

## SALADS

Served with Ak-Mak Crackers  
Onions available – no charge

**Garden Salad** ..... \$4.95/\$6.95  
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** ..... \$6.50/\$8.50  
Salad greens, cucumbers, tomatoes,  
kalamata olives, and feta cheese;  
with Greek dressing

**Tempeh Salad** ..... \$6.25/\$8.25  
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** ..... \$5.95/lb  
**Viet Wah** (Spicy Asian Noodles) ... \$6.95/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 January 2018)

## 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**

**21 W 4th Street**  
[www.TonasketCoop.com](http://www.TonasketCoop.com)

The complex block features a decorative border of green vines and red tomatoes. At the top, the store name 'TONASKET Natural Foods Co-op' is written in stylized fonts. Below this is a photograph of the store's exterior, showing a brick building with a large glass deli window and a sign that says 'Come On In Ask To Our Lunch Menu'. At the bottom, the address '21 W 4th Street' and website 'www.TonasketCoop.com' are listed.

**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** ..... \$8.50

Provolone cheese, tomatoes,  
and pesto dressing

**Ham** ..... \$8.75

Cheddar and pepperjack cheeses,  
and special panini sauce

**Roast Beef** ..... \$8.95

Brie cheese, sautéed mushrooms,  
and special panini sauce

**Turkey** ..... \$8.75

Swiss cheese, roasted red bell peppers,  
and special panini sauce

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## 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** ..... \$6.25

**Chicken Salad** ..... \$7.95

**Ham** ..... \$7.50

**Roast Beef** ..... \$8.25

**Tuna Salad** ..... \$7.50

**Turkey**..... \$7.50

## 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** ..... \$7.95

Avocado, cucumber, tomatoes, lettuce,  
and Vegenaise

**Chicken Pesto** ..... \$8.75

Marinated, baked chicken breast, lettuce,  
tomatoes, and pesto dressing

**Cream Cheese & Black Olive** ..... \$7.25

Cream cheese, sunflower seeds, black olives,  
tomatoes, lettuce, and mayo

**Pesto Provolone** ..... \$7.50

Provolone cheese, black olives, tomatoes,  
lettuce, and pesto dressing

**Pepperjack & Cucumber** ..... \$6.95

Pepperjack cheese, sliced cucumbers,  
lettuce, tomatoes, and mayo

**Grilled Cheese** ..... \$6.50

Your choice of cheese (Provolone, Swiss,  
Cheddar, or Pepperjack) with mayo  
*Grilled on your choice of bread*

**Grilled Ham & Swiss** ..... \$8.75

Ham, Swiss, tomatoes, mayo, and mustard  
*Grilled on your choice of bread*

**Hummus** ..... \$6.95

Co-op's own vegan hummus, lettuce,  
tomatoes, cucumbers, and Vegenaise

**Roast Beef Rueben** ..... \$8.95

Roast beef, Swiss cheese, sauerkraut,  
and 1000 island dressing  
*Grilled on your choice of bread*

**Tempeh Rueben** ..... \$8.75

Marinated, baked tempeh, sauerkraut,  
Swiss cheese, and 1000 island dressing  
*Grilled on your choice of bread*

**TLT** ..... \$7.50

Baked marinated tempeh, tomatoes,  
lettuce, and Vegenaise

**Tuna Melt** ..... \$7.95

Tuna salad, tomatoes, and Swiss cheese  
*Grilled on your choice of bread*

**We Always Use**

**Nitrate-Free Deli Meats**