

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

REVISED 8/8/23

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