

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*** **\$3.99** **Veg**
Scrambled eggs, cheddar cheese, and Dijon mustard on your choice of bread
- The Classic*** **\$5.49**
Scrambled eggs, cheddar cheese, Dijon mustard, and choice of protein (bacon, pork sausage, ham, tempeh bacon, or veggie sausage) on your choice of bread
- The Vegan Classic** **\$5.99** **Vgn**
Veggie sausage or tempeh bacon, vegan cheese, Dijon mustard, spinach, and tomato on your choice of toast
- Burrito Antonita*** **\$6.49** **Veg**
Scrambled eggs, diced tomatoes, onions, chilies, pepper jack cheese, and guacamole, served on white or wheat flour tortilla

Hot Sandwiches

Served on your choice of bread

- Grilled Cheese** **\$3.99** **Veg**
Your choice of bread and cheese. Add protein of your choice for **\$1.99**
- Reuben** **\$9.99**
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!
- Cheese Steak** **\$7.99**
Chopped roast beef, roasted red peppers, grilled onions, white mushrooms, and American cheese, served on a Ciabatta roll
- Grilled Club** **\$8.99**
Roasted turkey, Honey Ham, bacon, lettuce, tomato, cheddar cheese, and mayonnaise, served on your choice of bread
- BLT or TLT** **\$7.99**
Bacon, tomato, lettuce, and herb aioli on your choice of bread.
Vegan version with tempeh bacon and vegan mayo.
- Grilled Summer Tofu** **\$7.99** **Vgn**
Marinated tofu, spinach, tomato, and grilled onions, with scratch-made sun-dried tomato aioli, served on a grilled Ciabatta roll
- Ursula's Signature Veggie Burger** **\$7.99** **Vgn**
Scratch-made veggie burger (black beans, hominy, roasted red peppers, garlic, onions, chilies, panko, cilantro, and mint), lettuce, tomato, and our own chipotle mayonnaise, served on a grilled brioche
- Wheel-View Burger*** **\$8.99**
1/3lb burger made with local Wheel-View grass fed beef, with lettuce, tomato, red onion, and mayonnaise, served on a grilled brioche. Add cheese **\$1.00**
- Burrito** **\$6.99/\$8.99**
Rice, black beans, cheddar cheese, salsa, guacamole, and shredded cabbage
Choose from black bean (\$6.99) or chicken or tofu (\$8.99). Add sour cream **50¢**

Wraps

Served on your choice of white, wheat, or gluten free wrap

- The Zorba** **\$6.99** **Veg**
Hummus, spinach, tomato, cucumber, feta, Kalamata olives and pickled onions
- The Orchard** **\$8.99**
Honey ham, smoked cheddar cheese, apples, arugula, onions, and stoneground mustard
- Rainbow Wrap** **\$6.99** **Vgn**
Hummus, purple cabbage, carrots, spinach, bell pepper, tomato, sprouts, and cucumber

Cold Sandwiches

Served on your choice of bread

- Egg Salad** **\$5.99**
Scratch-made with celery, Dijon mustard, mayo, lettuce, and tomato, available on assorted breads
- Chicken Salad** **\$5.99**
Scratch-made with red grapes, celery, poppy seeds, Dijon mustard, mayo, parsley, lettuce, and Swiss cheese, available on assorted breads
- Tuna Salad** **\$5.99**
Scratch-made with red onions, celery, Dijon mustard, mayo, lemon juice, lettuce, and tomato, available on assorted breads
- Turkey Brie** **\$7.99**
Oven roasted turkey, Brie, arugula, and cranberry jam
- Ham & Cheese Croissant** **\$7.99**
McKenzie smoked ham with Swiss cheese and a dash of stoneground mustard

Sandwich & Wrap Add-ons/Extras

Veggies **75¢** Egg or Cheese **\$1.00** Protein **\$1.99** Guacamole **\$1.59**

Bread: bagel, brioche, ciabatta roll, rye, sourdough, gluten free (add **\$1.00**), croissant (add **\$1.99**)

Wraps: Ivory Teff (GF), white flour, whole wheat

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

Spreads: BBQ, chipotle vegan mayonnaise, dijon mustard, hummus, ketchup, mayonnaise, pesto, rojo sauce, sriracha, stone ground mustard, vegan thousand island, vegan sun-dried tomato aioli, vegenaïse, yellow mustard

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

Northampton Co-op Kitchen Menu



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Sushi ordering ends at 5 pm

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- Veg** VEGETARIAN
- Vgn** VEGAN
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Build-Your-Own Pizza

13-inch pizza made fresh. Gluten free crust **add \$3.00**

- Cheese Only**.....**\$8.99**
- Cheese & Veggies**.....**\$9.99**
Choice of one sauce, two cheeses, and four veggies
- Cheese & Protein**.....**\$10.99**
Choice of one sauce, two cheeses, and one protein
- Cheese, Veggies, & Protein**.....**\$11.99**
Choice of one sauce, two cheeses, two proteins, and four veggies

Sauce: BBQ, garlic oil, 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**

Signature Smoothies (16 oz)

- Berry-Ana**.....**\$4.99**
Orange juice, kefir, banana, strawberry, nutmeg, and vanilla extract
- Mango Lassi**.....**\$4.99**
Mango, low-fat milk, kefir, vanilla syrup, cardamom
- Mocha Monkey**.....**\$5.99** **Vgn**
Unsweetened almond and coconut milk, banana, espresso shot, chocolate syrup, and peanut butter
- PB & J**.....**\$5.99** **Vgn**
Mixed berries, peaches, banana, unsweetened almond and coconut milk, maple syrup, and peanut butter
- Pinapple Kale**.....**\$5.99** **Vgn**
Pineapple, kale, white grape juice, coconut milk
- Build Your Own Smoothie**.....**\$5.99**

Choose any number of the items from each category below

Fruit: Banana, Blueberry, Mango, Peach, Pineapple, Raspberry, Strawberry

Liquid: Almond Milk, Coconut Milk, Coconut Water, Milk(Whole or 1%), Orange Juice, Vanilla Kefir, White Grape Juice

Add-ins: Espresso Shot (\$1.00), Flavor Shot (50¢), Peanut Butter (50¢), Protein Powder (\$1.59), Spirulina (\$1.59), MCT Oil (\$1.59)

Add-ins (free): Cayenne, Ginger, Kale, Spinach, Turmeric, Vanilla Extract

Snacks

- Stacy's Pita Chips Simply Naked (1.5 oz).....**99¢**
- Food Should Taste Good Tortilla Chips (1.5 oz).....**99¢**
- Kettle Potato Chips (1.5 oz).....**\$1.29**
Sea Salt, Salt & Vinegar, BBQ
- HIPPEA Vegan White Cheddar Chickpea Puffs 1.5 oz).....**\$1.79**

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

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

Breakfast

Classic Sammie* **\$3.99** **Veg**

Scrambled eggs, cheddar cheese, and herb aioli on a brioche roll

Contains: Wheat, Egg, Milk, Soy

Classic Sammie Plus One* **\$5.49**

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

Classic Vegan Sammie..... **\$5.99** **Vgn**

JUST Egg, vegan cheese, spinach and herb aioli on sourdough bread

Contains: Wheat, Soy

Burrito Antonita* **\$6.49** **Veg**

Scrambled eggs, diced tomatoes, onions, chilies, pepper jack cheese, and guacamole, served on white or wheat flour tortilla

Contains: Wheat, Egg, Milk

Bagel with Cream Cheese **\$2.99**

Your choice of available bagel and available cream cheese and toasted or not

Contains: Wheat, Milk

Hot Sandwiches

Grilled Cheese..... **\$3.99** **Veg**

Local Grafton smoked cheddar, mayo grilled with mustard and a tomato slice, on your choice of bread

Contains: Wheat, Milk

Falafel Veggie Burger **\$7.99** **Veg**

Chickpea herb patty with tomato jam, cucumber, pickled red onion, arugula and herb aioli on brioche roll

Contains: Wheat, Soy, Egg

Mt. Tom Burger*..... **\$8.99**

Local Wheel-View Farm grass-fed burger, with tomato jam, lettuce, pickled red onion and herb aioli on brioche roll

Contains: Wheat, Soy, Egg

The ETown Hot..... **\$9.99**

Fried chicken cutlet or crispy tofu with chipotle mayo, coleslaw and pickles on ciabatta

Contains: Wheat, Soy

Reuben..... **\$9.99**

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, Soy, Milk

BLT or TLT **\$7.99**

Bacon, tomato, lettuce, and herb aioli on your choice of bread.

Vegan version with tempeh bacon and vegan mayo. Contains: Wheat, Soy, Milk

Fiery Cubano **\$8.99**

Smoked ham with chipotle mayo, Dijon mustard, jalapeno pickles, radish slices and pepper jack cheese on ciabatta

Contains: Wheat, Soy, Milk

Pesto & Provolone **\$6.99** **Veg**

Provolone cheese, pesto, tomato, and sprouts on your choice of bread

Contains: Wheat, Milk

Custom Sandwich

Build-Your-Own..... **\$8.99**

Your choice of protein, cheese, veggie, spread and bread from the list to the right

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

Wraps

Served on your choice of white, wheat, or gluten free wrap

The Orchard..... **\$8.99**

Honey ham and smoked cheddar cheese, with arugula, stoneground mustard, and onion and apple slices

Contains: Wheat, Milk (Gluten free wrap contains milk)

Tofu Satay Wrap **\$8.99** **Vgn**

Satay tofu with peppers, cucumbers, radish slices, lettuce, chopped peanuts and scallions

Contains: Wheat, Soy, Peanuts

Rainbow Wrap..... **\$6.99** **Vgn**

Hummus with purple cabbage, carrots, spinach, bell peppers, tomato slices, sprouts and cucumber

Contains: Wheat

Chicken Curry Wrap **\$6.99**

Chicken curry salad made with apples, raisins and cilantro, with lettuce and cucumber slices

Contains: Wheat, Egg

Cold Sandwiches

Egg Salad..... **\$5.99** **Veg**

Scratch-Made classic egg salad, with lettuce, tomato and your choice of bread

Contains: Wheat, Egg

Egg-Less Tofu Salad..... **\$5.99** **Vgn**

Our signature salad with lettuce, tomato and your choice of bread

Contains: Wheat, Soy

Chicken Salad..... **\$5.99**

Our scratch-made salad includes red grapes, celery and poppy seeds, with Swiss cheese, lettuce, tomato and your choice of bread

Contains: Wheat, Egg, Milk

Tuna Salad **\$5.99**

Our scratch-made salad includes red onions, celery and Dijon, with lettuce, tomato and your choice of bread

Contains: Wheat, Egg

Turkey Brie..... **\$7.99**

Oven roasted turkey and brie, with arugula and cranberry jam

Contains: Wheat, Milk

Ham & Cheese Croissant..... **\$7.99**

McKenzie smoked ham with Swiss cheese and a dash of stoneground mustard

Contains: Wheat, Milk, Egg

Chicken Salad Croissant..... **\$7.99**

Our scratch-made salad includes red grapes, celery and poppy seeds, with Swiss cheese, lettuce, tomato on a croissant

Contains: Wheat, Milk, Egg

Sandwich & Wrap Add-ons/Extras

Veggies 75¢ Egg or Cheese \$1.00 Protein \$1.99 Guacamole \$1.59

Veggies: tomato, lettuce, radish, pickled jalapeño, spinach, sprouts, pickled red onion, arugula, cucumber, slaw

Cheese: cheddar, goat, pepper jack, Swiss, vegan cheddar, cream cheese

Proteins: bacon, grilled chicken, ham, tofu, breakfast sausage, turkey, tempeh bacon, vegan sausage

Bread & Spread Options

Spreads: vegan mayo, vegan spicy mayo, herb aioli, tomato jam, Dijon mustard, salsa

Bread & Wraps: ciabatta, brioche bun, sourdough, croissant (add **\$1.99**), gluten free seven grain (add **\$1.00**), spinach or wheat wrap

Easthampton Signature Pizza 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.

Pizza available daily 11 am – 8 pm

Please Inform us if you or anyone in your party has a food allergy.

16-inch pizza made fresh! 12-inch gluten free & vegan crust available.

Cheese	\$14.99
Pepperoni	\$15.99
Vegan Sausage, Pepper, Onion	\$18.99
Veggie	\$15.99
Peppers, tomato, mushroom, eggplant, onion, olives, arugula	
Eggplant Parm	\$18.99
Eggplant with fresh tomato, Parmesan and asiago cheese	
Bacon Cheeseburger	\$19.99
Beef, tomato jam, bacon, tomato, red onion, cheddar cheese	
BBQ Pulled Pork	\$18.99
Pulled pork, BBQ sauce, cheddar cheese, green onion, red onion	
The Shroomerie	\$18.99
Oyster mushroom medley, arugula artichoke sauce, roasted garlic, spinach, goat cheese (available with vegan mozzarella)	
Simple Slice	\$3.99
One topping	
Loaded Slice	\$4.99
Two or more toppings	

Pizza Add-ons/Extras

Veggies 2/75¢

Cheese \$1.00

Protein \$1.99

Sauce: red, roasted garlic oil, arugula artichoke, BBQ

Veggies: mushroom, artichoke, peppers, onions, tomato, arugula, green onion, red onion, eggplant, olives

Cheese: cheddar, mozzarella, vegan mozzarella, goat, asiago

Protein: beef, pepperoni, pulled pork, grilled chicken, ham, vegan sausage, vegan bacon