

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 8/8/23

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