

# DRINKS & TREATS



## 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**  
75¢: Ginger, Spinach  
99¢: Almond Butter, Peanut Butter, Honey, Avocado, Echinacea  
\$1.59: Flax Oil, Kale, Plant Fusion Protein Powder  
\$1.99: Whey Protein Powder, Tiger Nut Powder



## 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

**Carrot Juice**  
**Juice Additions**  
12 oz 50¢, 16 oz 75¢  
Ginger, Spinach  
12 oz 99¢, 16 oz \$1.49  
Kale

## MILKSHAKES



16 oz \$3.99

Vanilla or Chocolate



## JUICE SHOTS



Lemon Ginger \$2.99

Wheatgrass \$3.49

**Coldbuster \$2.99**  
Lemon, Ginger, Cayenne Pepper, Echinacea

**Fresh & Easy \$2.99**  
Romaine, Apple, Cucumber, Mint, Lime, and a pinch of salt.

## HOT TEAS



20 oz \$1.49



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

## DRAFT KOMBUCHA

NEW FLAVORS!

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

Black Raspberry

Lavender Lemonade



## 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	\$2.49	\$2.79	\$2.99
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	\$3.29	\$3.99
Iced Chai Latte	\$2.99	\$3.49
Lemonade	\$1.99	\$2.49
Lavender Lemonade	\$2.49	\$2.99
Iced Tea	-	\$1.69

# FOOD

## 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 (Vegan) \$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



## CLASSIC SANDWICHES



Served with Pickle Wedge

### The Southland Stack \$11.99

Corned Beef with Swiss Cheese, Grilled Red Potatoes, Creamy Brussels Sprout Slaw and Garlic Aioli on Rye Bread

### Turkey Basil Verano \$9.99

Turkey, 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

## YEAR OF THE TIGER

Nut-Free & Gluten-Free

Featuring Organic Vanilla Tiger Nuts Smoothie Mix, Banana, Blueberries, Strawberries, Oat Milk & Honey.

Add Tiger Nuts Smoothie Mix to any smoothie for \$1.99.

# \$7.99 EA



Tiger Nuts products available for purchase in Aisle 3. Scan code to learn about the health benefits of tiger nuts!



## 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

## NEW! SELTZERS

12 oz. \$2.49

16 oz. \$2.99

Hibiscus Lemon  
or  
Cucumber, Lime, Mint

customize your seltzer with these syrups, for .89c each:  
mango

| basil | passion fruit |  
strawberry rose | pineberry |  
raspberry | kiwi