

WHOLE EARTH DELI

FRESH HOMEMADE VEGETARIAN SOUPS, SALADS, SANDWICHES, HOT ENTREES, AND DESSERTS

CALL AHEAD TO ORDER: 609-924-7421 • TAKE OUT OR ENJOY IN OUR CAFE

Here's why
our food is
so flavorful

FRESHNESS:

We cook from scratch using 100% organic vegetables (local when available)

QUALITY:

All of the beans, grains, and pastas we use are organic

PURITY:

We use filtered water in all of our cooking

WHOLE EARTH CENTER • 360 NASSAU STREET . PRINCETON • DELI HOURS: MON-SAT 9:30AM TO 5PM . SUN 10AM TO 4PM

OUR CLASSIC SANDWICHES

OUR SANDWICHES ARE MADE WITH 100% ORGANICALLY GROWN VEGETABLES.

Colby Cheese*

Colby cheese, organic mustard, mayo or Vegannaise, alfalfa sprouts, carrots, tomato, and red onion on whole wheat pita wrap

WHOLE \$7.50 • HALF \$4.50

Egg Salad

Local, free-range, antibiotic-free eggs, mayo, celery, sea salt, alfalfa sprouts, carrots, tomato, and red onion on whole wheat pita wrap

WHOLE \$7.50 • HALF \$4.50

Rainbow**

Our own tahini dressing, raw organic sunflower seeds, bell peppers, cucumbers, red cabbage, zucchini, alfalfa sprouts, carrots, tomato, and red onion on whole wheat pita wrap

WHOLE \$7.50 • HALF \$4.50

Vegan Cheddar "Cheese"

Field Roast Vegan Cheddar Chao Original, organic mustard, mayo or Vegannaise, alfalfa sprouts, carrots, tomato, and red onion on whole wheat pita wrap

WHOLE \$7.50 • HALF \$4.50

Hummus**

Our own hummus and tahini dressing, cucumbers, alfalfa sprouts, carrots, tomato, and red onion on whole wheat pita wrap

WHOLE \$7.50 • HALF \$4.50

In a hurry? Our Colby Cheese and Rainbow pre-made wraps on whole wheat pita are available in our Grab-n-Go case.

FROM OUR GRILL

OUR GRILLED ITEMS ARE MADE WITH 100% ORGANICALLY GROWN VEGETABLES.

Colby Cheese* Melt

Colby cheese, organic mustard, carrots, bell pepper, red onion, tomato, and zucchini, served on a whole wheat pita.

WHOLE \$7.50 • HALF \$4.50

BLT**

Lightlife Tempeh "Bacon," lettuce, red onion, tomato, mayo or Vegannaise on a whole wheat English muffin

\$7.50

Vegan Cheddar "Cheese" Melt

Field Roast Vegan Cheddar Chao Original, organic mustard, carrots, bell pepper, red onion, tomato, and zucchini on a whole wheat pita

WHOLE \$7.50 • HALF \$4.50

Fakin' Bakin' Melt

Colby cheese or Field Roast Vegan Cheddar Chao Original, carrots, tomato, red onion, organic mustard, mayo or Vegannaise on whole wheat pita with Lightlife Tempeh "Bacon"

\$7.50

Hilary's Organic Veggie Burger

Organic millet & vegetable burger with alfalfa sprouts, carrots, red onion, tomato, organic mustard and mayo or Vegannaise served on a whole wheat English muffin

\$7.25

Quesadilla

Organic sprouted tortilla with organic black beans, corn, bell peppers, red onion, colby cheese or vegan "cheese," organic sour cream, and pico de gallo

\$6.95

* COLBY CHEESE IS MADE WITH VEGETABLE RENNET • ** VEGAN

ON ALL
OF OUR
SANDWICHES

We use Stone-ground Mustard and Canola Mayonnaise • Eggless Mayo available on request
EXTRAS: Whole Wheat Pita 50¢ each • Veggies 50¢ each • Colby* 75¢ a slice • Field Roast Vegan Cheddar 75¢ • Mayo 50¢/1 oz
Mustard 50¢/1 oz • Sour Cream 75¢/2 oz • Pico de Gallo \$1.25/2 oz • Hummus \$1.25/2 oz • Egg Salad \$1.25/2 oz

DAILY SPECIALS

Check our hot-food case to see our daily soups and entrees and check our deli case for our fresh seasonal salads.
ALL OF THE VEGETABLES IN OUR SOUPS, SALADS, AND ENTREES ARE ORGANICALLY GROWN.

Housemade Soups

We make our soups fresh every day using organic vegetables.

SMALL (8 OZ) \$3.99

MEDIUM (12 OZ) \$4.99

LARGE (16 OZ) \$5.99 • QUART \$10.99

Fresh Salads

We make a variety of fresh seasonal salads every day. All of our housemade salads are made from organic vegetables, beans, pastas, and grains.

**CHECK OUR DELI CASE
FOR SALAD PRICING**

Hot Entrees

Check our hot-food case to see our housemade seasonal hot entrees.

**CHECK HOT-FOOD CASE
FOR ENTREE PRICING**

The tamari and tamari almonds we use in our house-made entrees, salads, and soups are wheat-free.

Whole Earth Salad

Kale, organic tofu, carrots, red cabbage, organic sesame seeds, organic lemon juice, wheat-free tamari almonds, organic olive oil, parsley, garlic, organic mustard, wheat-free tamari, dill, black pepper

\$12.00 PER POUND

We make all of our soups from scratch using organic stock and organic vegetables.

FRESH-MADE ORGANIC JUICES

We make a variety of delicious freshly made organic juices. All are made to order and can be custom mixed to suit your taste.

Organic Orange Juice

Fresh-squeezed from organic oranges

10 OUNCE \$4.50

16 OUNCE \$6.50

Organic Carrot Juice

10 OUNCE \$4.50

16 OUNCE \$6.50

Organic Wheatgrass Juice

1 OUNCE SHOT \$3.99

2 OUNCE SHOT \$5.99

Organic Green Juice

Organic kale, organic celery, organic green apple, organic parsley, and organic ginger root

NO SUBSTITUTIONS

10 OUNCE \$6.99

16 OUNCE \$9.99

Build Your Own Juice

Pick your Base Juice: Organic Beet Juice or Organic Carrot Juice
Add 3 Extras: Organic Apple, Beet, Carrot, Celery, Ginger, and Parsley

10 OUNCE (JUICE + 3 EXTRAS) \$5.00

16 OUNCE (JUICE + 3 EXTRAS) \$7.25

ADDITIONAL ITEMS 75¢ EACH

COFFEE, TEA & DESSERT

Organic and Herbal Tea

We carry a selection of organic black and herbal teas

16 OUNCE \$2.25

Organic Drip Coffee

Our freshly brewed coffees include small world coffee's Love Blend and Decaf Breakfast Blend from Equal Exchange, America's oldest Fair Trade coffee company.

10 OUNCE \$2.75

16 OUNCE \$3.50

Organic Iced Coffee

Available seasonally

16 OUNCE \$4.50

Bottled Juices and Teas

**CHECK OUR JUICE COOLER
FOR OUR SELECTION**

From Our Bakery

Treat yourself to our house-made cookies, muffins, and other delicious traditional and vegan baked goods.

Everything in our bakery case is made right here completely from scratch using organic flour and butter.

Our baked goods are sweetened with honey, maple syrup, barley malt, organic sugar, and molasses.

COOKIES PRICED BY THE POUND • MUFFINS AND BARS \$2.25 EACH

HAVING A PARTY? ASK ABOUT OUR PARTY-SIZED QUANTITIES OF YOUR FAVORITE SALADS.

**CALL AHEAD TO ORDER: DELI LINE: 609-924-7421
TAKE OUT OR ENJOY IN OUR OUTDOOR CAFE**



360 NASSAU ST (NEAR HARRISON) . PRINCETON • STORE: 609 924-7429 • WHOLEEARTHCENTER.COM
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