

Earth Mothers loves organic foods. Every egg that's cracked and every drop of milk that's poured is 100% organic. We pledge to use as many organic ingredients as possible in all our healthy home style recipes.



Earth Mothers®

Chicago's Freshest Organic Café

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5-17-04

## Lunch

Served Monday > Friday 11:00 - 3:00

Marinated Organic Tofu with homemade spicy vegan ginger ketchup, plus sauteed greens on a grilled rosemary scented bollo roll	\$7.50
Cheeseburger – Earth Mothers' style – from the Wettstein Farm in southern Illinois comes our 1/3# organic ground beef patty served on grilled rustic white bread w/ Vermont white cheddar and roasted red onions. This is proof positive organic meats taste better.	9.00
Earth Daddy Cheeseburger – organic beef patty, goat cheese, sauteed greens and homemade ginger ketchup on multi-grain toast	10.50
Bacon (Beeler Farms, no nitrates or nitrites added), Lettuce & Tomato sandwich on organic multi-grain toast	6.50
Earth Mothers' Patti Melt – a homemade all-vegetable veggie burger plus cheddar cheese and roasted red onions on grilled rustic white bread – the ultimate veggie burger experience. Plus homemade coleslaw.	7.50
Roasted Beet Sandwich with goat cheese and sautéed greens on grilled rustic white bread	7.00
Hummus and vegetable sandwich on toasted organic multi-grain bread	5.50
Warm, Home Roasted Turkey Breast Sandwich with thinly sliced roasted yams and homemade chutney served on toasted organic multi-grain bread	7.50
Chicken Caesar Sandwich made with an Amish free range chicken breast, shaved parmigiano and crispy Caesar dressed red romaine on a grilled rosemary roll	7.50
A simple Tuna Salad Sandwich with butter lettuce and tomato slices	6.50
Egg Salad Sandwich with carrots, capers and tarragon on grilled rustic white bread	5.00
• Plus wild-caught smoked salmon	8.00
Herb Roasted Seasonal Vegetables and goat cheese on grilled rustic white bread	7.00
Curried Cauliflower Sandwich with bibb lettuce, black sesame seeds and tomatoes on grilled organic multi-grain bread	6.50
The Best Grilled Cheese you'll ever have - Vermont white cheddar grilled on rustic white bread	5.00
• Plus sauteed greens	6.50
<b>Salads</b> • A flavorful selection of Low Carb meals	
The Big Salad – organic mixed greens and seasonal vegetables served with our house dressing	7.00
The Not-So-Big Salad – like the Big Salad above only... not so big	4.00
The Big Chef's Salad – the Big Salad topped with cheeses and home roasted turkey, or grilled tofu, or grilled lemon pepper chicken...	9.00
• or choose white Albacore tuna or smoked salmon...	10.00
Not-So-Big Chef's Salad	7.00
Caesar Salad (egg-free!) with shaved parmigiano	7.00 or 4.00
Roasted Beets and Goat Cheese Salad tossed with fresh greens and topped with spiced walnuts	8.00 or 5.00

### Today's Homemade Soups

cup	3.50
bowl	6.00

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Soy Cheese (pepper jack) available on any item	.50
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# Beverages

## Juices

Fresh Organic Orange or Carrot, or an Earth Mothers' Carrot Zinger – an energetic blend of carrot, celery, apples, ginger and lime.	small	\$4.50
	med.	6.25
	large	8.25

**Seasonal Fruit Shakes and Smoothies** – ask for details – but you can always get an Orange Sunrise – orange juice, a frozen banana and dates 4.50

## Coffee

Earth Mothers' custom blended coffee from Intelligentsia	small	1.50
	large	2.00
Espresso	single	1.50
	double	2.00
Cappuccino, Latte, Café Mocha and Hot Chocolate	single	3.00
	double	3.75
Extra shot of espresso		.50

## Tea

<b>Black Tea</b>		
ORGANIC Darjeeling		3.50
ORGANIC Citron Oolong		3.50
ORGANIC Earl Grey		3.50
ORGANIC Golden Yunnan		3.50
Irish Breakfast Decaf		3.50
<b>Green Teas</b>		
ORGANIC Moroccan Mint - green tea with peppermint		2.50
ORGANIC Osthmanthus Green Tea		2.50
ORGANIC Dragon Pearl		2.50
<b>White Tea</b>		
ORGANIC Jasmine Silver Needle		4.50
<b>Herbal Decaffeinated Teas</b>		
Chamomile Flowers		3.50
Rooibos Cape Garden		3.50

<b>Homemade Chai</b>	small	3.00
	large	3.75

**Organic Milk** 2.50

**Sweet Lassi** – made with homemade yogurt 4.00

**Spiced Water** – a hot water infusion of seasonal herbs and spices 1.00