



# September Café Menu

Mon - Sat 9 am - 8 pm  
Sun 12 - 6 pm

1341 West 26th Street Erie, PA 16508  
814.456.0282 Ext. 3  
www.wholefoodcoop.org

## Beverages

Coffee .....12oz...\$1.49 16oz...\$1.89

*We offer locally roasted organic coffee from Fairview Roasters. Please serve yourself and ask us for creamer (soy or dairy).*

Iced Organic Coffee .....12 oz...\$1.49 16 oz ... \$1.89

Fresh, organic, locally brewed iced coffee made with coffee ice cubes and your choice of cream

Blended Coffee.....16 oz ....\$3.49

*A creamy blend of organic coffee and your choice of vegan or dairy milk with a hint of organic chocolate syrup. Topped with whipped cream.*

Coffee Milkshake.....16 oz...\$4.49

Iced Chai Latte.....16 oz..\$2.99

Refreshing, original black chai tea latte iced and spiced to perfection with your choice of vegan or dairy milk

Hot Tea.....\$1.49

*We will be happy to help you find your favorite organic, herbal, or blended tea.*

Smoothies.....12oz. . . \$4.49 16oz. . . \$4.99

CHOOSE UP TO 3 FRUITS

*OG strawberries, OG raspberries, OG blueberries, OG bananas, OG cherries, OG peaches, OG mangos*

CHOOSE AN ORGANIC MILK

*Dairy, soy or rice*

*Or for 50¢ more—coconut milk, hemp milk, soy yogurt, or dairy yogurt.*

CHOOSE A JUICE

*OG Apple, OG orange, or pineapple-coconut*

ADD A BOOSTER—50¢ each

*Maça powder, goji berries, matcha green tea powder, brazil nut protein powder, fresh ground almond butter, green spirit mix, cacao nibs*

## FRESH ORGANIC JUICE

JUST CARROT 12oz...\$3.49 16oz...\$3.99

MAKE YOUR OWN 12oz...\$4.49 16oz...\$4.99

*Start with carrot and add your choice of:*

*organic apple, beet, cucumber, kale, ginger, garlic, celery, or lemon*

*Look for the new seasonal menu coming soon!*

## Soups

## September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Made with organic ingredients from scratch every day and served from 10am to 7pm</i>						
5 Potato Cheddar	6 Turkish Spinach & Lentil	7 Tomato Roasted Garlic	8 Red Lentil Corn Chowder	9 African Peanut	10 White Bean & Tomato	11 Mulligatawny
12 Broccoli Bisque	13 Tibetan Lentil	14 Roasted Red Pepper Bisque	15 Santa Fe Corn Chowder	16 Russian Velvet	17 Tuscan Bean & Cabbage	18 Greens Gumbo
19 Creamy Potato Kale	20 Moroccan Vegetable Lentil	21 Minestrone	22 Silky Coconut Squash	23 Hungarian Mushroom	24 White Bean & Spinach	25 Yellow Split Pea with Coconut
26 Savannah Bisque	27 Lentil Roasted Garlic	28 Split Pea	29 Harira	30 Indonesian Squash & Spinach		
			1 Cream of Tomato	2 Armenian Lentil	3 Coconut Bean	4 Gypsy Soup

# Gourmet Toasted Sandwiches

Served with Organic pickles

**CALIFORNIA MELT** ..... \$6.49

OG avocado, OG tomato, OG cucumber, artichoke hearts, OG red onions, house spinach pesto, melted OG Cheddar cheese\*, served on OG whole wheat bread

**TEMPEH REUBEN** ..... \$6.49

Marinated & grilled OG tempeh, OG sauerkraut, OG tomato, house Thousand Island dressing, melted OG Cheddar cheese\*, served on OG rye bread

**LENTIL-WALNUT BURGER** ..... \$6.49

House burgers served with OG spring lettuce mix, OG tomato, OG red onion, OG Cheddar cheese\*, and your choice of condiments served on an OG whole wheat bun

**LITTLE BOBBIE'S CLUBHOUSE** ..... \$6.49

3 slices of toasted OG whole wheat bread layered with Tofurky, smoked tomato seitan slices, tempeh bacon, OG spring lettuce mix, OG tomatoes, OG cucumbers, OG red onions & Veganaise

**BAKED TOFU** ..... \$4.99

Marinated & baked OG tofu, OG spring lettuce mix, roasted red peppers, OG red onions, house spinach pesto, and Veganaise served on OG whole wheat bread

**TOASTED CHEESE SUPREME** ..... \$4.49

OG Cheddar cheese, OG tomato, OG red onions, roasted red peppers, OG stone ground mustard served on OG whole wheat bread

**TLT** ..... \$3.99

Tempeh bacon, OG spring lettuce mix, OG tomato, & Veganaise served on OG whole wheat bread

**LITTLE BEAR** ..... \$3.49

Almond butter, OG banana, & your choice of OG agave syrup, honey, or OG jelly

**TOASTED CHEESE** ..... \$2.99

Cheddar cheese\* melted on OG whole wheat bread

# Burgers

All served on an OG whole wheat bun unless otherwise requested.

**LENTIL WALNUT BURGER**..... \$6.49

Topped with OG spring mix, OG tomatoes, OG red onion, OG cheddar & Monterey cheese\*, choice of condiments

**MILLET BURGER**..... \$6.49

Topped with OG spring mix, OG tomatoes, OG red onion, OG cheddar & Monterey cheese\*, choice of condiments

**PORTABELLA BURGER**..... \$6.49

Grilled portabella strips, OG grilled onions & peppers, OG cheddar & Monterey cheese\*, OG spring mix, OG tomatoes, mayo

**FALAFEL BURGER**..... \$6.49

Falafel patty topped with OG spring mix, OG tomatoes, OG red onion, OG cucumber, OG tahini sauce

\*vegan option of cheddar & Italian blend Daiya Shreds

# Wraps

Served with OG pickles.

A 12" wrap is available in your choice of whole wheat or spinach.

An 8" wrap comes as a whole wheat wrap.

An 8" Gluten Free wrap is available

**MEDITERRANEAN** ..... \$6.49 \$4.49

OG original hummus, OG tabouli, OG spring lettuce mix, OG cucumbers, OG tomatoes, OG feta cheese, Kalamata olives

**FALAFEL** ..... \$6.49 \$4.49

OG house falafel, OG hummus, OG spring lettuce mix, OG tomatoes, OG red onion, OG sweet pea shoots, house OG tahini sauce

**MEATLESS LOVER'S** ..... \$6.49 \$4.49

Tofurky, smoked tomato seitan slices, tempeh bacon, OG spring lettuce mix, OG tomatoes, OG red onions, shredded OG Cheddar cheese\*, Veganaise, stoneground mustard

**NORI**..... \$5.99 \$3.99

Nori, OG brown rice, OG avocado, OG spring lettuce mix, OG cucumbers, OG carrots, OG sweet pea shoots, wasabi mayo, gomasio

**THAI PEANUT** ..... \$5.99 \$3.99

Choose between OG baked tofu or OG grilled tempeh cubes, OG brown rice, OG spring lettuce mix, OG purple cabbage, OG carrots, roasted red peppers, house Thai peanut sauce

**JAMAICAN JERK**..... \$5.99 \$3.99

Choose between OG baked tofu or OG grilled tempeh cubes, OG spring lettuce mix, OG cucumber, OG carrots, roasted red peppers, house jerk sauce

**RICE & BLACK BEAN**..... \$5.99 \$3.99

OG brown rice, OG black beans, OG avocado, OG spring lettuce mix, OG red onion, OG house salsa, sour cream\*

**HUMMUS & AVOCADO**..... \$5.99 \$3.99

OG original hummus, OG avocado, OG spring lettuce mix, OG carrots, OG sweet pea shoots, OG cucumbers, OG tomatoes

**CHICKENLESS**..... \$5.99 \$3.99

House chickenless salad, OG spring lettuce mix, OG tomatoes, roasted red peppers, OG red onions, OG sweet pea shoots

**ADDITIONAL AVOCADO, CHEESE, OR ARTICHOKE.....50¢**

# Quesadillas

**CALIFORNIA**..... \$6.49

OG avocado, OG tomato, OG cucumber, artichoke hearts, OG red onions, house spinach pesto, melted OG Cheddar cheese\*

**FAJITA**..... \$6.49

OG black bean spread, OG grilled onions and peppers, OG Cheddar cheese\*, OG tofu, OG avocado, OG salsa, and sour cream\*

**BEAN & CHEESE**..... \$4.49

OG black bean spread, Cheddar cheese, served with OG salsa and sour cream\*

**PIZZA**..... \$3.99

OG pizza sauce, OG mozzarella cheese, smoked tomato seitan slices

OG—Organically grown year-round.

\*All dairy products are available in a vegan option, featuring Daiya Shreds, free of common allergens

\*\* Gluten-free Udi's multigrain bread available upon request.

# 12" 8"

# Personal Pizzas

Made with fresh premise-baked whole wheat and flax crusts. Also available in a gluten-free version.

**CALIFORNIA PIZZA**..... \$6.49

OG avocado, OG tomato, OG cucumber, artichoke hearts, OG red onions, house spinach pesto, melted Cheddar cheese\*

**MEATLESS LOVER'S PIZZA** ..... \$6.49

Tempeh bacon, smoked tomato seitan slices, Italian style "soysage", with OG pizza sauce and OG mozzarella cheese\*

**GARDEN SUPREME** ..... \$5.99

House spinach pesto, OG red onions, artichoke hearts, roasted red peppers, Cheddar cheese\*

**TACO PIZZA**..... \$5.99

House taco sauce, OG black bean spread, roasted red peppers, OG red onions, pepper jack cheese\*, topped with OG spring lettuce mix, OG tomatoes & served with a side of sour cream\*

**THE GREEK** ..... \$4.99

OG olive oil & garlic sauce, OG tomatoes, OG feta cheese, OG red onions, Kalamata olives

**CHEESE**..... \$4.49

Pizza sauce, OG mozzarella cheese\*

The Co-op Café proudly uses local products provided by:

- Fresh from the Vines
- Honey House Holistic Bakery
- Hunter Farms Blueberries
- Weeping Willow Farm
- Two Cousins Farm

## Allergens

While we are exceptionally attuned to providing the safest food possible, we urge you to be cautious about what you eat. There is always a small chance that cross-contamination of the major allergens — dairy, eggs, nuts and wheat — can occur. A smart diner is a safe diner.

## Student Discount Day!

Every Thursday we offer students 15% off all café purchases. Just show your student ID at checkout.

*We do our best to meet all of our customers' needs and understand that some customers have special dietary restrictions.*

*Please ask if you would like us to change any ingredients. We will be happy to do so!*

*Hot Sandwiches & Pizzas take a minimum of 8 -10 minutes.*

*In a hurry? Call ahead and we'll have your food ready when you get here!*