



GOOD FOODS CO-OP

CAFÉ MENU

455 SOUTHLAND DRIVE
LEXINGTON, KY 40503
WWW.GOODFOODS.COOP

SANDWICHES

REUBEN \$10.99
Corned beef, Swiss, sauerkraut, Thousand Island on rye

ITALIAN HAM \$9.99
Ham, provolone cheese, tomato, grilled onions, spinach, balsamic vinaigrette on ciabatta

TUNA MELT \$10.99
Dill caper tuna salad, Swiss, tomato, lettuce on 8-Grain bread

THE CALI \$9.99
Turkey, avocado, tomato, sprouts, salsa ranch on sourdough

THE CO-OP CLUB \$10.99
Ham, turkey, bacon, Swiss, lettuce, tomato, mustard, mayo on 8-Grain bread

B.L.T. \$8.99
Bacon, lettuce, tomato, mayo on sourdough

FALAFEL \$8.99
Chickpea falafel on pita with hummus, tzatziki sauce, sprouts, tomato, cucumber

BASIL VERANO \$8.99
Basil mayo, mozzarella, smoked provolone, spinach, tomatoes on ciabatta

Add turkey \$9.99

TEMPEH REUBEN \$10.99
Tempeh, Daiya Swiss, sauerkraut, Thousand Island dressing on rye

GRILLED PORTABELLA \$10.99
Grilled marinated portabella, red peppers, spinach, basil mayo on ciabatta

VEGGIE DELIGHT \$8.99
Avocado, tomato, sprouts, carrots, sunflower seeds, cucumbers, hummus on 8-grain bread

T.L.T. \$8.99
Tempeh, lettuce, tomato, mayo on 8-grain bread

GRILLED CHEESE AVOCADO \$8.99
Cheddar, Swiss, Muenster, avocado, tomato grilled on 8-grain bread

GRILLED CHEESE \$7.99
Cheddar, Swiss, Muenster, grilled on 8-grain bread

PB&J \$4.99
Peanut butter or almond butter with your choice of topping on 8-grain bread

** Strawberry, raspberry, grape jelly or honey*

SMOOTHIES

CO-OP CLASSIC
Strawberries, bananas with apple juice

AMBROSIA
Strawberries, raspberries, bananas, honey with milk

BAHAMA MAMA
Mangos, bananas with coconut milk

BERRY GOOD
Blueberries, raspberries, strawberries with pomegranate juice

16 OZ \$5.99

RASPBERRY RHAPSODY
Raspberries, bananas with pineapple juice

PB&J
Bananas, strawberries, peanut or almond butter, local honey with milk

BLUESBERRY
Blueberries, bananas with pomegranate juice

RAINBOW
Mangos, blueberries, strawberries, raspberries, bananas with pineapple juice

SMOOTHIE ADDITIONS

Whey
Plant Fusion
Spinach

Kale
Flax Oil
Echinacea

Peanut Butter
Almond Butter
Honey

Additional charges may apply.

JUICES

GREEN ENERGIZER
Spinach, parsley, carrots, celery

BODY TONER
Beets, spinach, carrots, celery

BEETS ME
Beets, apples, carrots

ZINGER
Ginger, beets, apples, carrots

GINGER TONIC
Lemon, ginger, apples, carrots

KALE YES
Kale, apples, spinach, carrots

CARROT JUICE

12 OZ \$5.99 | 16 OZ \$7.99

JUICE SHOTS

LEMON GINGER \$2.99 **COLDBUSTER \$2.99**

WHEATGRASS \$3.49 Lemon, ginger, cayenne pepper, Echinacea

ESPRESSO BAR

	12 OZ	16 OZ	20 OZ
AMERICANO	\$2.29	\$2.99	\$3.49
CAPPUCCINO	\$2.99	\$3.69	\$4.29
LATTE	\$2.99	\$3.69	\$4.29
HONEY BEE LATTE	\$3.49	\$4.29	\$4.79
MOCHA	\$3.49	\$4.29	\$4.79
WHITE MOCHA	\$3.49	\$4.29	\$4.79
ESPRESSO	Single: \$1.49/Double: \$1.99		
CUBANO	Single: \$1.69/Double: \$2.29		

HOT DRINKS

	12 OZ	16 OZ	20 OZ
BREWED COFFEE	\$1.99	\$2.29	\$2.79
CHAI LATTE	\$2.99	\$3.49	\$3.99
EARL GREY LATTE	\$2.99	\$3.49	\$3.99
APPLE CHAI LATTE	\$2.99	\$3.49	\$3.99
HOT CHOCOLATE	\$2.49	\$2.99	\$3.49

FROZEN FRAPPES

VANILLA LATTE	LATTE
MOCHA	CHOCOLATE
16 OZ \$3.99	<i>(coffee free)</i>

ADD A FLAVOR

Chocolate	Peppermint	Organic Hazelnut
White Chocolate	Pumpkin Spice	Sugar-Free Vanilla
Coconut	Organic Caramel	Sugar-Free Caramel
Toffee Nut	Organic Vanilla	Sugar-Free Hazelnut

Additional charges may apply.

ICED DRINKS

	12 OZ	16 OZ
ICED COFFEE	\$1.99	\$2.49
ICED CHAI	\$2.99	\$3.49
LEMONADE	\$1.99	\$2.49
ICED TEA	—	\$1.69
SODA	—	\$1.99

HOT TEAS \$1.49

Earl Grey
Peppermint
English Breakfast
Ginger
Red Zinger
Vanilla Roobios
Mint Green
Ginger Green
Jasmine Green

** Usually comes in 20 oz size but you may change the size without any additional charges.*

INTERESTED IN OUR CATERING?

Follow the link to our catering menu below, or simply pick up a menu from the café counter or Hospitality Desk.



We do not offer delivery at this time.
All catering orders must be placed 48 hours in advance.
We thank you for your business.

**CALL AHEAD OR
CHECK SOCIAL MEDIA
FOR OUR
SEASONAL DRINK &
SANDWICH SPECIALS**

CAFÉ HOURS
EVERY DAY 7:30 AM - 9 PM
Hours may vary on holidays

PHONE NUMBER
859.278.1813 EXT. 256
call-in orders are welcome

