

FOOD COOP FOOD

JULY'S MENU

LOCALLY SOURCED, HEALTHY & ORGANIC INGREDIENTS
PREPARED FRESH EVERYDAY. VEGETARIAN, VEGAN, & MEAT OPTIONS

ROTATING SALADS EVERY DAY!

MONDAYS

- SAVORY SICILIAN — \$4.50**
Homemade white bean spread with bell peppers, tomatoes and spinach in a wrap.
- THE BRAWL — \$4.95**
Bacon, roasted red peppers, avocado, white pepper and lettuce.
- BLUE GODDESS — \$4.75**
Blue cheese, pears, infused balsamic with arugula.

TUESDAYS

- QUINOA CALIENTE! — \$4.50**
An eye-popping southwest-style quinoa salad with spinach.
- KICKIN' CHICKEN SALAD — \$5.95**
Choice City chicken breasts with tamari almonds, carrots, cabbage and a sesame dressing.
- MUFFALATTA — \$4.75**
Olive and roasted red pepper tapenade with fresh mozzarella and spinach.

WEDNESDAYS

- SUNDRIED SUMMER SUNSATON — \$4.75**
Sundried Tomato Pate with cucumbers & arugula.
- NO HORSIN' AROUND (THIS THING'S GOT KICK!) — \$5.50**
A spicy horseradish wrap with roast beef.
- BRIE-ING ON THE FLAVOR! — \$5.50**
MouCo brie, Rocky Mountain Orchard's preserves, walnuts and spinach on a croissant.

THURSDAYS

- SILLY FOR CILANTRO — \$4.75**
Almond cilantro spread with crunchy almonds, avocado and red bell peppers.
- RAMBLE ON REUBEN — \$5.95**
Choice City Colorado Corned Buffalo, thousand island dressing, sauerkraut, and grated Swiss cheese on local Good Seed Rye!
- AVOCADO MUENSTER — \$4.50**
Avocado, muenster cheese, bell peppers, red onion, and mustard on locally made bread.

FRIDAYS

- HOT FOR HUMMUS — \$4.00**
Spicy chipotle hummus with shredded zucchini, red bell peppers & spinach.
- RIGHTEOUSLY RAS-KA — \$5.50**
Ras-Ka sauce blended with cream cheese, turkey and veggies.
- TASTE OF DILLY — \$4.75**
Fage greek yogurt with dill, herbed cashews, cucumber, tomatoes and sprouts.

SATURDAYS & SUNDAYS

Chef's choice sandwiches on the weekends.