

# ENTRÉES

- SLICED MEATLOAF** \$8.99  
2 servings
- WHOLE ROASTED CHICKEN (WF)** \$9.99  
3-4 servings
- CLASSIC LASAGNA** \$12.99  
2-3 servings
- CHICKEN AND BACON BURRITO BOWL (WF)** \$5.99  
1-2 servings
- SIMPLY GRILLED SALMON (WF)** \$3.99  
1 serving
- SIMPLY GRILLED CHICKEN (WF)** \$5.49  
1-2 servings

# MEAT-FREE ENTRÉES

- RED CURRY WITH RICE (V, WF)** \$5.99  
1 serving
- SPAGHETTI AND MEATBALLS (V)** \$5.99  
1 serving
- VEGGIE QUINOA LASAGNA (WF)** \$12.99  
3-4 servings
- VEGGIE BURRITO BOWL (V, WF)** \$4.99  
1-2 servings
- PESTO PASTA WITH ROASTED TOMATOES (V)** \$5.99  
1 serving

# SOUPS

32 OZ | 2-3 servings | \$4.99

- CARROT GINGER (V, WF)**
- TOMATO BASIL (V, WF)**
- SPICY CHICKPEA TURMERIC (V, WF)**
- CHICKEN AND RICE (WF)**
- VEGAN VEGGIE (V, WF)**

# GARDEN SALADS

- STRAWBERRY SPINACH WITH BALSAMIC VINAIGRETTE (VG, WF)** \$5.99  
1-2 servings
- GARDEN SALAD WITH BALSAMIC VINAIGRETTE (V, WF)** \$4.49  
1-2 servings
- GREEK SALAD WITH HERB VINAIGRETTE (VG, WF)** \$5.99  
1-2 servings
- KALE AND QUINOA WITH BALSAMIC VINAIGRETTE (V, WF)** \$4.99  
1-2 servings

# PIZZAS

- CHEESE (VG)** \$9.99  
12 inches, 2-3 servings
- PEPPERONI** \$12.99  
12 inches, 2-3 servings
- VEGGIE (VG)** \$12.99  
12 inches, 2-3 servings

# SIDE SALADS

- SIMPLE CHICKEN SALAD (WF)** 1 serving \$5.49
- CRANBERRY CHICKEN SALAD (WF)** 1 serving \$5.99
- SIMPLE TUNA SALAD (WF)** 1 serving \$5.49
- THAI PEANUT KALE SALAD (V, WF)** 2 servings \$5.49
- DILL CAPER TUNA SALAD (WF)** 1 serving \$5.99
- SESAME CASHEW NOODLES (V)** 2 servings \$3.99
- THAI TOFU SALAD (VG, WF)** 2 servings \$5.99
- BOMBAY TOFU SALAD (V, WF)** 2 servings \$6.99
- POTATO SALAD (V, WF)** 2 servings \$3.99
- BROCCOLI SALAD (V, WF)** 2 servings \$4.49
- SALMON SALAD (WF)** 1 serving \$5.99
- EGG SALAD (WF)** 1 serving \$3.99

Ingredients lists located on item label. All foods are processed in a facility that contains allergens.

**(WF)** Wheat-free    **(V)** Vegan    **(VG)** Vegetarian

## SNACKS & DIPS

**CHICKEN NUGGETS WITH HONEY MUSTARD SAUCE (WF)** \$5.99

1 serving

**FRIED TOFU NUGGETS WITH SOUTHWEST SAUCE (V, WF)** \$5.99

1 serving

**FALAFEL SNACK PACK (V)** \$5.49

1 serving

**CLASSIC HUMMUS (V, WF)** \$3.99

1 serving

**PIMENTO CHEESE (VG, WF)** \$8.99

2-3 servings

**BUFFALO CHICKEN DIP (WF)** \$5.99

2-3 servings

## SIDES

**MAC & CHEESE (VG)** \$7.99

2 servings

**GOODS FOODS KALE (V, WF)** \$4.99

2 servings

**ROASTED BRUSSELS SPROUTS (V, WF)** \$4.99

2 servings

**GRILLED VEGGIES (V, WF)** \$4.99

2 servings

**ROASTED SWEET POTATOES (V, WF)** \$3.99

2 servings

**MASHED POTATOES (VG,WF)** \$4.99

2 servings

**(WF)** Wheat-free    **(V)** Vegan    **(VG)** Vegetarian

TO ADD ANY OF THESE  
ITEMS TO YOUR CAFE  
CURBSIDE ORDER CALL:

**859-278-1813  
EXT 256**

Please note: all Grab & Go  
items are kept chilled and  
intended to be eaten at home.

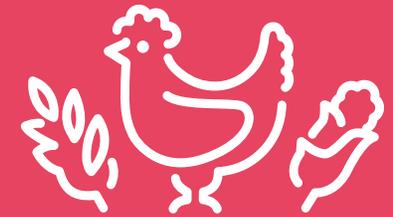
TO ADD ANY OF THESE  
ITEMS TO YOUR  
GROCERY CURBSIDE  
ORDER, ADD THEM TO  
YOUR LIST AT:

**GOODFOODS.COOP**



**GOOD  
FOODS**  
C O - O P

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**GOOD  
FOODS**  
C O - O P

**CURBSIDE  
GRAB & GO  
MENU**

Items are available  
each day in our Grab  
& Go cooler. Stock up  
on your next trip, or  
add them to your café  
or grocery curbside  
pickup order!