

# Easthampton Co-op Kitchen Menu



We make everything from scratch using organic and local products whenever possible. We make our own sauces, dressings, and spreads.

**All items available 8 am – 8 pm • To order call (413) 529-4990**

*Please inform us if you or anyone in your party has a food allergy.*

Pizza available 11 am - 8 pm • Sushi ordering ends at 5 pm

- GF** GLUTEN FREE
- Veg** VEGETARIAN
- Vgn** VEGAN
- DF** DAIRY FREE

REVISED 8/23/23

## Breakfast

**Classic Sammie\*** ..... **\$4.49** **Veg**

Scrambled eggs, cheddar cheese, and herb aioli on a brioche roll  
 Contains: Wheat, Egg, Milk

**Classic Sammie Plus One\*** ..... **\$6.49**

Scrambled eggs, cheddar cheese, herb aioli, and choice of protein (bacon, pork sausage, ham, tempeh bacon, or Beyond veggie sausage) on brioche roll  
 Contains: Wheat, Egg, Milk, Soy (if veg)

**Classic Vegan Sammie**..... **\$6.99** **Vgn**

JUST Egg, vegan cheese, spinach and vegan herb aioli on sourdough bread  
 Contains: Wheat, Soy

**Burrito Antonita\*** ..... **\$6.99** **Veg**

Scrambled eggs, black beans, diced tomatoes, onions, chilies, pepper jack cheese, and guacamole, served on white or wheat flour tortilla  
 Contains: Wheat, Egg, Milk

**Bagel with Cream Cheese** ..... **\$3.99**

Your choice of available bagel and available cream cheese and toasted or not  
 Contains: Wheat, Milk

## Hot Sandwiches

**Grilled Cheese**..... **\$7.99** **Veg**

Local Grafton smoked cheddar, vegan mayo grilled with mustard and a tomato slice, on your choice of bread  
 Contains: Wheat, Milk

**Falafel Veggie Burger** ..... **\$10.99** **Veg**

Chickpea herb patty with tomato jam, cucumber, pickled red onion, arugula and vegan herb aioli on brioche roll  
 Contains: Wheat, Egg, Milk

**Mt. Tom Burger\*** ..... **\$11.99**

Local 1/3 Wheel-View Farm grass-fed burger, with tomato jam, lettuce, pickled red onion and vegan herb aioli on brioche roll  
 Contains: Wheat, Egg, Milk

**The ETown Hot**..... **\$11.99**

Fried chicken cutlet or crispy tofu with vegan chipotle mayo, coleslaw and pickles on ciabatta  
 Contains: Wheat, Soy (if veg)

**Reuben**..... **\$13.99**

Your choice of turkey, corned beef or tempeh bacon with sauerkraut, Swiss cheese and Thousand Island dressing on grilled rye bread.  
 Make it a Rache! Swap sauerkraut for slaw! Contains: Wheat, Milk, Soy (if veg)

**BLT or TLT** ..... **\$9.99**

Bacon, lettuce, tomato and vegan herb aioli on your choice of bread.  
 Vegan version with tempeh bacon and vegan mayo. Contains: Wheat, Milk, Soy (if veg)

**Fiery Cubano** ..... **\$12.99**

Smoked ham with vegan chipotle mayo, Dijon mustard, jalapeno pickles, radish slices and pepper jack cheese on ciabatta  
 Contains: Wheat, Milk

**Pesto & Provolone** ..... **\$8.99** **Veg**

Provolone cheese, pesto, tomato, and sprouts on your choice of bread  
 Contains: Wheat, Milk

**Mediterranean Tofu**..... **\$13.99** **DF** **Vgn**

Marinated tofu, spinach, tomato, and grilled onions, with scratch-made vegan sun-dried tomato aioli, served on a grilled Ciabatta roll  
 Contains: Wheat, Soy

## Custom Sandwich

**Build-Your-Own**..... **\$9.99**

Your choice of protein, cheese, veggie, spread and bread from the list to the right

## Wraps

Served on your choice of white, wheat, spinach, or GF wrap

**The Orchard**..... **\$9.99**

Honey ham and smoked cheddar cheese, with arugula, stoneground mustard, and onion and apple slices  
 Contains: Wheat, Milk

**Rainbow Wrap**..... **\$7.99** **Vgn**

Hummus with purple cabbage, carrots, spinach, bell peppers, tomato slices, sprouts and cucumber  
 Contains: Wheat, Sesame

**Chicken Curry Wrap** ..... **\$9.99**

Chicken curry salad made with apples, raisins and cilantro, with lettuce and cucumber slices  
 Contains: Wheat

**Lemony Tahini Tofu Wrap**..... **\$9.99** **DF** **Vgn**

Tofu marinated with ginger, maple syrup and toasted sesame oil, grilled and topped with caramelized onions, arugula, sprouts and lemony Tahini sauce  
 Contains: Wheat, Soy, Sesame

## Cold Sandwiches

**Egg Salad**..... **\$7.99** **DF** **Veg**

Scratch-made with celery, Dijon mustard, vegan mayo, lettuce, and tomato, available on assorted breads  
 Contains: Wheat, Egg

**Egg-Less Tofu Salad**..... **\$6.99** **DF** **Vgn**

Our signature vegan tofu egg-less salad with vegan mayo, lettuce, tomato, available on assorted breads  
 Contains: Wheat, Soy

**Chicken Salad** ..... **\$8.99**

Scratch-made with red grapes, celery, poppy seeds, Dijon mustard, vegan mayo, parsley, lettuce, and Swiss cheese, available on assorted breads  
 Contains: Wheat, Milk

**Tuna Salad** ..... **\$8.99**

Scratch-made with red onions, celery, Dijon mustard, vegan mayo, lemon juice, lettuce, and tomato, available on assorted breads  
 Contains: Fish, Wheat

**Turkey Brie**..... **\$11.99**

Oven roasted turkey, brie, arugula, and cranberry jam available on assorted bread  
 Contains: Wheat, Milk

**Ham & Swiss Croissant**..... **\$10.99**

McKenzie smoked ham with Swiss cheese and a dash of stoneground mustard on a croissant  
 Contains: Wheat, Milk

**Chicken Salad Croissant**..... **\$10.99**

Our scratch-made salad includes red grapes, vegan mayo, celery and poppy seeds, with Swiss cheese, lettuce, tomato on a croissant  
 Contains: Wheat, Milk

### Sandwich & Wrap Add-ons/Extras

Veggies **75¢** Egg or Cheese **\$1.00** Protein **\$1.99** Guacamole **\$1.59**

**Bread:** bagel, brioche, rye, sourdough, whole wheat, gluten-free, ciabatta roll (add **\$1.99**) croissant (add **\$1.99**)

**Wraps:** white flour, whole wheat, spinach, gluten-free cassava flour

**Spreads:** vegan mayo, vegan spicy mayo, vegan herb aioli, tomato jam, Dijon mustard, salsa

**Proteins:** bacon, grilled chicken, ham, tofu, breakfast sausage, turkey, tempeh bacon, vegan sausage

**Cheese:** cheddar, goat, pepper jack, Swiss, vegan cheddar, cream cheese

**Veggies:** tomato, lettuce, radish, pickled jalapeño, spinach, sprouts, pickled red onion, arugula, cucumber, slaw

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness*

# Easthampton Co-op Kitchen Menu



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## Build-Your-Own Pizza

16-inch pizza made fresh. Gluten free crust available!

**Cheese Only** ..... **\$15.99**

**Cheese & Veggies** ..... **\$17.99**

Choice of one sauce, two cheeses, and four veggies

**Cheese & Protein** ..... **\$17.99**

Choice of one sauce, two cheeses, and one protein

**Cheese, Veggies, & Protein** ..... **\$22.99**

Choice of one sauce, two cheeses, two proteins, and four veggies

**Sauce:** BBQ, Garlic Oil, Marinara, Pesto

**Veggies:** Red And Green Bell Peppers, Red Onions, Mushrooms, Spinach, Arugula, Kalamata Olives, Eggplant, Tomatoes

**Cheese:** Mozzarella, Parmesan, Cheddar, Smoked Cheddar, Daiya Vegan Mozzarella Shreds

**Protein:** Grilled Chicken, Bacon, Hamburger, Ham, Pepperoni, Tempeh Bacon, Or Vegan Beyond Meat

## Pangaea Sushi Note: You must place your order for sushi by 3 pm

Choice of brown or white rice.

### Cooked

California Roll (10 pc) ..... **\$7.99**

Tempura Shrimp Roll (10 pc) ..... **\$8.49**

Spicy Salmon Roll (10 pc) ..... **\$7.49**

### Raw

Nigiri (Tuna & Salmon, white rice only) (6 pc) ..... **\$9.49**

Salmon Avocado (6 pc) ..... **\$7.99**

Tuna Avocado (10 pc) ..... **\$7.99**

Spicy Tuna (10 pc) ..... **\$8.49**

### Vegetarian

Vegetable Roll (10 pc) ..... **\$6.49**

California Roll with Imitation Crab (10 pc) ..... **\$7.49**

Vegetable Hosomaki (20 pc) ..... **\$6.49**

Avocado Salad Inari (4 pc) ..... **\$6.99**

### Fresh Spring Rolls

Vegetable (4 pc) ..... **\$6.99**

Chicken (4 pc) ..... **\$7.49**

Cooked Shrimp (4 pc) ..... **\$7.99**

## Quesadillas

**Quesadilla** ..... **\$7.99/\$8.99**

Made with local flour tortillas, cheddar cheese, and your choice of filling, served with house-made salsa and rojo sauce

Black Bean (**\$7.99**) • Chicken (**\$8.99**)

Mushroom, Caramelized Onion, & Goat Cheese (**\$9.99**)

**Smoothies** (16 oz) ..... **\$6.99**

### Berry-Ana

Orange juice, kefir, banana, strawberry, nutmeg, and vanilla extract

### Mango Lassi

Mango, low-fat milk, kefir, vanilla syrup, cardamom

### Mocha Monkey **Vgn**

Unsweetened almond and coconut milk, banana, espresso shot, chocolate syrup, and peanut butter

### PB & J **Vgn**

Mixed berries, peaches, banana, unsweetened almond and coconut milk, maple syrup, and peanut butter

### Pineapple Kale **Vgn**

Pineapple, kale, white grape juice, coconut milk

### Build Your Own Smoothie

Choose any number of the items from each category below

**Fruit:** Banana, Blueberry, Mango, Peach, Pineapple, Raspberry, Strawberry

**Liquid:** Almond Milk, Coconut Milk, Oat Milk, Milk (Whole or 1%), Orange Juice, Vanilla Kefir, White Grape Juice

**Add-ins:** Espresso Shot (\$1.00), Flavor Shot (50¢), Protein Powder (\$1.59), Spirulina (\$1.59)

**Add-ins (free):** Cayenne, Ginger, Kale, Peanut Butter, Spinach, Turmeric, Vanilla Extract

**Shakes** (16 oz) ..... **\$7.99**

### Vanilla or Chocolate

Local Bart's vanilla ice cream, local High Lawn whole milk, scratch-made vanilla or chocolate syrup and local King Arthur malted milk (**Contains: Wheat**)  
Vegan option made local Harrell's No Moo dairy-free ice cream and oat milk

# Coffee, Tea, & More

All drinks can be made with your choice of almond, coconut, soy or oat milk, local High Lawn Farm whole or low fat milk

## Fair Trade Coffee

Self-Serve Coffee.....	8 oz 99¢ • 12 oz \$1.49 • 16 oz \$1.99
Cold Brew Coffee.....	16 oz \$3.99
Americano.....	12 oz \$3.00
Cafe au Lait.....	12 oz \$3.50
Cappuccino.....	12 oz \$3.50
Latte.....	12 oz \$3.50 • 16 oz \$4.00
Matcha Latte.....	12 oz \$4.00 • 16 oz \$4.50
Macchiato.....	\$2.50
Mocha.....	12 oz \$4.25 • 16 oz \$4.75
Espresso.....	single \$1.50 • double \$2.50

## House-Brewed Unsweetened Tea

Chai Latte.....	12 oz \$3.50 • 16 oz \$4.00
Dirty Chai Latte.....	12 oz \$4.50 • 16 oz \$5.00

## Other Drinks

Hot Chocolate.....	12 oz \$3.50 • 16 oz \$4.00
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### Drink Add-ons/Extras

Espresso added to any beverage.....	\$1.00
House-made vanilla or chocolate syrup.....	75¢
Local maple syrup.....	75¢
Assorted organic syrups/flavor shots.....	75¢
<i>Strawberry, Pistachio, Coconut, Amaretto, Caramel, Irish Cream, Lavender</i>	

## Katalyst Kombucha

Assorted flavors – check out what we have on tap!

16 oz.....	\$3.69
Per lb.....	\$2.99
Empty Glass Growler	\$3.79 • Empty 16 oz Bottle \$1.25

## Smoothies (16 oz) .....\$6.99

**Berry-Ana** Orange juice, kefir, banana, strawberry, nutmeg, vanilla extract

**Mango Lassi** Mango, low-fat milk, kefir, vanilla syrup, cardamom

**Mocha Monkey** Unsweetened almond and coconut milk, banana, espresso shot, chocolate syrup, peanut butter **Vgn**

**PB & J** Mixed berries, peaches, banana, unsweetened almond and coconut milk, maple syrup, peanut butter **Vgn**

**Pineapple Kale** Pineapple, kale, white grape juice, coconut milk **Vgn**

**Smoothie of the Day** See chalkboard for details!

## Shakes (16 oz).....\$7.99

### Vanilla, Chocolate, or Strawberry

Local Bart's vanilla ice cream, local High Lawn whole milk, and local King Arthur malted milk\*. Made with either house-made chocolate syrup, strawberry syrup, or vanilla. Vegan option made local Herrell's No Moo dairy-free ice cream and oat milk. \*Malted milk contains wheat