

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 3/18/24

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 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 Rachel! 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 **\$1.00** Cheese **\$1.25** 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*

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REVISED 3/8/24

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, Chocolate, or Strawberry

Local Bart's vanilla ice cream, local High Lawn whole milk, and local King Arthur malted milk*. Made with either house-made chocolate syrup, strawberry syrup, or vanilla. Vegan option made local Herrell's No Moo dairy-free ice cream and oat milk. *Malted milk contains wheat