

breakfast

The Frenchie

Free range eggs, grilled ham, with melted brie cheese, on a fresh croissant.....\$6.50

Down Home

Local eggs, Blooming Glen pork roll with melted cheese on a roll. (sausage or bacon also available).....\$5.95
Without meat\$4.95

Breakfast Burrito

Eggs, brown rice, diced sausage with melted cheddar. A touch of tomatoes and black beans for good measure. Rolled in a whole wheat tortilla.....\$6.50
'Supreme' with avocado, salsa verde and sour cream.\$6.95

3 Egg Omelets (includes your choice of toast)

Choose up to three ingredients.\$6.95

Belgium Waffles

Topped with fresh fruit, syrup and powdered sugar.....\$6.50

French Toast

Three thick slices of fresh bread, served with fresh fruit.\$6.50

Mad Hectic Oatmeal (topped with fresh fruit)

Made with protein and flaxseed. Your choice of Almond/Pecan, French Chocolate & Raspberry/Almond or Strawberry/Pecan.....\$5.95

The Mendy

Warm Croissant, with melted brie, nuts and house made strawberry jelly.....\$5.25

Fruit Trio

Nice portion of seasonally fresh fruit, organic yogurt, topped with granola and drizzled with vanilla or honey.....\$6.95

Bagels (delivered daily)

With Butter.....\$2.25
With Cream Cheese.....\$2.99
With Lox.....\$4.99

sides

Mac and Cheese

Fresh Mozzarella and Red Roasted Peppers

House Made Hummus with Pita or Tortillas

Orzo Salad

Red Potato Salad

Macaroni Salad

Sesame Noodles

Smoothies

Health in a glass.

20 oz..... \$4.95

12 oz..... \$4.25

Simple Goodness

Bananas, blueberries and strawberries blended with yogurt.

Island Passion

Bananas, coconut and pineapple blended with OJ.

Southern Comfort

Peaches, pears and raspberries blended with yogurt.

Margaux's Madness

Mango, kiwi, bananas and pineapple blended with yogurt.

The Volpi

Banana, chocolate syrup and peanut butter.

Groovy Cado

Fresh avocado and mango juice with whole milk.

Green Gold

Spinach, mango and coconut water.

Create Your Own Smoothie

Protein, please add \$1.00

Wheat grass and flaxseed, please add \$1.00



Tuesday - Thursday
8:00 am - 5:00 pm

Friday
8:00 am - 9:00 pm

Saturday & Sunday
8:00 am - 3:00 pm

1141 N. Fifth St.

Perkasie, PA 18944

ph: 215-258-2233

fax: 215-258-2292

www.thedowntoearthcafe.com

Check us out on Facebook

* On and Off Site Party Trays
and Catering Available *

down to earth classics

The Turkey Club

Roasted turkey, Applewood smoked bacon, organic greens and heirloom tomatoes with spicy mayo on fresh baked white. \$6.95

Ham & Swiss

Smoked ham and Swiss with spicy brown mustard on fresh baked rye. \$6.95

Grilled Chicken

Free range chicken breasts topped with bacon, provolone cheese and drizzled with Caesar dressing on a kaiser roll. \$7.95

Chicken Salad Sandwich

Served with lettuce and tomato on your choice of bread (may contain nuts). \$6.95

Tuna Melt

Served with organic baby greens and heirloom tomatoes. \$6.95

Roast Beef

Thinly sliced roast beef and swiss cheese. Horseradish mayo or Russian dressing on fresh baked rye. \$6.95

The Italian

Peppered ham, sopressatta, capricola, provolone cheese, lettuce, tomato and onions. House vinaigrette. Served on fresh baked Italian. (half 9") \$8.25
.....(whole 18") \$15.95

Quiche

Served with a small house salad. \$6.95

Wrap Special

Ask us what today's specials are. \$7.95

Panini Special

Ask us what today's specials are. \$7.95

Quesadilla Special

Ask us what today's specials are. \$7.95

* specials vary weekly *

down to earth signatures

Fish Tacos

Seasonal fish, beer battered and fried. Wrapped in a soft taco shell smothered with house made cole slaw, tomatoes and avocado. \$7.50

The Yountville

Smoked salmon, cream cheese, avocado, red onions, and capers with a dash of lemon served on a toasted bagel. \$7.25

The Anti-Salerno

Zucchini, asparagus, eggplant, red peppers and other seasonal veggies grilled to perfection and tossed in a light olive oil. Topped with melted goat cheese on a warm ciabatta. \$8.25

Portabella Leo Sandwich

Grilled portabella mushrooms drizzled with balsamic vinegar, roasted red peppers and extra virgin olive oil. Topped with fresh mozzarella, herbs on a warm ciabatta. \$8.25

Fresh Mozzarella

Roasted red peppers, fresh basil, sliced proscuttio and mozzarella drizzled with olive oil and balsamic vinegar on a warm ciabatta. \$8.25

Veggie Burger - Organic and Gluten Free

Quinoa based with sweet potatoes and spices, makes this burger taste GREAT. Served with lettuce, tomato and hummus. \$7.50

Tussock Sedge Red Angus Burger

Raised in Blooming Glen and grass fed, this burger tastes like a burger should. Grilled to perfection, and topped with anything you like. \$7.95

* prices and availability are subject to change *

salads

House Salad

Organic greens, lightly tossed in a house vinaigrette with vine ripe tomatoes, red onions, roasted peppers, and goat cheese. \$6.25
Side House Salad \$2.99

Classic Caesar

Romaine, house made dressing and home made croutons. \$6.25

Spinach Salad

Fresh spinach, chopped bacon, hard boiled eggs and served with a house made gorgonzola dressing. \$6.25

Add grilled or blackened chicken or shrimp. \$2.25

Salad Special \$7.95

Dressings: gorgonzola, house vinaigrette, russian, ranch, house made raspberry vinaigrette and caesar

kids' korner

Served with a side of fresh fruit.

Peanut Butter and Jelly

A kid's classic, your choice of grape or strawberry jelly. \$5.50

Grilled Cheese

Your choice of bread and cheese. \$5.50

Pizza Bagel

Toasted bagel with pizza sauce and melted fresh mozzarella. \$5.50

Panko Breaded Chicken Tenders

Fried and served with ketchup or BBQ sauce. \$5.50

Hot Diggity-Dog

No Nitrates. Grilled and served on a potato roll. \$5.50