

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*