

2010

## Planet Earth Café

Planet Earth Café

Follow this and additional works at: <http://digitalcommons.buffalostate.edu/chefstevenenus>

 Part of the [Dietetics and Clinical Nutrition Commons](#), [Food and Beverage Management Commons](#), and the [Food Studies Commons](#)

---

### Recommended Citation

Planet Earth Café, "Planet Earth Café" (2010). *Chef Steve Menu Collection*. 10.  
<http://digitalcommons.buffalostate.edu/chefstevenenus/10>

This Book is brought to you for free and open access by the Campus House at Digital Commons at Buffalo State. It has been accepted for inclusion in Chef Steve Menu Collection by an authorized administrator of Digital Commons at Buffalo State. For more information, please contact [digitalcommons@buffalostate.edu](mailto:digitalcommons@buffalostate.edu).



# Planet Earth



natural market

## Cafe

567 Fairmount Avenue  
Jamestown, New York 14701  
716-484-3138

### Cafe Hours

Monday - Saturday  
11:30 - 4:00

### Store Hours

Monday - Saturday  
10:00 - 6:00

## Sandwiches

SUnburger.....\$2.95

Our own protein burger served with alfalfa sprouts, tomatoes, onion & mayo.  
Served on a whole wheat roll.

Tofu Burger.....\$2.95

Soybean tofu patty speacilly seasoned and spiced, served with tomatoes, onions,  
alfalfa sprouts, mustard and mayo on a whole wheat roll.

Chapati Melt.....\$3.65

Stripples, black olives, melted Colby cheese, onions, tomatoes and sprouts served  
on a whole wheat chapati flour tortilla.

Whole Wheat Pizza.....\$1.85

By the slice. Homemade whole wheat crust with all natural sauce and mozzarella  
cheese or tofu mozzarella. Extras: You name it we have it. \$.25

Black Bean and Roasted Veggie Burrito.....\$2.50

Seaspmed Black beans with an assortment of roasted veggies, cilantro, and brown  
rice rolled in a whole wheat tortilla served with a side of salsa.

Creamy Vegetable.....\$2.55

Cream Cheese, cucumbers, tomatoes, sprouts, shredded carrots, sunflower seeds  
and mayo served on a whole wheat roll or pita.

The Pita Bread Special.....\$4.35

SUnburger served on a pita bread with cream cheese, cucumbers, tomatoes, onion,  
Colby cheese and alfalfa sprouts.

STS.....\$2.55

Sprouts, tomato, stripples(meatless bacon) served on a whole wheat roll.

Striple Decker.....\$2.75

Lots of stripples smothered in melted Colby cheese, tomatoes, and sprouts served  
on a whole whear roll.

Hummus Pocket.....\$3.45

Hummus spread, fresh veggies and alfalfa sprouts on a whole wheat pocket.

## Salads

Garden Salad.....\$1.95

Tossed leafy greens with cucumber, tomato, cheese, sunflower seeds, sprouts,  
shredded carrots and choice of dressing.

Summer Salad Supreme.....\$3.95

Mixed greens, shredded carrots, sprouts, cucumber, tomatoes, Colby cheese,  
sunflower seeds, onions if you like, raisins, almond slivers and choice of  
dressing.

Soup de Jour.....\$1.70

Ask for our daily all natural homemade selections.

## Cold Drinks

Carrot Juice(organic) - Freshly Juiced.....sm. \$1.50.....lg. \$2.25

Orange Juice(organic) - Freshly squeezed.....sm. \$1.50.....lg. \$2.25

Berry Yogurt Smooothie.....\$2.25

Fruit Smoothie

Apple juice, banana, and strawberries blended with ice.....\$1.65

Protien Shake - skim milk, banana, juice and protein powder.....\$1.95

Purple Passion - Grape juice and bananas blended with ice.....\$1.65

Purple Passion Supreme - Grape juice, banana and honey, vanilla  
rice dream blended with ice.....\$1.85

Iced Herbal Teas.....\$.85

Skim Milk.....sm. \$.75.....lg. \$.95



## Hot Drinks

Hot Spiced Cider (Seasonal).....	\$.95
Ginseng Tea.....	\$1.05
Slim Tea.....	\$1.05
Roma (Coffee Substitute).....	\$.75
Herbal Teas.....	\$.75
Organically grown Decafe Coffee.....	\$.95

## Kids Menu

### Kiddie Special

Peanut butter & honey or fruit spread with banana on a whole wheat roll with skim milk and animal cookies. \$2.15

### Kiddie Smart Dog

A veggie hot dog on a bun with ketchup and mustard or melted cheese with skim milk & animal cookies. \$2.50

Also serving Daily Specials  
and homemade breads & muffins.