

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 * 9.50

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

GREEK SCRAMBLE (vegetarian) 10.50

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

COWBOY SCRAMBLE 12.00

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

TOFU SCRAMBLE (vegan) 11.50

Firm tofu, mushrooms, red onions, zucchini, tomatoes, spinach & topped with avocado

ADD SOY CHEESE 1.00

NORTHWEST SCRAMBLE 12.50

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

OMELETTES

DOWN TO EARTH OMELETTE 11.50

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

MULTNOMAH VILLAGE OMELETTE 11.50

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

VEGGIE OMELETTE (vegetarian) 11.50

Red onions, tomatoes, mushrooms, zucchini, spinach, and your choice of cheese

ADD AVOCADO \$1.00

MEAT LOVERS OMELETTE 12.50

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

BUILD YOUR OWN OMELETTE or SCRAMBLE

(Up to 5 items: 1 protein, 3 veggies, & 1 cheese) 11.50

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) * 11.50

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

AVOCADO BENEDICT (vegetarian) * 12.50

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 * 16.00

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 * 12.50/13.50

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

MONTE CRISTO	12.50
Challah bread dipped in our special French toast batter, grilled with turkey, ham & Swiss cheese; served with your choice of home fries or cottage cheese	
CALIFORNIA BREAKFAST PANINI	11.00
Omelette, cheddar cheese, tomato, avocado, spinach, red onion, lettuce, and ham, grilled in a ciabatta roll	
ITALIAN BREAKFAST PANINI	11.00
Omelette with prosciutto, Swiss cheese, basil & caramelized red onion; grilled in a ciabatta roll	
BREAKFAST BURRITO	11.50
Flour tortilla filled with eggs, potatoes, red onion, green peppers, Tillamook cheddar cheese, tomato, & ham; topped with avocado; served with sour cream & salsa	
VEGAN BREAKFAST BURRITO (vegan)	11.50
Flour tortilla filled with tofu scrambled with potatoes, red onions, green peppers, and tomatoes; topped with avocado and served with salsa	
	ADD SOY CHEESE \$1.00
CALIFORNIA CHICKEN BREAKFAST BURRITO	12.50
Flour tortilla filled with chicken, eggs, potatoes, red onions, black beans, corn, tomatoes & cheddar cheese; topped with avocado & served with sour cream & salsa	
STEAK BREAKFAST BURRITO	12.50
Flour tortilla filled with steak, eggs, potatoes, red onions, green peppers, tomatoes & cheddar cheese; served with sour cream & salsa	
BREAKFAST BAGEL/ENGLISH MUFFIN SANDWICH	7.50
1 egg, choice of ham, bacon, turkey bacon or avocado with tomato and melted Tillamook cheddar cheese	

SWEET EATS

DOWN TO EARTH FRENCH TOAST	12.00
Two slices of challah French toast (secret recipe batter) topped with whip cream, seasonal fruit and candied walnuts; served with your choice of protein	
STUFFED FRENCH TOAST	13.00
Challah French toast stuffed with organic cream cheese strawberry jam filling; topped with fresh fruit; served with your choice of protein	
DOWN TO EARTH WAFFLE	10.00
Scratch made waffle topped with fresh fruit, powder sugar & whip cream	

BREAKFAST SIDES

2 Eggs	\$4.00	1 Slice French Toast	\$5.00
Bacon, Turkey Bacon, Veggie Links, Sausage	4.50	Avocado Toast	\$5.50
Home Fries	\$3.00	Toast or English Muffin	\$2.25
Seasonal fruit cup	\$3.00	Bagel with cream cheese	\$3.50
Cottage cheese	\$3.00	Gluten Free Toast	\$3.00

KIDS MENU

KID'S SCRAMBLES	6.00
Kids-size ham and cheddar cheese scramble. Served with a toast & a choice of home fries or cottage cheese	
KIDS' DOWN TO EARTH FRENCH TOAST	6.50
One slice of organic challah French toast (secret recipe batter) topped with whip cream, & seasonal fruit; served with 1 scrambled egg	
GRILLED CHEESE	6.00
Grilled Tillamook Cheddar cheese sandwich; served with sliced apples	
	ADD TURKEY or HAM \$2.00
CHEESE QUESADILLA	6.00
Tillamook Cheddar cheese grilled on a flour tortilla; served with sliced apples	
	ADD GRILLED CHICKEN \$3.00
PEANUT BUTTER & JELLY	5.00
Organic peanut butter & organic strawberry jam sandwich on your choice of bread; served with sliced apples	

LUNCH

ALL SANDWICHES & BURGERS SERVED WITH KETTLE CHIPS OR ORGANIC MIXED GREENS SALAD (SUBSTITUTE A CUP OF SOUP \$2.50)

COLD SANDWICHES

BUILD YOUR OWN SANDWICH 9.50

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 9.50

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

TUNA SALAD SANDWICH OR MELT 10.00

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

THE VILLAGE VEGGIE (vegetarian) 10.00

Tomato, lettuce, onion, cucumber, spinach, cream cheese, avocado, Tillamook cheddar; on your choice of bread

BETTER THAN BLT 11.50

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

"THE CLUB" 11.50

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

HOT SANDWICHES

TERIYAKI TOFU SANDWICH (vegan) 10.50

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

GRILLED BRIE (vegetarian) 10.00

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

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

PASTRAMI REUBEN/TURKEY REUBEN 11.50

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

SANTA FE SANDWICH 11.50

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

STEAK SANDWICH 11.50

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

PANINI SANDWICHES

CAPRESE PANINI (vegetarian) 10.50

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

TURKEY AL PESTO PANINI/CHICKEN AL PESTO PANINI 11.50

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

CHIPOLTE TURKEY or CHICKEN PANINI 11.50

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

PANINI ITALIANO 13.00

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

SMOKED SALMON PANINI 13.00

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

CORDON BLEU PANINI 13.00

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

PITA SANDWICHES

- GRILLED CHICKEN OR STEAK GYRO** 11.00/12.00
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)** 11.50
Housemade falafel patties with tomato, lettuce, cucumber, red onion, House Tzatziki sauce, & crumbled feta on a pita bread

BURGERS *

- GRILLED GARDENBURGER® (vegetarian)** 11.00
GARDENBURGER topped with sautéed mushrooms, & cheddar cheese, topped with House Herb Mayo, tomato, lettuce, & red onion,
- WILD ALASKAN SALMON BURGER** 11.00
Wild Salmon burger with House Herb Mayo, tomato, lettuce, red onion & pickles
- DOWN TO EARTH HAMBURGER *** 10.50
Cascade natural beef with mayo, lettuce, tomato, red onion & pickles
- BACON CHEESEBURGER *** 13.50
All Natural Angus Beef topped with bacon & your choice of cheese, topped with mayo, lettuce, tomato, red onion & pickles
- MUSHROOM SWISSBURGER *** 12.50
All Natural Angus Beef topped with Swiss cheese & sautéed mushroom topped with mayo, lettuce, tomato, red onion & pickles
- AVOCADO HAMBURGER *** 12.50
All Natural Angus Beef topped with avocado, pepperoncini & cheddar cheese, with mayo, lettuce, tomato, & red onion

DOWN TO EARTH SPECIALS

- STIR FRY** 12.50
Sautéed vegetables cooked with your choice of STEAK, CHICKEN, OR TOFU & served over Basmati white rice or brown rice (seasoned with Teriyaki or Tamari soy sauce)
- HUMMUS PLATE** 10.00
HOUSE made hummus plate; served with olives, feta cheese & wheat pita bread

SALADS

- CAESAR SALAD** 8.50
ADD CHICKEN \$3.50
- ORGANIC MIXED GREENS WITH HOUSE MAPLE BALSAMIC VINAIGRETTE** 8.50
or **HOUSE DIJON BALSAMIC VINAIGRETTE (vegan)**
ADD CHICKEN \$3.50
ADD SALMON or STEAK \$5.00
- AUTUMN HARVEST SALAD (vegetarian)** 10.50
Organic mixed greens tossed with Maple Balsamic Vinaigrette, topped with pears, apples, goat cheese, & candied walnuts
- GREEK SALAD (vegetarian)** 10.50
Romaine lettuce, cucumber, tomato, red onion, feta cheese, & Kalamata olives; tossed with Balsamic Vinaigrette
- CHICKEN PEAR SALAD** 12.00
Organic mixed greens topped with grilled chicken, pear, & gorgonzola; tossed with House Maple Balsamic Vinaigrette or Dijon Balsamic Vinaigrette
- WILLAMETTE VALLEY SALAD** 12.50
Organic mixed greens with red grapes, apples, celery, gorgonzola, candied walnuts, & chicken breast; tossed with Dijon Vinaigrette
- SW BBQ CHICKEN SALAD** 12.50
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** 6.00
Smaller versions of Organic Mixed Greens or Caesar. Dressing: HOUSE Maple Balsamic or HOUSE Dijon Balsamic Vinaigrette, Ranch, Caesar, or 1000 island
- SIDE GREEK SALAD** 7.00

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SOUP & COMBOS

SCRATCH MADE SOUPS MADE DAILY \$4.00/cup \$6.50/bowl

SOUP AND SALAD COMBO

A CUP OF SOUP & YOUR CHOICE OF A SIDE SALAD (MIXED GREENS, OR CAESAR) 9.50

SOUP AND SANDWICH COMBO

A CUP OF SOUP AND 1/2 OF A BUILD YOUR OWN SANDWICH 9.50

SMOOTHIES

ADD BOOSTERS TO YOUR SMOOTHIES FOR \$1.00 EACH :

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

HEALTH NUT (vegan)

7.50

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

MERRY BERRY (vegan)

7.00

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

STRAWBERRY BANANA MADNESS

7.00

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

TROPICAL BURST

7.00

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

MANGO BANGO

7.00

Yogurt, mango, banana, & honey

MANGO MANIA (vegan)

7.00

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

FRESH JUICES

BUNNY LUV

4.50/12oz

Pure organic carrot juice

5.50/16oz

DOWN TO EARTH MEDLEY

5.50/12oz

Apple, beet, carrot and ginger

6.50/16oz

DRINK YOUR VEGGIES (and fruit)

6.50/12oz

Carrot, apple, spinach, frozen pineapple, and walnuts

7.50/16oz

GREEN FURY

6.00/12oz

Spinach, parsley, cucumber, and celery

7.00/16oz

BUILD YOUR OWN JUICE

6.00/12oz

Choose 3: Apple, beet, carrot, celery, cucumber, ginger, spinach, or frozen pineapple

7.00/16oz

OTHER BEVERAGES

COFFEE (Stumptown regular or decaf) \$2.75 House Lemonade \$3.00

ESPRESSO (Stumptown regular) \$2.50 NATURAL BLUE SKY® SODAS \$2.50

Latte/Cappuccino (2% Milk/Almond or Soy) 3.50/4.00 Coke, Diet Coke & 7 UP \$2.00

STASH® TEA (Assorted) \$2.75 V8® \$2.50

Ice Coffee (Brewed daily) or HOUSE ICE TEA \$3.00 IZZY SODA \$2.50

HOT CHOCOLATE (Topped with Whip Cream) \$3.00 ASSORTED HANSEN SODA \$2.50

JUICES (Orange, Apple, Cranberry, Grape) \$2.50/4.00 MIMOSA (12 ounces) \$6.00

MILK (2%) \$2.50/\$4.00 SPARKLING WATER \$2.50

ALMOND MILK/SOY MILK \$3.00/\$4.50

BEER by the bottle

Black Butte Potter \$4.00 Drop Top Amber Ale \$4.00

Bridgeport IPA \$4.00 HEINEKEN \$4.00

CORONA \$4.00 Hefeweizen \$4.00

WINE

by the glass

HOUSE RED WINE

Domino—Malbec \$6.00 Domino—Chardonnay \$6.00

Domino—Shiraz \$6.00 Domino—Pinot Grigio \$6.00