

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)

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

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