

Easthampton 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.

Deli items available 8 am – 8 pm • Custom sushi ends at 5 pm

Please inform us if you or anyone in your party has a food allergy. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

- GF** GLUTEN FREE
- Veg** VEGETARIAN
- Vgn** VEGAN
- DF** DAIRY FREE

REVISED 4/20/2026

Breakfast

Egg & Cheese Breakfast Sandwich....\$5.99 **Veg**
Fresh local egg and Cabot cheddar on your choice of bread **Contains: Wheat, Egg, Milk**

Breakfast Sandwich.....\$7.49
Fresh local egg, Cabot cheddar, your choice of protein (bacon, ham, or sausage) on your choice of bread **Contains: Wheat, Egg, Milk**

Vegan Breakfast Sandwich.....\$7.49 **Vgn**
Just Egg, vegan cheese, your choice of vegan protein (tempeh bacon, or veggie sausage) on toasted Iggy's sourdough **Contains: Soybeans, Tree Nuts, Wheat**

Burrito Antonita.....\$7.49 **Veg**
Local scrambled eggs, Cabot pepper jack cheese, seasoned black beans, tomato, onion, guacamole, and chilies, in a flour tortilla **Contains: Wheat, Egg, Milk, Soybeans**

Bagel with Cream Cheese or Hummus.....\$3.99 **Veg**
Your choice of bagel with cream cheese or hummus
Bagel Contains: Wheat; Hummus Contains: Sesame; Cream Cheese Contains: Milk

Tomato Avocado Toast.....\$8.99 **Veg DF**
Griddled Iggy's sourdough, avocado, tomato, everything seasoning, balsamic glaze, and alfalfa sprouts **Contains: Sesame, Wheat**

Warm Quiche with Salad.....\$8.99
Warmed quiche of the day served with a side salad **Contains: Eggs, Milk, Wheat**

From the Grill

Goat Cheese, Fig, & Caramelized Onion Sandwich.....\$11.99 **Veg**
With arugula and balsamic glaze, served on Iggy's sourdough **Contains: Wheat, Milk**

Local Grass-Fed Cheeseburger.....\$12.99
With arugula, tomato, pickles, served on a toasted brioche roll
Add local fried egg **\$1.00** • Add local bacon **\$3.00**
Add sauteed peppers, onions, mushrooms **\$2.00**
Contains: Eggs, Wheat, Milk

Smash Burger.....\$9.99
Double Smash Burger.....\$11.99
Your choice of a local grass-fed burger or vegan Beyond burger, griddled smashed with onions, Cabot cheddar, Russian dressing, lettuce, tomato, pickles on a griddled Martin's potato roll **Contains: Milk, Sesame, Soybeans, Wheat**

Grilled Eggplant Burger.....\$12.99 **Veg**
With yogurt-feta sauce and cucumbers, served on a grilled brioche roll
Contains: Eggs, Milk, Wheat

Southwest Black Bean Burger.....\$12.99 **Veg**
House-made burger with hominy, roasted red peppers, garlic, chilies, onion, panko, cilantro, mint with arugula, tomato, vegan chipotle mayo served on griddled brioche **Contains: Eggs, Milk, Soybeans, Wheat**

Vegan Mushroom Cheesesteak.....\$13.99 **Vgn DF**
Sauteed shiitake and crimini mushrooms with peppers, onions, and house-made vegan beer cheese on a grilled hoagie **Contains: Soybeans, Wheat**

Vegetarian Muffuletta Sandwich.....\$13.99 **Veg**
Roasted eggplant, peppers, onions, olives, garlic, chili powder, thyme, capers, provolone on a grilled hoagie roll **Contains: Milk, Sesame, Soybeans, Wheat**

Classic Cuban Sandwich.....\$14.99
Cuban roast pork, sliced ham, with pickles, yellow mustard, and Swiss cheese griddled and pressed in a hoagie roll **Contains: Milk, Sesame, Soybeans, Wheat**

Reuben Sandwich.....\$14.99
Made with corned beef or your choice of sliced turkey or tempeh bacon, with sauerkraut, Russian dressing, Swiss cheese and griddled rye bread
Contains: Milk, Soybeans, Wheat

Melty Fontina & Tomato Grilled Cheese.....\$10.99 **Veg**
Fontina cheese, tomato, and fresh basil on griddled Iggy's sourdough
Contains: Milk, Wheat

BLT or TLT.....\$10.99
Your choice of local bacon or tempeh bacon, lettuce, tomato with vegan mayo on toasted Iggy's sourdough **BLT Contains: Wheat; TLT Contains: Soy, Wheat**

Kids Menu

Grilled Cheese.....\$5.99 **Veg**
Made with local Cabot cheddar served on grilled Iggy's sourdough
Contains: Wheat, Milk

Classic PB & J.....\$4.99 **Veg**
Peanut butter and strawberry jelly served on Iggy's sourdough
Contains: Wheat, Milk, Peanuts

Cut Apple Wedges.....\$1.49ea **Vgn**

Cup of Grapes.....\$2.49ea **Vgn**

Build-Your-Own Sandwich

Sandwich with House Proteins.....\$12.99
Choice of 4 oz of house roasted turkey, ham, turkey, grilled chicken, or sesame tofu with cheese, vegetables, and condiments on your choice of bread or wrap

Sandwich with Premium Proteins.....\$14.99
Choice of 4 oz of corned beef, roast beef, or pastrami with cheese, vegetables, and condiments on your choice of bread or wrap

Sandwich with House Spreads.....\$11.99
Choice of 4 oz of chicken salad, egg salad, tuna salad, or hummus with, vegetables, and condiments on your choice of bread or wrap

Bread: bagel, brioche, rye, sourdough, whole wheat, gluten free, hoagie roll, croissant **Wraps:** white, whole wheat, spinach, gluten-free

Condiments: dijon mustard, vegan mayonnaise, vegan chipotle mayo, yellow mustard, Russian dressing, BBQ sauce

Cheese: Swiss, cheddar, provolone, American, chevre, vegan mozzarella, vegan cheddar, pepper jack

Vegetables: arugula, spinach, romaine, alfalfa sprouts, tomatoes, red onions, cucumbers, green peppers, carrot, kalamata olives

Sandwich Add-Ons

- Breakfast Sausage**.....\$2.00
- Veggie Breakfast Sausage**.....\$2.00
- Local Apple Smoked Bacon, 2 slices**.....\$3.00
- Tempeh Bacon, 2 slices**.....\$3.00
- Fried Local Egg**.....\$1.00
- Avocado, 1/2**.....\$2.50
- Guacamole, 2 oz**.....\$1.50
- Sauteed Peppers, Onions, Mushrooms**.....\$2.00
- Sliced Cheese, 2 slices**.....\$1.25
- Vegetables**.....\$1.00

Easthampton 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.

Deli items available 8 am – 8 pm • Custom sushi ends at 5 pm

Please inform us if you or anyone in your party has a food allergy. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

- GF** GLUTEN FREE
- Veg** VEGETARIAN
- Vgn** VEGAN
- DF** DAIRY FREE

REVISED 4/20/2026

Quesadillas

Cheese.....\$6.99

Local cheddar, grilled until crisp in a local tortilla shell with house-made salsa rojo on the side **Contains: Milk, Soybeans, Wheat**

Onion, Black Bean & Cheese.....\$7.99

Seasoned black beans with grilled onions, local cheddar, grilled until crisp in a local tortilla shell with house-made salsa rojo on the side **Contains: Milk, Soybeans, Wheat**

Shredded Chicken & Black Bean.....\$8.99

Slow cooked chicken, grilled onions, seasoned black beans, local cheddar, grilled until crisp in a local tortilla shell with house-made salsa rojo on the side **Contains: Milk, Soybeans, Wheat**

Burritos

Black Bean.....\$8.99

Seasoned black beans with sauteed peppers and onions, cilantro rice, local cheddar, crisp cabbage all wrapped in a local tortilla shell with house-made salsa rojo on the side **Contains: Milk, Soybeans, Wheat**

Shredded Chicken.....\$9.99

Slow cooked chicken, with cilantro rice, seasoned black beans, local cheddar, crisp cabbage all wrapped in a local tortilla shell with house-made salsa rojo on the side **Contains: Milk, Soybeans, Wheat**

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

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

Smoothies (16 oz).....\$6.99

Berry-Ana

Orange juice, kefir, banana, strawberry, nutmeg, and vanilla extract **Contains: Milk**

Mango Lassi

Mango, low-fat milk, kefir, vanilla syrup, cardamom **Contains: Milk**

Mocha Monkey **Vgn**

Unsweetened almond and coconut milk, banana, espresso shot, chocolate syrup, and peanut butter **Contains: Tree Nuts (Almonds), Peanuts**

PB & J **Vgn**

Mixed berries, peaches, banana, unsweetened almond and coconut milk, maple syrup, and peanut butter **Contains: Tree Nuts (Almonds), Peanuts**

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

Pangaea Sushi

Choice of brown or white rice. *Custom sushi ordering ends at 5 pm.*

Cooked

California Roll (10 pc).....\$7.99

Tempura Shrimp Roll (10 pc).....\$9.99

Spicy Salmon Roll (10 pc).....\$9.49

Raw

Nigiri (Tuna & Salmon, white rice only) (5 pc).....\$10.99

Salmon Avocado (10 pc).....\$9.49

Tuna Avocado (10 pc).....\$9.49

Spicy Tuna (10 pc).....\$9.99

Vegetarian

Vegetable Roll (10 pc).....\$6.99

Vegetable Hosomaki (15 pc).....\$6.99

Avocado Salad Inari (4 pc).....\$7.99

Fresh Spring Rolls

Vegetable (4 pc).....\$7.99

Chicken (4 pc).....\$8.49

Cooked Shrimp (4 pc).....\$8.99