



Earth Mothers serves Healthy Home Style cuisine
using the finest organic ingredients

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.

Breakfast

Updated 12-28

Served 9:00 - 11:30

	Tapioca French Toast made with challah bread and served with warm organic Wisconsin maple syrup	\$8.00
	The Best Egg Sandwich Ever - two Organic Valley eggs and Cabot Vermont cheddar plus preservative-free turkey sausage, served on your choice of grilled white or organic multi-grain toast	6.00
	Smoked Wild-Caught Salmon plate with choice of bagel	8.00
New	Hot Cereal Deluxe - multi-grain cereal, warm apples and figs, warm Wisconsin maple syrup, sliced almonds and cream. (Made to order, please allow 10 min.)	6.50
New	Toasted Manna Bread with warm spiced apples and cream	4.50
	Side of Turkey Sausage	3.50
I'm Back	Side of Bacon (Beeler Farms, no nitrates or nitrites added)	4.50



Earth Mothers serves Healthy Home Style cuisine
using the finest organic ingredients

Lunch

Updated 12-28

Served 11:30 - 4:00

	Marinated Organic Tofu with spicy ginger ketchup, plus sauteed greens on a 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 pane francese w/ Vermont white cheddar and caramelized red onions. This is proof positive organic meats taste better.	9.00
I'm Back	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 panne francese. Plus cole slaw with apple vinaigrette.	7.50
	Hummus and vegetable sandwich on organic multi-grain bread	5.50
	Warm, Home Roasted Turkey Breast Sandwich with thinly sliced roasted yams and cranberry chutney served on toasted organic multi-grain bread.	7.50
New	Chicken Caesar Sandwich made with an Amish free range chicken breast, shaved parmigiano and crispy Caesar dressed red romaine	7.50
	Roast Beef on a grilled rosemary roll with arugula, parmigiano, and homemade tapenade	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 pane francese • Plus wild-caught smoked salmon	5.00 8.00
	Herb Roasted Vegetables and goat cheese on grilled pane francese	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 pane francese • Plus sauteed greens	5.00 6.50
	Salads	
	The Big Salad - organic mixed greens, tomatoes, cucumbers and red clove sprouts 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 home roasted turkey and cheeses	9.00
New	Not-So-Big Chef's Salad	7.00
New	Caesar Salad (egg-free!) with shaved parmigiano. "Big" (7.00) or "Not-So-Big" (4.00)	
	Today's Homemade Soups	
		cup 3.50 bowl 6.00
	Soy Cheese (pepper jack) available on any item	.50
	Dessert	
	Banana Rum Raisin Bread Pudding with whipped cream	3.50

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

Fruit Smoothies

Mixed Berry 3.50
Strawberry Banana
Mango

Shakes

Banana Yogurt
Orange Sunrise – orange juice, frozen banana and dates 3.50
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 3.50

Black Tea

English Breakfast
Irish Breakfast
Irish Breakfast Decaf
Earl Grey
Chelsea Garden - a lively black tea with essence of strawberry and vanilla

Green Teas

Kukicha - a pure and bright flavored green tea
Morning Dew - a light green tea with subtle citrus scents. A great introduction to green tea.
Moroccan Mint - green tea with peppermint

White Tea

Organic Rose Silver Needles with rosebuds

Herbal Teas

Chamomile Flowers
Rooibos Cape Garden - from South Africa

Homemade Chai small 3.00
large 3.75

Raja's Cup Latte 2.50

Organic Milk 2.50

Sweet Lassi 4.00

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

New Hot Spiced Cider 2.50

Soft Drinks small 1.00
med. 1.50
large 1.75

Catering

Have Earth Mothers help plan and cater your next event! We will be glad to work with you to plan your next party. We have a variety of breakfast and lunch options to offer, as well as beautiful and delicious party trays featuring imported and boutique domestic cheeses. Please contact us for pricing and menus. Earth Mothers Cafe is available in the evening for your private party. We will be glad to provide refreshments and staff. Call us at (312) 587-7337 for details or e-mail: catering@earthmothers.com

Here is a recent example of a Cocktail Party Menu - it's a nice mix of vegetarian and meat, warm and cold. We'll be glad to make any adjustments to suit your event. Food will be provided on trays suitable for buffet or butler service.

- Herb Scented Stuffed Mushrooms (vegan)
- Organic Sweet Potato Pancakes topped with Caviar
- Amish Bleu Cheese Shortbreads topped with Cranberry Cream (vegetarian)
- Aged Jack Cheese and Organic Pear Slices in Crisp Puffs (vegetarian)
- Organic Ginger Glazed Amish Free Range Chicken Satay
- Wild-Caught Alaskan Smoked Salmon on Cucumber Rounds

Menu Suggestions and Pricing

Finger Sandwiches - \$24/dozen
Hummus and Fresh Vegetables
Egg Salad with Capers and Tarragon (w/ Wild Caught Smoked Salmon \$30/dozen)
Traditional Tuna Salad
Chicken Waldorf Salad with Grapes

Silver Dollar Sandwiches - \$36/dozen

More civilized than a deli tray - gourmet sandwiches on tiny buns - a small hearty bite

Rare Roast Beef w/ Rosemary Aioli
Roasted Turkey w/ Cranberry Chutney
Sliced Lamb w/ Rosemary Aioli

Trays

Crudité Tray w/ Organic cut vegetables with your choice of hummus or toasted coriander yogurt dip

Small - \$25 (serves 10)

Large - \$40 (serves 20)

Fine Cheese and cracker tray

Small - \$35 (serves 10)

Large - \$65 (serves 20)

Fruit and Cheese Tray - using fine cheeses and organic fresh fruits

Small - \$40

Large - \$75

Coffee Service - cup, stirrers, sweetener, organic cream

Coffee for 10 (in a disposable to go container) - \$20

For 50 people (includes the use of our thermal container) - \$89

Box Lunches

Sandwiches: Hummus, Curried Cauliflower, Tuna, Turkey or Roast Beef

Sandwich, Coleslaw and a Small Sweet - \$9

Sandwich, Coleslaw, Fruit and a Sweet - \$11

Sandwich, Coleslaw, Potato Chips, Fruit and a Sweet - \$12.50

Homemade Sweet Trays available with your choice of Cookies, Brownies, Cakes and Pies.



Earth Mothers®

Cafe, Market
and Catering