

February



Mon. - Sat 9 am - 8 pm
Sun 12-6 p.m.

Whole Foods Cooperative

1341 West 26th Street Erie, PA 16508

814.456.0282

www.wholefoodcoop.org

Food for Thought

Fresh Horizons Café proudly uses local products provided by:

- Fresh from the Vines
- Honey House Holistic Bakery
- Hunter Farms Blueberries
- Middlefield Cheese, Amish-made and grass-fed
- Nu-Way Farms
- Rahal Farms

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.

Think Global, Eat Local!

Student Discount Day!

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

Soups

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Hot Entrée Theme:	Comfort	Italian	Mexican	Asian	Mediterranean	
	1	2	3	4	5	6
	8	9	10	11	12	13
7 Broccoli Cauliflower Cheddar	Cream of Tomato	Fred's Bean Soup	Mulligatawny	African Peanut	Armenian Lentil	Mushroom Barley
14 Russian Velvet	East Indian Corn	Adzuki Bean & Barley	Gypsy Soup	Yellow Split Pea & Coconut	Good Green	Moroccan Vegetable Lentil
21	22	23	24	25	26	27
Potato Cheddar	Split Pea	Apricot Red Lentil	Galician Garbanzo	Mushroom & Wild Rice	Tuscan Bean & Cabbage	Savannah Bisque
28 Coconut Bean						

Call for our daily entrée selections! (814) 456-0282 ext. 102

Gourmet Toasted Sandwiches

CALIFORNIA MELT\$5.99

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

TEMPEH RUEBEN\$5.99

marinated & grilled OG tempeh, OG sauerkraut, OG tomato, house thousand island dressing, melted cheddar & Monterey cheese, served on OG rye bread*

LENTIL-NUT BURGER\$5.99

house burgers served with OG spring lettuce mix, OG tomato, OG red onion, cheddar & monterey cheese, your choice of condiments served on an OG whole wheat bun*

LITTLE BOBBIE'S CLUBHOUSE\$5.49

3 slices of toasted OG whole wheat bread layered with tofurky, veggie ham, tempeh bacon, OG spring lettuce mix, OG tomatoes, OG cucumbers, OG red onions & vegenaïse

BAKED TOFU\$4.99

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

TOASTED CHEESE SUPREME\$4.99

Monterey & cheddar cheese, OG tomato, OG red onions, roasted red peppers, stoneground mustard served on OG whole wheat bread

TLT\$3.99

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

Flatbread Pizza.....\$5.99

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

CLASSIC

pizza sauce, cheddar & Monterey cheese, soy pepperoni*

GARDEN SUPREME

*house spinach pesto, OG red onions, artichoke hearts, roasted red peppers, cheddar & Monterey cheese**

BBQ "CHICKEN"

*BBQ sauce, OG baked tofu strips, OG tomatoes, OG red onions, cheddar & Monterey cheese**

THE GREEK

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

TACO PIZZA

house taco sauce, OG black beans, roasted red peppers, OG red onions, cheddar & Monterey cheese, topped with OG spring lettuce mix, OG tomatoes & served w/ a side of sour cream**

*All dairy products are available in a vegan option.

** Gluten-free millet & flax bread available upon request

Wraps

CALIFORNIA \$5.99 12" \$3.99 8"

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

MEDITERRANEAN \$5.99 \$3.99

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

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

FALAFEL \$5.99 \$3.99

falafel balls (ground chickpeas, soy protein, spices), house OG hummus, OG spring lettuce mix, OG tomatoes, OG red onion, OG sweet pea shoots, house OG tahini sauce

CHICKENLESS \$5.99 \$3.99

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

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

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

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**

MEATLESS LOVER'S \$5.99 \$3.99

tofurky, veggie ham, tempeh bacon, OG spring lettuce mix, OG tomatoes, OG red onions, shredded cheddar & Monterey cheese, vegenaïse, yellow mustard*

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

Just For Kids!

LITTLE BEAR\$3.49

almond butter, OG banana, & OG agave syrup

TOASTED CHEESE\$2.99

Monterey & cheddar cheese melted on OG whole wheat bread

QUESADILLAS.....\$4.99

OG black beans, Monterey or cheddar cheese on a whole wheat tortilla served with house made salsa and a side of sour cream.**

OG—Organically grown year-round.

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 Entree.....\$7.49/lb

Our hot entrée is different everyday and offers a wide variety of ethnic and specialty foods. Call ahead to reserve your favorite dish. Served M-F, 11:30am till 2pm

Soup 8oz...\$2.49 12oz...\$3.29 16oz...\$3.99 32oz...\$6.99

Made fresh every day and served 10am till 7pm — always organic and delicious! Check our calendar on the other side of this menu for the fresh soup of the day.

Coffee12oz...\$1.49 16oz...\$1.89 20oz...\$2.29

We offer fresh brewed organic craft-roasted coffee every day. Please serve yourself and ask us for creamer (soy or dairy)

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 pineapples, OG mangoes

CHOOSE A MILK

Dairy, soy or rice

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

CHOOSE A JUICE

Apple, orange, or pineapple-coconut

ADD A BOOSTER—50¢ each

Maça powder, goji berries, matcha green tea powder, brazil nut protein powder, almond butter, green spirit, 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, lemon