

# 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.

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 griddled 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

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## 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

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

**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**