



# MENU



# SANDWICHES

## HOT PANINI

**Meat** – All natural (antibiotic-, steroid-, and hormone-free)

### B.L.T. – \$5.99

Dry rubbed, thick sliced bacon, lettuce, and tomato with mayo on toasted sourdough bread.

\*Add avocado for 99¢ – \$6.98

### Primo Pesto – \$7.99

Made with turkey, smoked provolone cheese, basil pesto sauce, spinach, and tomato on ciabatta bread.

### Reuben – \$6.99

Made with corned beef or turkey, baby Swiss cheese, sauerkraut, and Thousand Island dressing on rye bread.

### Italian Ham – \$7.29

Ham, provolone, grilled onions, spinach, tomato, and balsamic vinaigrette on ciabatta bread.

## Vegetarian

🌱 =Vegan

### 🌱 Vegan Burger – \$5.69

A grilled vegetable patty served with lettuce, tomato, and vegan mayo on a toasted sprouted wheat bun.

### 🌱 T.L.T. – \$5.99

Tempeh, lettuce, and tomato with vegan mayo on toasted sourdough bread.

\*Add avocado for 99¢ – \$6.98

### 🌱 Falafel – \$5.99

Spiced chickpea patties rolled up in a warm pita wrap with cucumbers, tomatoes, sprouts, hummus, and tzatziki sauce.

### 🌱 Vegan Chick Patty – \$5.69

Grilled patty topped with vegan mayo, lettuce, and tomato on a sprouted wheat bun.

### Basil Verano – \$5.49

Basil pesto sauce, fresh mozzarella, smoked provolone, and tomato grilled on ciabatta bread, topped with fresh spinach.

### Grilled Cheese Avocado – \$5.99 a.k.a The Gravo

Muenster, smoked cheddar cheese, smoked provolone, avocado, and tomato grilled on wheat bread.

# SANDWICHES

## COLD DELI STYLE

**Meat** – All natural (antibiotic-, steroid-, and hormone-free)

### Tuna Salad – \$5.99

Made with dill, capers, celery, and tuna, served with lettuce and tomato on wheat bread.

\*Add baby Swiss cheese and make it a melt for 99¢ – \$6.98

### The Cali – \$7.99

Oven roasted turkey, avocado, tomato, alfalfa sprouts, and salsa ranch dressing served on sourdough bread.

### Co-op Club – \$7.99

Oven roasted turkey, ham, bacon, baby Swiss, lettuce, tomato, mustard, and mayo on toasted wheat bread. Better bring your appetite for this one!

## Vegetarian

### 🌱 Veggie Delight – \$5.99

Avocado, tomato, alfalfa sprouts, shredded carrots, sunflower seeds, cucumbers, and hummus served on wheat bread.

## SIDES

Chips – \$1.49

Organic baby carrots – 99¢

With ranch dressing – \$1.49

## ADDITIONS – 99¢

Cheese

Hummus

Avocado

Tempeh

Local Sprouts

Local Bacon

### Make your own – \$6.99

Choose your meat, cheese, and bread and then we top it with lettuce, tomato, and mayo.

Meat

Turkey

Ham

Corned beef

Cheese

Smoked cheddar

Fresh mozzarella

Baby Swiss

Muenster

Smoked provolone

Bread

Wheat

Rye

Sourdough

Ciabatta

### Pimiento Cheese – \$4.99

Our homemade pimiento cheese topped with green leaf lettuce and tomato served on wheat bread. Choose original or smoky flavor.

\*Try it toasted!

Pickle spear – 25¢

Organic apple slices – 99¢

With peanut butter – \$1.49

# KIDS

(or Young at Heart)

## KID-FRIENDLY SANDWICHES

Peanut Butter Supreme – \$3.49

Almond Butter Supreme – \$3.99

Choose peanut or almond butter on wheat bread. Add one of the following:

Strawberry jelly

Banana slices

Grape jelly

Apple slices

Grilled Cheese – \$4.29

Smoked cheddar cheese, baby Swiss, and smoked provolone grilled on wheat bread.

## KID-FRIENDLY SIDES

Organic baby carrots – 99¢

With ranch dressing – \$1.49

Chips – \$1.49

Organic apple slices – 99¢

With peanut butter – \$1.49

## KID-FRIENDLY DRINKS

### Milk

8 oz. – 99¢ 12 oz. – \$1.49 16 oz. – \$1.89

### Chocolate Milk

8 oz. – \$1.29 12 oz. – \$1.79 16 oz. – \$2.29

Organic milk sweetened with organic chocolate syrup

### Juice

8 oz. – 99¢ 12 oz. – \$1.49 16 oz. – \$1.89

Choose one from the following or mix two together!

Apple

Blueberry Nectar

Pineapple

Coconut

# SMOOTHIES & MILKSHAKES

## SMOOTHIES – Fruit, not ice, is our main ingredient!

### The Classic – \$4.99

Banana, strawberry, apple juice

### Moody Bluesberry – \$4.99

Blueberry, banana, blueberry nectar

### Raspberry Rhapsody – \$5.99

Raspberry, banana, pineapple juice

### Berry Good – \$5.99

Blueberry, strawberry, raspberry,  
blueberry nectar

### Sweet Dream – \$5.99

Banana, strawberry, organic milk

### Blue Moon – \$3.99

Blueberry, banana, organic milk

### Ambrosia – \$5.99

Banana, strawberry, raspberry, honey,  
organic milk

### Bahama Mama – \$5.99

Banana, mango, coconut juice

### Rainbow – \$4.99

Banana, strawberry, raspberry, blueberry,  
mango, pineapple juice

### PB&J – \$5.99

Banana, strawberry, peanut butter, honey,  
organic milk

\*Try it with almond butter – \$6.49

## Additions

50¢ – Honey, Yogurt, Peanut Butter

99¢ – Almond Butter, Greens, Greens Whey, Echinacea, Flax Oil, Ginseng, Soy Protein,  
Spirulina, Whey Protein

## MILKSHAKES – \$3.99

### Vanilla

The classic

### Berry

Choose strawberry, blueberry, or raspberry

### Chocolate

Made with our own cocoa mix. Enjoy its  
malted texture!

### Peanut Butter Cup

With all natural peanut butter and our own  
cocoa mix

### Mocha

With our own cocoa mix and fair trade coffee

# ESPRESSO BAR

## Fair Trade Coffee

Small - \$1.69 Large - \$1.99 All Refills - \$1.00

Espresso Shot - \$1.29

Espresso Double Shot - \$1.99

## Americano

Espresso shot and hot water - \$1.49

## Latte

Espresso shot and steamed milk - \$2.99

## Breve Latte

Espresso shot and steamed half and half - \$3.49

## Cappuccino

Espresso shot, steamed milk, and foam - \$2.99

## Honey Bee

Espresso shot, steamed milk, and honey - \$2.99

## Mochaçcino

Espresso shot, steamed milk, chocolate, and whipped cream - \$3.49

12 oz. 16 oz.

## Shot in the Dark

Espresso and coffee \$2.29 \$3.29

## Café Au Lait

Coffee topped with steamed milk \$2.99 \$3.49

## Mocha Joe

Coffee with hot chocolate and whipped cream \$2.99 \$3.49

## Hot Cocoa

House blend cocoa (classic, dark or Mayan fire) with steamed milk and whipped cream \$1.99 \$2.49

## Steamer

Steamed milk with your choice of flavored syrup \$1.99 \$2.49

## Chai Latte

Chai tea and steamed milk. Try it iced! \$2.49 \$3.49

## Hot Tea

99¢

## Milk Choices

We use all organic milks!

Skim, 2%, whole, soy, rice, almond, or coconut

Make it a tall, make it a double, or add a flavor  
50¢ each addition

Chocolate, vanilla, hazelnut, almond, caramel, Irish cream, mint

Sugar-free caramel, vanilla, and hazelnut

Add whipped cream - 50¢

Regular - 12 oz. Tall - More milk 16 oz.

Single - 1 shot espresso Double - 2 shots espresso

## HOT SPECIALTIES

12 oz. 16 oz.

Bavarian Chocolate Mint \$3.69 \$4.29

Espresso, steamed milk, chocolate, mint syrup, and whipped cream

Turtle Swirl \$3.69 \$4.29

Espresso, steamed milk, caramel, chocolate, and whipped cream

Squirrel Nut Zipper \$3.69 \$4.29

Espresso, steamed milk, hazelnut syrup, chocolate, and whipped cream

Vanilla Sky \$3.69 \$4.29

Espresso, steamed milk, vanilla syrup, and whipped cream

## COLD SPECIALTIES

Mocha Freeze \$3.69 \$4.29

Espresso, milk, ice, chocolate syrup, and whipped cream

Hazelnut Mocha Freeze \$3.69 \$4.29

Espresso, milk, ice, chocolate syrup, hazelnut syrup, and whipped cream

Frozen Turtle \$3.69 \$4.29

Espresso, milk, ice, chocolate syrup, caramel syrup, and whipped cream

Mudslide \$3.69 \$4.29

Espresso, milk, ice, chocolate syrup, Irish cream syrup, and whipped cream

Vanilla Frost \$3.69 \$4.29

Espresso, milk, ice, vanilla syrup, and whipped cream

Café Glacé \$2.69 \$3.29

Iced coffee blended with half and half, with a choice of vanilla, hazelnut, or chocolate flavoring, and whipped cream

# JUICES & DRINKS

## ORGANIC JUICE BAR – Choose carrot or celery for your base.

	8 oz.	16 oz.		8 oz.	16 oz.
Carrot or Celery	\$2.99	\$4.99	Zinger	\$3.99	\$6.99
Apple	\$2.99	\$4.99	Base, ginger, beet, apple		
Base, apple			Body Toner	\$3.99	\$6.99
Beets Me	\$3.29	\$5.99	Carrot and celery base, spinach, beet		
Base, beet, apple			Green Energizer	\$3.99	\$6.99
Ginger Tonic	\$3.99	\$6.99	Carrot and celery base, parsley, spinach		
Base, ginger, lemon, apple					

Additions - 99¢ - Ginseng or echinacea

## SPECIALTY SHOTS

Lemon Ginger	\$1.99
Coldbuster	\$2.79
Lemon, ginger, echinacea, cayenne	

## DRINKS

	16 oz.		8 oz.	12 oz.	16 oz.
Iced Tea	\$1.29	Milk	99¢	\$1.49	\$1.89
Regular		Chocolate Milk	\$1.29	\$1.79	\$2.29
Sweetened with organic sugar		Raw Lemonade	\$1.49	\$1.99	\$2.49
Herbal					

Our kitchen is trans fat-free and we use all organic beans, flours, grains, and sugars.

Choose from our salad bar and hot buffet for \$7.99/lb.



Salad Bar  
9 am - 10 pm



Hot Buffet  
11 am - 8 pm



Saturday & Sunday  
Brunch: 9 am - 3 pm  
Dinner: 3 pm - 8 pm

Call ahead  
for large  
groups

(859) 278-1813 ext. 256

Need  
Carryout?

Call ahead

(859) 278-1813  
ext. 256



Ask about  
catering!

(859) 278-1813

Sushi  
Express



(859) 278-0628



455 Southland Drive • (859) 278-1813 • [www.goodfoods.coop](http://www.goodfoods.coop)