

VEGAN & VEGETARIAN SANDWICHES



Served with Pickle Wedge

Falafel (Vegan) \$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 Roll

Tempeh Reuben (Vegan) \$10.99

Tempeh, Daiya Swiss, Sauerkraut, Thousand Island Dressing on Rye Bread

Veggie Delight (Vegan) \$8.99

Avocado, Tomato, Sprouts, Carrots, Sunflower Seeds, Cucumbers, Hummus on 8-grain Bread

TLT \$8.99

Tempeh, Lettuce, Tomato, Mayo on 8-grain Bread

Grilled Cheese \$7.99

Cheddar, Swiss, Muenster Grilled on 8-grain Bread

Grilled Cheese Avocado \$8.99

Cheddar, Swiss, Muenster, Avocado, Tomato Grilled on 8-grain Bread

PB&J (Vegan) \$4.99

Peanut Butter or Almond Butter with Your Choice of Strawberry Jelly, Raspberry Jelly or Honey on 8-Grain Bread

BURGERS & NUGGETS



Impossible Burger \$9.49

Impossible Burger Patty with Lettuce, Tomato, Onion, Vegan Mayo, Mustard, Ketchup on Dave's Whole Wheat Killer Bun, Served with Pickle Wedge

Wheat Free Chicken Nuggets

6 ct \$4.99, 8 ct \$6.69, 12 ct \$9.69

Choice of Ranch, Honey Mustard, BBQ Sauce, Buffalo Sauce



CLASSIC SANDWICHES



Served with Pickle Wedge

The Southland Stack \$11.99

Corned Beef with Aged White Cheddar, Grilled Red Potatoes, Creamy Brussels Sprout Slaw and Garlic Aioli on Rye Bread

Turkey Basil Verano \$9.99

Basil Mayo, Mozzarella, Smoked Provolone, Spinach, Tomatoes on Ciabatta Roll

Reuben \$10.99

Corned beef, Swiss, Sauerkraut, Thousand Island on Rye Bread

Italian Ham \$9.99

Ham, Provolone cheese, Tomato, Grilled Onions, Spinach, Balsamic Vinaigrette on Ciabatta Roll

BLT \$8.99

Bacon, Lettuce, Tomato, Mayo on Sourdough Bread

Tuna Melt \$10.99

Dill Caper Tuna Salad, Swiss, Tomato, Lettuce on 8-Grain Bread

Cali \$9.99

Turkey, Avocado, Tomato, Sprouts, Salsa Ranch on Sourdough Bread

Co-op Club \$10.99

Ham, Turkey, Bacon, Swiss, Lettuce, Tomato, Mustard, Mayo on 8-Grain Bread

KID'S MEALS

Served with Baby Carrots, Piece of Fruit, Choice of Juice or Milk

5 ct Wheat-Free Chicken Nuggets

5 ct Wheat-Free Tofu Nuggets



MILKSHAKES



16 oz \$3.99

Vanilla or Chocolate



ESPRESSO BAR



	12 oz	16 oz	20 oz
Americano	\$2.29	\$2.99	\$2.99
Capuccino	\$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

Add a Flavor 89¢:

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

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	\$2.99	\$3.49	\$3.99
Hot Chocolate	\$2.99	\$3.49	\$3.99

ICED DRINKS



	12 oz	16 oz
Cold Brew Coffee	\$1.99	\$2.49
Iced Chai Latte	\$2.99	\$3.49
Lemonade	\$1.99	\$2.49
Lavender Lemonade	\$2.49	\$2.99
Iced Tea	-	\$1.69

HOT TEAS

20 oz \$1.49

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

DRAFT KOMBUCHA

12 oz \$3.99, 16 oz \$4.79, Growler (32 oz) \$8.99

Lavender-Blueberry

Pineapple-Ginger





SMOOTHIES

16 oz \$5.99



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

Raspberry Rhapsody

Raspberries, Bananas with Pineapple Juice

PB&J

Bananas, Strawberries, Peanut or Almond Butter, Honey with Milk

Bluesberry

Blueberries, Bananas with Pomegranate Juice

Rainbow

Mangos, Blueberries, Strawberries, Raspberries, Bananas with Pineapple Juice

Smoothie Additions

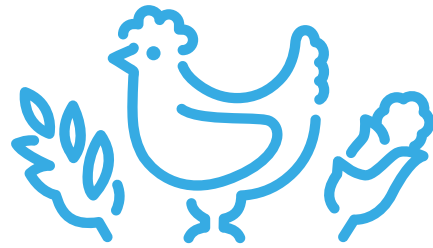
59¢: Echinacea

75¢: Ginger, Spinach

99¢: Almond Butter, Peanut Butter, Honey, Avocado

\$1.59: Flax Oil, Kale, Plant Fusion Protein Powder

\$1.99: Whey Protein Powder, Tiger Nut Powder



GOOD FOODS CO-OP CAFE MENU



JUICES

12 oz \$5.99, 16 oz \$7.99



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

Good Foods Sunrise

Carrots, Orange, Beets, Turmeric, Lemon, Baby Spinach

Juice Additions

12 oz 50¢, 16 oz 75¢

Ginger, Spinach

12 oz 99¢, 16 oz \$1.49

Kale

JUICE SHOTS

Lemon Ginger \$2.99

Wheatgrass \$3.49

Coldbuster \$2.99

Lemon, Ginger, Cayenne Pepper, Echinacea



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

CAFÉ HOURS EVERY DAY 8 AM - 8 PM

Hours may vary on holidays

PHONE NUMBER 859.278.1813 EXT. 256

call-in orders are welcome

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