

SALADS

Served with Ak-Mak Crackers
Onions available – no charge

Garden Salad \$4.75/\$6.75
Salad greens, cucumbers,
tomatoes, carrots, radishes;
with Sesame, Greek, or 1000 Island dressing

Chef's Salad \$8.95
Garden salad with ham, turkey,
Swiss cheese, hard cooked egg;
with Sesame, Greek, or 1000 Island dressing

Greek Salad \$5.95/\$7.95
Salad greens, cucumbers, tomatoes,
kalamata olives, and feta cheese;
with Greek dressing

Tempeh Salad \$5.95/\$7.95
Marinated, baked tempeh
on a fresh garden salad;
with Sesame, Greek, or 1000 Island dressing

SALADS BY THE POUND

Order in bulk for your next event or family
gathering -- just give us 48 hours notice

Val's Famous Potato Salad \$5.50/lb
Viet Wah (Spicy Asian Noodles) ... \$6.95/lb
Tortellini Salad \$8.95/lb

We use all natural ingredients
(organic when possible)
to create delicious, from scratch,
good-for-you lunches & snacks.
We always use
nitrate-free deli meats.

(menu updated July 2016)

Save Time – Call Ahead

Your order will be ready when you are!

Call-in hours: 9 am – 1 pm
Pick up: any time after 11 am

486-4188

ask for the Deli

Deli Order Window open

Monday – Sunday: 11 am – 2 pm

**After the Deli Window is closed
a selection of salads and sandwiches
is available in the refrigerated case.**



Dine in our outdoor garden during nice weather
or in the comfort of our indoor Garden Room with free wifi

Hot Soup Monday-Sunday

Hot Entrée Monday-Friday

and **Fabulous Freshly-Baked Cookies**

to go with our freshly brewed

Organic Coffee and Teas

(Call in for daily menu!)

TONASKET
Natural Foods
Co-op
DELI MENU

A photograph of the store's exterior. A sign in the foreground reads "Come On In And Try Our Lunch Menu". The store has large glass windows and a brick wall. Outdoor seating is visible under a striped awning.

21 W 4th Street
www.TonasketCoop.com

Deli Window open

7 days a week from **11 – 2**

Store Hours

Monday – Friday: 9 – 7

Saturday: 9 – 6

Sunday: 11 – 4

PANINI SANDWICHES

Grilled on a Cuban style Telera Roll
(any bread can be substituted)

- Cheese & Pesto** \$8.25
Provolone cheese, tomatoes,
and pesto dressing
- Ham** \$8.50
Cheddar and pepperjack cheeses,
and special panini sauce
- Roast Beef** \$8.95
Brie cheese, sautéed mushrooms,
and special panini sauce
- Turkey** \$8.50
Swiss cheese, roasted red bell peppers,
and special panini sauce

THE BASIC SANDWICH

on Rye, 100% Whole Wheat, Sourdough,
Good Seed, Telera Roll, or Gluten-Free bread

with lettuce, tomatoes,
and your choice of mayo, mustard,
1000 island, or horseradish

- Cheese** \$5.95
- Chicken Salad** \$7.50
- Ham** \$7.25
- Roast Beef** \$7.95
- Tuna Salad** \$7.25
- Turkey**..... \$7.25

ANY Sandwich

can be made **toasted or grilled** when
ordered at the window, and **on any
bread**—so order just the way you like it!

Our **BREADS** are:

- *Rye,**
100% ***Whole Wheat,**
***Sourdough,**
***Good Seed,**
Cuban-style **Telera Roll,**
and a ***Gluten-free option**
(*Organic)

SPECIALTY SANDWICHES

on Rye, 100% Whole Wheat, Sourdough,
Good Seed, Telera Roll, or Gluten-Free bread

ADD - Olives, sunnies, pesto dressing,
pickles, cucumbers, or mushrooms - \$.50
Cheese or avocado \$1.25
(Provolone, Swiss, Cheddar, Pepperjack)

- Avocado Veggie** \$7.50
Avocado, cucumber, tomatoes, lettuce,
and Vegenaise
- Chicken Pesto** \$8.25
Marinated, baked chicken breast, lettuce,
tomatoes, and pesto dressing
- Cream Cheese & Black Olive** \$6.95
Cream cheese, sunflower seeds, black olives,
tomatoes, lettuce, and mayo
- Pesto Provolone** \$7.25
Provolone cheese, black olives, tomatoes,
lettuce, and pesto dressing

Pepperjack & Cucumber \$6.75
Pepperjack cheese, sliced cucumbers,
lettuce, tomatoes, and mayo

Grilled Cheese \$6.25
Your choice of cheese (Provolone, Swiss,
Cheddar, or Pepperjack) with mayo
Grilled on your choice of bread

Grilled Ham & Swiss \$8.50
Ham, Swiss, tomatoes, mayo, and mustard
Grilled on your choice of bread

Hummus \$6.75
Co-op's own vegan hummus, lettuce,
tomatoes, cucumbers, and Vegenaise

Roast Beef Rubeen \$8.95
Roast beef, Swiss cheese, sauerkraut,
and 1000 island dressing
Grilled on your choice of bread

Tempeh Rubeen \$8.50
Marinated, baked tempeh, sauerkraut,
Swiss cheese, and 1000 island dressing
Grilled on your choice of bread

TLT \$7.25
Baked marinated tempeh, tomatoes,
lettuce, and Vegenaise

Tuna Melt \$7.75
Tuna salad, tomatoes, and Swiss cheese
Grilled on your choice of bread

We Always Use

Nitrate-Free Deli Meats