

Northampton Co-op Kitchen Menu



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

All items available 8 am – 8 pm • To order call (413) 584-2665

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

Sushi ordering ends at 5 pm

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

Breakfast

The Mini* **\$4.49** **Veg**

Scrambled eggs or JUST Egg, cheddar cheese, and Dijon mustard on your choice of bread **Contains: Wheat, Egg, Milk, Soy**

The Classic* **\$6.49**

Scrambled eggs, cheddar cheese, Dijon mustard, and choice of protein (bacon, pork sausage, ham, tempeh bacon, or veggie sausage) on your choice of bread **Contains: Wheat, Egg, Milk, Soy (if made veg)**

The Vegan Classic **\$6.99** **Vgn**

Veggie sausage or tempeh bacon, vegan cheese, Dijon mustard, spinach, and tomato on your choice of toast **Contains: Wheat, Soy**

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

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

Hot Sandwiches

Served on your choice of bread

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

Your choice of bread and cheese. Add protein of your choice for **\$1.99** **Contains: Wheat, Milk**

Reuben **\$13.99**

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

Cheese Steak **\$11.99**

Chopped roast beef, roasted red peppers, grilled onions, white mushrooms, and American cheese, served on a Ciabatta roll **Contains: Wheat, Milk**

Grilled Club **\$11.99**

Roasted turkey, honey ham, bacon, lettuce, tomato, cheddar cheese, and vegan mayo, served on your choice of bread **Contains: Wheat, Milk**

BLT or TLT **\$9.99**

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

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**

Ursula's Signature Veggie Burger **\$10.99** **Veg**

Scratch-made veggie burger (black beans, hominy, roasted red peppers, garlic, onions, chilies, panko, cilantro, and mint), lettuce, tomato, and our own vegan chipotle mayo, served on a grilled brioche **Contains: Wheat, Egg, Milk**

Wheel-View Burger* **\$11.99**

Local 1/3 Wheel-View Farm grass-fed burger, with lettuce, tomato, red onion, and vegan mayo, served on a grilled brioche. Add cheese **\$1.00** **Contains: Wheat, Egg, Milk**

Burrito **\$7.99/\$9.99**

Rice, black beans, cheddar cheese, house-made salsa and rojo sauce, guacamole, and shredded cabbage. Choose from black bean (\$7.99) or chicken or tofu (\$9.99). Add sour cream **50¢** **Contains: Wheat, Milk, Soy (if made with tofu)**

Wraps

REVISED 8/8/23

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

The Zorba **\$7.99** **Veg**

Hummus, spinach, tomato, cucumber, feta, Kalamata olives and pickled onions **Contains: Wheat, Milk, Sesame**

The Orchard **\$9.99**

Honey ham, smoked cheddar cheese, apples, arugula, onions, and stoneground mustard **Contains: Wheat, Milk**

Rainbow Wrap **\$7.99** **DF** **Vgn**

Hummus, purple cabbage, carrots, spinach, bell pepper, tomato, sprouts, and cucumber **Contains: Wheat, Sesame**

Cold Sandwiches

Served on your choice of bread

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

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

Chicken Salad **\$8.99** **DF**

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** **DF**

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**

Custom Sandwich

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

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

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: BBQ, regular or chipotle vegan mayo, dijon mustard, hummus, ketchup, pesto, rojo sauce, sriracha, stone ground mustard, vegan thousand island, vegan sun-dried tomato aioli, yellow mustard

Proteins: bacon, roasted chicken, corned beef, honey ham, marinated tofu, pastrami, pepperoni, pork sausage (breakfast), roast beef, roasted turkey, tempeh bacon, veggie sausage

Cheese: American, brie, cheddar, goat, pepper jack, provolone, shredded mozzarella, smoked cheddar, Swiss, Daiya vegan mozzarella shreds, Violife vegan cheddar slices

Veggies: arugula, bell peppers, black beans, cabbage, carrot, cucumber, kalamata olives, lettuce, kale, onions (regular, grilled, or pickled), roasted green chiles, roasted red peppers, sauerkraut, spinach, sprouts, tomatoes, white mushrooms

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

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Build-Your-Own Pizza

13-inch pizza made fresh. Gluten free crust **add \$3.00**

Cheese Only **\$12.99**

Cheese & Veggies **\$14.99**

Choice of one sauce, two cheeses, and four veggies

Cheese & Protein **\$14.99**

Choice of one sauce, two cheeses, and one protein

Cheese, Veggies, & Protein **\$18.99**

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

Sauce: BBQ, marinara, pesto, sun-dried tomato aioli

Veggies: arugula, black beans, kalamata olives, kale, onions, roasted green chiles, roasted red peppers, sauerkraut, spinach, tomatoes, white mushrooms

Cheese: cheddar, goat cheese, mozzarella, pepper jack, provolone, smoked cheddar, Daiya vegan mozzarella shreds, Violife vegan cheddar slices

Protein: bacon, grilled chicken, ham, marinated tofu, pepperoni, pork sausage, tempeh bacon veggie sausage

Pangaea Sushi Note: You must place your order for sushi by 5 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

Coffee, Tea, & More

All drinks can be made with your choice of unsweetened almond, coconut 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**

Drink Add-ons/Extras

Espresso shot added to any smoothie **\$1.00**

House-made vanilla or chocolate syrup.... **75¢**

Local maple syrup..... **75¢**

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!