00
Cottage cheese	\$3.00	Bagel with cream cheese	\$3.00
Seasonal fruit cup	\$3.00	Gluten Free Toast	\$2.50

## KIDS MENU

<b>KID'S SCRAMBLES</b>	5.99
Kids-size ham and cheddar cheese scramble. Served with a toast & a choice of home fries or cottage cheese	
<b>KIDS' DOWN TO EARTH FRENCH TOAST</b>	5.99
One slice of organic challah French toast (secret recipe batter) topped with whip cream, & seasonal fruit; served with 1 scrambled egg	
<b>GRILLED CHEESE</b>	5.99
Grilled Tillamook Cheddar cheese sandwich; served with chips or sliced apples	
<b>ADD TURKEY or HAM \$2.00</b>	
<b>CHEESE QUESADILLA</b>	5.99
Tillamook Cheddar cheese grilled on a flour tortilla; served with chips or sliced apples	
<b>ADD GRILLED CHICKEN \$2.00</b>	
<b>PEANUT BUTTER &amp; JELLY</b>	4.99
Organic peanut butter & organic strawberry jam sandwich on your choice of bread; served with chips or sliced apples	

## LUNCH

**ALL SANDWICHES & BURGERS SERVED WITH KETTLE CHIPS OR ORGANIC MIXED GREENS SALAD (SUBSTITUTE A CUP OF SOUP \$2.00)**

### COLD SANDWICHES

**BUILD YOUR OWN SANDWICH** 8.99

Choose your Bread: wheat, sourdough, marble rye, or Italian white

Choose your Condiments: mayo (plain, herb, or pesto), yellow mustard, Dijon mustard

Choose your Protein (1 protein): Oven-roasted turkey, smoked ham, salami, or Tuna

Choose your Veggies (3 veggies): lettuce, tomato, red onion, cucumber, spinach, mushrooms, green peppers, pepperoncini's, roasted red peppers

Choose your Cheese (1 cheese): Tillamook cheddar, Swiss, provolone, cream cheese, or soy cheese

**CHICKEN SALAD SANDWICH** 8.99

Salad made with chicken, walnuts, grapes, celery, onion, mayo & mustard; served w/ lettuce & tomato

**TUNA SALAD SANDWICH OR MELT** 9.49

Tuna salad with tomato, Swiss cheese, and Dijon mustard on your choice of bread

**THE VILLAGE VEGGIE (vegetarian)** 9.49

Tomato, lettuce, onion, cucumber, spinach, cream cheese, avocado, Tillamook cheddar; on wheat toast

**BETTER THAN BLT** 10.99

Turkey, bacon, mayo, lettuce, tomato, & avocado on your choice of bread

**"THE CLUB"** 10.99

A double-decker favorite: turkey, bacon, mayo, lettuce, tomato on 3 slices of Italian white bread

### HOT SANDWICHES

**TERIYAKI TOFU SANDWICH (vegan)** 9.99

Grilled teriyaki tofu w/ grilled mushrooms & onions, tomato, lettuce, & sweet chili sauce; on your choice of bread

**GRILLED BRIE (vegetarian)** 9.49

A much better grilled cheese; with tomato, on sourdough bread

**ADD HAM, TURKEY or PEAR & MIXED GREENS FOR \$2.00**

**PASTRAMI REUBEN/TURKEY REUBEN** 10.99

Grilled pastrami with 1000Island dressing, sauerkraut, Swiss cheese on a marble rye

**SANTA FE SANDWICH** 10.99

All natural chicken breast with Aioli sauce, roasted red pepper, red onion, avocado, & jack cheese; on your choice of toast

**STEAK SANDWICH** 10.99

All natural grilled steak served w/ sautéed onions & mushrooms, & provolone cheese, grilled on a ciabatta roll

### PANINI SANDWICHES

**CAPRESE PANINI (vegetarian)** 9.99

Basil, tomato, fresh mozzarella, pesto, grilled on a ciabatta roll

**TURKEY AL PESTO PANINI/CHICKEN AL PESTO PANINI** 10.99

Turkey or chicken, House Pesto Mayo, tomato, red onion, & provolone cheese; grilled on a ciabatta roll

**CHIPOLTE TURKEY or CHICKEN PANINI** 10.99

Oven Turkey or chicken, House Chipotle mayo, tomato, red onion, & provolone cheese; grilled on a ciabatta

**PANINI ITALIANO** 11.99

Basil, fresh mozzarella, salami, prosciutto, roast red pepper & pepperoncini with House Pesto Mayo; grilled on a ciabatta roll

**SMOKED SALMON PANINI** 11.99

Wild smoked salmon, tomato, red onion, & provolone cheese with House Herb Mayo; grilled on a ciabatta roll

**CORDON BLEU PANINI** 11.99

Grilled chicken breast, ham, tomato, red onion & Swiss cheese with House Pesto Mayo; grilled on a ciabatta roll

## PITA SANDWICHES

- GRILLED CHICKEN OR STEAK GYRO** 9.99/10.99  
All natural grilled CHICKEN or STEAK with tomato, lettuce, cucumber, red onion, House Tzatziki, crumbled feta on a pita bread
- FALAFEL SANDWICH (vegetarian or vegan option available)** 10.99  
Falafel patties with tomato, lettuce, cucumber, red onion, House Tzatziki sauce, & crumbled feta on pita bread
- HUMMUS PLATE** 8.99  
HOUSE made hummus plate; served with olives, feta cheese & wheat pita bread

## BURGERS \*

- GRILLED GARDENBURGER® (vegetarian)** 9.99  
GARDENBURGER topped with sautéed mushrooms, & cheddar cheese, House Herb Mayo, tomato, lettuce, & red onion,
- WILD ALASKAN SALMON BURGER** 9.99  
Wild Salmon burger with House Herb Mayo, tomato, lettuce, & red onion
- DOWN TO EARTH HAMBURGER** \* 9.99  
All natural COUNTRY BEEF with mayo, lettuce, tomato & red onion
- BACON CHEESEBURGER** \* 12.99  
All natural COUNTRY BEEF topped with bacon & your choice of cheese, with mayo, lettuce, tomato, & red onion
- MUSHROOM SWISSBURGER** \* 11.99  
All natural COUNTRY BEEF topped with Swiss cheese & sautéed mushroom with mayo, lettuce, tomato & red onion
- AVOCADO HAMBURGER** \* 11.99  
All natural COUNTRY BEEF topped with avocado, pepperoncini & cheddar cheese, with mayo, lettuce, tomato, & red onion

## DOWN TO EARTH SPECIAL

- STIR FRY** 11.99  
Sautéed vegetables cooked with your choice of STEAK, CHICKEN, OR TOFU & served over Basmati white rice

## SALADS

- CAESAR SALAD** 7.99  
**ADD CHICKEN \$3.00**
- ORGANIC MIXED GREENS WITH MAPLE BALSAMIC VINAIGRETTE or DIJON BALSAMIC VINAIGRETTE (vegan)** 7.99  
**ADD CHICKEN \$3.00**  
**ADD WILD SALMON \$5.00**
- AUTUMN HARVEST SALAD (vegetarian)** 9.99  
Organic mixed greens tossed with Maple Balsamic Vinaigrette, topped with pears, apples, goat cheese, & candied walnuts
- GREEK SALAD (vegetarian)** 9.99  
Romaine lettuce, cucumber, tomato, red onion, feta cheese, & Kalamata olives; tossed with Balsamic Vinaigrette
- CHICKEN PEAR SALAD** 10.99  
Organic mixed greens topped with grilled chicken, pear, & gorgonzola; tossed with House Maple Balsamic Vinaigrette or Dijon Balsamic Vinaigrette
- WILLAMETTE VALLEY SALAD** 11.99  
Organic mixed greens with red grapes, apples, celery, gorgonzola, candied walnuts, & chicken breast; tossed with Dijon Vinaigrette
- SW BBQ CHICKEN SALAD** 11.99  
Chopped romaine lettuce, tomato, organic corn & black beans, Monterey Jack cheese & tossed with Ranch dressing; topped with crisp house tortilla strips & BBQ chicken
- SIDE SALAD** 5.49  
Smaller versions of Organic Mixed Greens or Caesar. Dressing: Ranch, Caesar, 1000 island, French, Maple Balsamic or Dijon Balsamic Vinaigrette 6.49

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## SOUP & COMBOS

<b>SCRATCHMADE SOUPS MADE DAILY</b>	<b>\$3.99/cup</b>	<b>\$5.99/bowl</b>	
<b>SOUP AND SALAD COMBO</b>			<b>8.99</b>
A CUP OF SOUP & YOUR CHOICE OF A SIDE SALAD (MIXED GREENS, OR CAESAR)			
<b>SOUP AND SANDWICH COMBO</b>			<b>8.99</b>
A CUP OF SOUP AND 1/2 OF A <u>BUILD YOUR OWN SANDWICH</u>			

## ORGANIC SMOOTHIES

### **ADD BOOSTERS TO YOUR SMOOTHIES FOR \$1.00 EACH :**

protein powder, spirulina, walnuts, sesame, sunflower, flax seeds

**HEALTH NUT (vegan)** **7.99**

Organic apple juice, sunflower & sesame seeds, flax seeds, parsley, frozen peaches, frozen bananas, & protein powder

**MERRY BERRY (vegan)** **6.49**

Organic grape juice, blueberry, raspberry, strawberry, & walnuts  
**(SMOOTHIE MADE WITH NUTS)**

**STRAWBERRY BANANA MADNESS** **6.49**

Organic apple juice, Vanilla frozen yogurt, strawberry, & banana. **KIDS FAVORITE!**

**TROPICAL BURST** **6.49**

Organic orange juice, Vanilla frozen yogurt, pineapple, & peach

**MANGO BANGO** **6.49**

Yogurt, mango, banana, & honey

**MANGO MANIA (vegan)** **6.49**

Organic orange juice, mango, banana, & ginger root (juiced)

## ORGANIC FRESH JUICES

**BUNNY LUV** **3.99/12oz**

Pure organic carrot juice **4.99/16oz**

**DOWN TO EARTH MEDLEY** **4.99/12oz**

Apple, beet, carrot and ginger **5.99/16oz**

**DRINK YOUR VEGGIES (and fruit)** **5.99/12oz**

Carrot, apple, spinach, frozen pineapple, and walnuts **6.99/16oz**

**GREEN FURY** **5.49/12oz**

Spinach, parsley, cucumber, and celery **6.49/16oz**

**BUILD YOUR OWN JUICE** **5.49/12oz**

Choose 3: Apple, beet, carrot, apple, spinach, or frozen pineapple **6.49/16oz**

## OTHER BEVERAGES

<b>COFFEE (Stumptown regular or decaf)</b>	<b>\$2.50</b>	<b>NATURAL BLUE SKY® SODAS</b>	<b>\$2.50</b>
<b>STASH® TEA (Assorted)</b>	<b>\$2.50</b>	<b>Coke, Diet Coke &amp; 7 UP</b>	<b>\$2.00</b>
<b>HOUSE ICE TEA (Brewed daily)</b>	<b>\$3.00</b>	<b>V8®</b>	<b>\$2.50</b>
<b>HOT CHOCOLATE (Topped with Whip Cream)</b>	<b>\$3.00</b>	<b>IIZZY SODA</b>	<b>\$2.50</b>
<b>JUICES (Orange, Apple, Cranberry, Grape)</b>	<b>\$2.00/3.50</b>	<b>ASSORTED HANSEN SODA</b>	<b>\$2.50</b>
<b>MILK ( 2%)</b>	<b>\$2.00/\$4.00</b>	<b>MIMOSA (12 ounces)</b>	<b>\$6.00</b>
<b>ALMOND MILK/SOY MILK</b>	<b>\$2.50/\$4.00</b>	<b>SPARKLING WATER</b>	<b>\$2.50</b>

## BEER

**by the glass**

<b>Black Butte Potter</b>	<b>\$4.00</b>	<b>Drop Top Amber Ale</b>	<b>\$4.00</b>
<b>Bridgeport IPA</b>	<b>\$4.00</b>	<b>HEINEKEN</b>	<b>\$4.00</b>
<b>BUD LIGHT</b>	<b>\$4.00</b>	<b>Hefeweizen</b>	<b>\$4.00</b>
<b>CORONA</b>	<b>\$4.00</b>		

## WINE

**by the bottle**

### **HOUSE RED WINE**

<b>Domino—Malbec</b>	<b>\$6.00</b>	<b>Domino—Chardonnay</b>	<b>\$6.00</b>
<b>Domino—Shiraz</b>	<b>\$6.00</b>	<b>Domino—Pinot Grigio</b>	<b>\$6.00</b>

### **HOUSE WHITE WINE**