

## Fresh Organic Juice Bar:

Fresh Juice Blends (16 oz)	\$4.99
Super Cleansing Cocktail (Carrot, apple, celery, beet, dandelion & parsley)	\$4.99
Goddess of Greens (Apple, celery, cucumber, spinach, parsley & kale)	\$4.99
Liver Cleanse (Apple, beet, lemon, ginger & parsley)	\$4.99
Myra Specialty (Carrot, Apple, Beats with Top, Ginger, Lemon- synergic effect for Digestion, Cleansing, Energizing)	\$4.99
Organic Pure Orange Juice	\$4.99
Add: Wheat Grass: 1 oz...\$1.99, 2oz...\$3.45 Burdock Root: \$1.99/each	
Organic Fruit Smoothie	\$4.99
Hemp Protein Shake Hemp seeds from a plant strain high in amino acids and essential fatty acids including GLA	\$4.99

- Organic Beers/ Wines and Sake
- Wellness Tea and Locally brewing Coffee
- Distilled, Purified/Carbonated Water

## CUSTOMERS' REVIEW:

★★★★★ "We were sooooo excited to see Ecoterra show up in Claremont. It is about time there was an Organic dig for fresh juice and wonderful food. They are so friendly here too. The owner, Mayra, is such a pleasant and helpful woman. Part of the pleasure of walking into Ecoterra is seeing her happy face : )

Their chef possesses an amazing talent. He creates some of the loveliest, healthiest and TASTIEST foods for take-out. I highly recommend the seaweed salad : ) Oh my gosh, it is absolutely delicious. He also makes an amazing marinated dish with 3 colors of bell pepper, teriyaki tofu and shitake mushrooms. Absolute Heaven! And last but not least, his kale salad and the Veggie Sushi rolls (brown rice) are amazing."

Source from...<http://www.yelp.com/biz/ecoterra-natural-foods-claremont>

01/09



# ORGANIC TO GO

Specializing in  
Vegan / Vegetarian / Raw Foods

**(909) 624-8580**

Hours: Mon. - Sat. 9:00am to 9:00pm  
Sundays 11:00am to 7:00pm

Call for group order in advance.  
Delivery available for group orders of 12 or more.

More items will be available seasonally.  
Chef duty is 8:30am to 2:00pm so please order  
and reserve if you want to order for your favorite for sure!!!



**ecoterra**

[www.ecoterrahealthmarket.com](http://www.ecoterrahealthmarket.com)

## Asian Style Dishes:

	small	large
❖ Organic sesame noodle salad with miso glazed tofu	\$ 6.50	\$ 8.99
❖ Organic shitake mushroom with teriyaki tofu in citrus soy dressing with Brown rice	\$ 6.50 \$ 8.99	
❖ Organic sweet soy kale and red bell pepper salad	\$ 4.50	
❖ Organic Seaweed Salad with Yuzu citrus Dressing	\$ 4.50	\$ 7.99
❖ Organic Green Salad with teriyaki tofu and miso Dressing		\$ 7.99

## Pasta/Salad:

❖ Pasta Salad with Organic sun-dried tomato pesto	\$ 6.50
❖ Organic Vegetarian soy Italian sausage and peppers in sweet tomato sauce and pasta	\$ 6.50
❖ Organic lemon spinach and parsley pesto pasta salad	\$ 6.50
❖ Low fat pasta salad with olive oil, balsamic vinegar dressing and vegan mozzarella cheese	\$ 6.50

## Cheese/Fruit/Green Salad:

❖ Seasonal fresh fruit	\$ 4.50	\$ 6.99
Organic Caesar Salad with Garlic crouton	\$ 5.50	
Organic Cheese Platter	\$ 7.99	
Organic Mixed Berry Parfait	\$ 4.50	

## Sandwiches:

Organic Vegetarian Sandwich (sprouted multi-grain bread, tofurky, raw sharp cheddar cheese, cucumber, tomato, avocado, red leaf lettuce, parsley, red pepper)	\$ 5.50
❖ Organic Vegan Sandwich (sprouted multi-grain bread, vegan Monterey jack cheese, tofurky, cucumber, tomato, avocado, red leaf lettuce, parsley, red pepper)	\$5.50

## Sushi: *made with organic vegetables and brown rice*

Vegetable Roll (8pc)	\$ 6.99
California Roll (8pc)	\$ 6.99
Mix Roll (8pc, imitation crab & veggie)	\$ 6.99
Avocado Roll (8pc)	\$ 6.99
Spicy Crab Roll (8pc)	\$ 7.50
Spicy Tuna Roll (8pc)	\$ 7.50
Baked Scallop Roll (8pc)	\$ 7.50
Spicy Tuna Salad	\$ 8.50
Caterpillar Roll (fresh water eel & avocado)	\$ 9.50

### Soup of the Day

*(one of the following available each day)*

Vegetable Miso Soup  
Lentil with Vegetable Soup  
Tortillas Soup with Corn  
Minestrone Soup

\$3.49

## Raw Foods:

❖ Raw Organic Vegan Hummus	\$ 4.99
❖ Raw Organic Vegan Cracker	\$ 3.99
❖ Spinach Quiche whole meal	\$ 7.99
❖ Falafel	\$ 7.59
❖ Lentil wrap	\$ 5.99
❖ Mock Salmon Spread	\$ 6.49
❖ Frozen Raw Ice cream —Chocolate, Strawberry, Blueberry, so on	