

## Earth Tonz Sandwiches, Wraps & Paninis\*

*Orders come with Home-Made Corn Salad Side and Organic Blue Corn Chips*

|   |        |   |
|---|--------|---|
| "Big Apple Melt"- Organic apple butter, fresh apple slices ground cinnamon & cheddar cheese on organic whole wheat panini.                        | \$6.75 | V |
| "BK-BLT"- Bacon! Fresh Romaine lettuce, sliced tomatoes, dairy free, gluten free mayo, seated on our organic sour dough bun.                      | \$7.50 | V |
| "Kalia Cutlet"- grilled breaded chicken (no soy) breast, fresh arugula, vegetables, organic honey mustard, avocado on organic whole wheat square. | \$8.50 | V |
| "Bed Stuy Stir Fri" Wrap- Sliced chicken (no soy), w/organic, (wheat free) teriyaki sauce and fresh grilled vegetables.                           | \$8.50 | V |
| "The Dub"- Taste the Caribbean. Chicken (no soy) in jerk sauce; w/fresh vegetables and organic mozzarella on a black-bean wrap.                   | \$8.50 | V |
| "Jive Turkey"- vegan turkey. w/grilled vegetables, mozzarella, fresh arugula & roasted red pepper tapenade. On a roasted red pepper wrap.         | \$8.50 | V |
| "Sunshine" Panini- Organic mozzarella & parmesan cheese, organic walnuts & lemon zest served in a sunshine panini.                                | \$7.95 | V |
| "Betta Feta" Panini- Sautéed peppers, organic feta cheese, dried oregano, lemon zest, olive oil, w/pesto sauce served in a spinach panini.        | \$7.95 | V |

\* V= vegan upon request

ALL items are **100% meat-less**  
And  
Deliciously made fresh  
to order

*Gourmet Meatless Alternatives For the Health-Conscious*

## *Sandwiches, Wraps & Paninis\* (cont'd)*

*Orders come with Home-Made Corn Salad Side and Organic Blue Corn Chips*

|   |        |   |
|---|--------|---|
| "B-63"- Grilled veggie & cheese panini- Fresh zucchini, squash, onions, pepper and melted cheddar cheese on a spinach panini. | \$7.95 | V |
| "Bada Bing"- Vegan Italian sausage w/homemade marinara sauce and mozzarella in a organic hoagie.                              | \$9.50 | V |
| "Philadelphia"- Vegan Philly cheese steak w/fresh grilled peppers and onions, organic cheddar cheese, in an organic hoagie.   | \$9.50 | V |

### *Classics\**

*Orders come with Home-Made Corn Salad Side and Organic Blue Corn Chips*

|  |        |   |
|--|--------|---|
| "Classic" Tomato and Mozzarella- Fresh plum tomato & organic mozzarella cheese grilled to perfection! Served on wheat free spelt loaf or grilled panini. | \$4.50 | V |
| "The New" PB&J- Organic almond butter w/ whole black cherry or currant jelly served on whole wheat bread. No artificial flavors. no cane sugar.          | \$4.50 | V |

### *Burgers\**

*Orders come with Home-Made Corn Salad Side and Organic Blue Corn Chips*

|   |        |   |
|---|--------|---|
| "Five Spice Burger"- vegan burger patty w/house special five spices - basil, garlic, pepper, parsley & oregano. Served w/ fresh arugula & tomato on an organic          | \$7.95 | V |
| Earth Tonz "Tofurger"- home-made tofu patty. Served w/egg plant tapenade, mixed greens, sautéed mushrooms, shredded carrots, organic mozzarella                         | \$8.50 | V |
| "Bacon King Burger"- vegan burger patty, double vegan bacon, fresh romaine grilled red onions, tomato, mozzarella, & organic barbeque sauce. On organic sour dough bun. | \$9.50 | V |

\* V= vegan upon request

## **BIO-DEGRADABLE PACKAGING USED!!!**

**(Paper, Sugar Cane Plastic and Potato Cutlery)**

### *Salads*

|  |        |   |
|--|--------|---|
| "Side O' Salad"- Just want a little? Here it is; a fresh "Earth Tonz" Garden side salad.   | \$4.95 | V |
| Oriental Veggie Slaw- Fresh napa cabbage, shredded carrots, sliced green onions and fresh cilantro. house dressing, rice vinegar & organic sesame oil.         | \$6.50 | V |
| "Earth Tonz" Garden- fresh mesclun salad w/endives, arugula, radicchio, organic dried cranberries, walnuts, w/house raspberry vinaigrette.                     | \$7.50 | V |
| "5th Ave" Chicken Caesar Salad- Grilled chicken, romaine, fresh plum tomatoes, parmesan cheese served with Caesar dressing.                                    | 8.50   | V |
| "Mi Gente" Salad- roasted corn, fresh plum tomato, edamame & avocado salad home-made vinaigrette.  | \$6.50 | V |
| Madras tuna salad- Curry vegan tuna on a bed of fresh greens, topped w/red onions, shredded carrots & cherry tomato.   | \$8.50 | V |
| "Mid East" Vegan Salad- vegan fish w/organic cranberry, organic crushed walnuts, fresh sweet red onions, fresh dried herbs w/secret marinade.                  | \$8.50 | V |
| Mediterranean Salad- Classic Greek salad w/organic feta cheese on a bed of fresh romaine. cucumber, w/green & black olives & red onions. red wine vinaigrette. | \$8.50 | V |

\* V= vegan upon request

### *Soups*

*small \$3.50 large \$5*

**Soup of the Day- Delicious organic soup made daily**

## Beverages\*

*Zhena's Gypsy Teas 100% Organic and Free Trade*  
small \$2.40 large \$2.85

### **Caffeine Free**

**Red Lavender** - herbal tea, organic, fair trade  
rooibus with French Lavender

**Brazilian Berry** - Antioxidant herbal tea. Rich  
acai berry with mandarin, peach and rooibos

**Precious Lemon Rooibos** - Rooibos and herbal  
tea. W/honeybush with lemon myrtle, lavender  
and osmanthus flowers

**Pepper mint** - Herbal pepper mint tea  
(Yogi Brand Organic)

**Pomegranate Rose** - Decaffeinated green tea  
w/pomegranate and roses

### **Caffeinated**

**Sense of Peace** - Naturally lightly caffeinated  
white tea with Egyptian mint and sweet roses

**Passionate Peach** - Naturally caffeinated black  
tea with Georgia peach & ginger

### **Coffee Substitute-100% caffeine free**

w/Roasted Malted Barley, Barley  
and Chicory)

\* Teas and coffee substitute sweetened with all natural Agave  
Nectar (Safe for diabetics!!!)

### **Fresh Squeezed Juices- 100% Juice**

Apple Juice Carrot Juice House Blend

### **Bottled Beverages**

**Pomegranate w/Acai** - 100% Fruit Juice \$2.50  
No Added Sugar or Preservatives

**Volvic** - Natural Spring Water \$1.50 /  
16.9oz/33.3oz \$3.00

**Natural Switch Soda** \$2.00  
100% Carbonated Juice - No Added,  
Sugar or Preservatives

**Watermelon**      **Apricot Peach**  
**Strawberry**

**Orange**              **Kiwi Berry**  
**Tangerine**

## Earth Tonz Lunch Special & Desserts

### **Lunch Special Combo**

11pm - 4:30 pm M - F

### **Lunch Special Wrap**

with

Side o' Salad or Organic Small Soup  
And

16oz Volvic water

Served w/ Corn Side Salad Side, Shredded  
Carrots and Organic Blue Corn Chips

**\$9**

*Add Cookie/Cupcake \$1.00*  
(Applies to Wraps Only)

### **All Desserts are 100% VEGAN**

### **Cake/ Cupcakes/ Cookies**

**Red Velvet Cake** - rich vanilla butter \$4.95  
cream frosting.

**German Chocolate Cake** - w/ rich \$4.95  
coconut- walnut topping. Covered in  
sweet dried coconut

**Calypso Carrot Cake** - w/ pineapple, \$4.95  
coconut, walnuts and carrots. cream  
cheese frosting.

**Strawberry Cheese Cake** - Yes!! deli- \$5.50  
cious vegan cheesecake and  
Strawberry topping.

**Vanilla Almond/Chocolate Chip** \$1.85  
Cupcake

**Large Double Chocolate Chip/Peanut** \$1.75  
Butter

**Muffins/Biscotti/Scones** \$2.25

### **KIDS MENU AVAILABLE**

*Gourmet Meatless Alternatives For the  
Health-Conscious*



SOUPS, SANDWICHES, SALADS,  
WRAPS AND DESSERTS

ALL ITEMS ARE **100% MEAT-LESS**  
AND DELICIOUSLY MADE  
**FRESH TO ORDER**

### **Hours of Delightful Meat-Free Eating**

**Open Close**

**MONDAY—THURSDAY**

**11am - 9pm**

**FRIDAY**

**11am - Sunset (Sabbath Observant)**

**SATURDAY**

**Sunset- 11pm**

**SUNDAY**

**11am - 9pm**

**CARING FOR OUR BODIES AND  
HEALING THE PLANET**



**(\$10 Minimum)**

**Delivery Orders  
Welcome**

**(\$15 Minimum)**

**349 5th Ave**  
**(Btwn 4th and 5th Streets)**  
**718 395-1516**