



March Café Menu

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

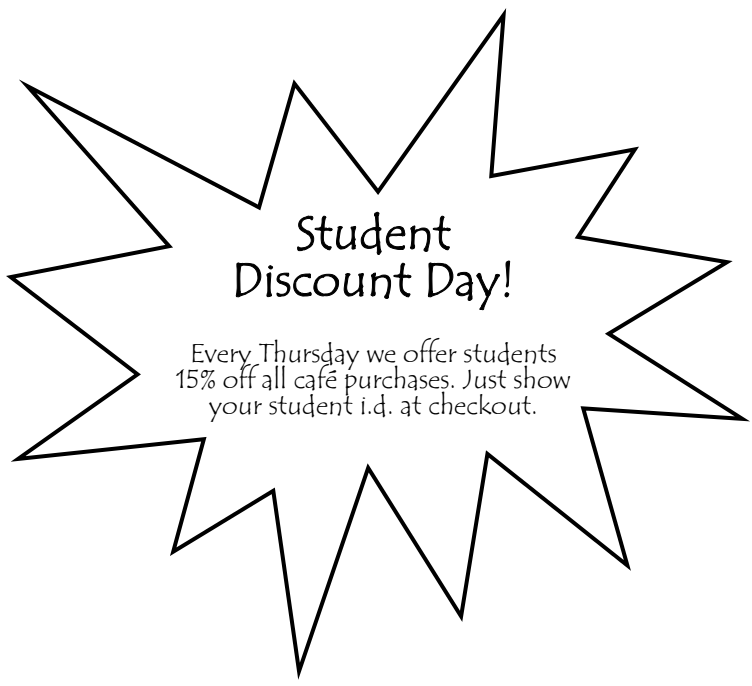
1341 West 26th Street Erie, PA 16508
814.456.0282
www.wholefoodcoop.org

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!



Soups and Pizzas

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 East Indian Corn Call for our daily entrée selections! (814) 456-0282 ext. 102	1 Tomato Roasted Garlic Chicken Caesar Pizza	2 Mexican Corn Chowder Sausage and Herb Pizza	3 White Bean & Spinach Pizza Cubana	4 Broccoli & Cauliflower Cheddar Thai Pizza	5 Mushroom Barley Pesto Chicken Pizza	6 African Peanut Mushroom Barley
8 Cream of Tomato Bacon, Beef & Cheddar Pizza	9 Apricot Red Lentil Pizza Margherita	10 Fred's Bean Soup Chorizo Pizza	11 Mulligatawny Luau Pizza	12 Hungarian Mushroom Alsatian Pizza	13 Mushroom Barley	
14 Savannah Bisque	15 Cuban Black Bean Chicken Bacon Artichoke Pizza	16 Galician Garbanzo Meatball Marvel Pizza	17 Potato Leek Pesto Potato Pizza	18 Ratatouille Mango Chicken Pizza	19 Gypsy Soup Spring Equinox Pizza	20 French Spring Soup
21 Coconut Bean	22 Kale, Corn & Sweet Potato Bisque Potato Chip Pizza	23 Dilled Vegetable Barley Firehouse Pizza	24 Coconut Thai Vegetable Pizza Cubana	25 Good Green Hawaiian Chicken Pizza	26 Tuscan Bean & Cabbage Moroccan Edgplant Pine Nut Pizza	27 Carrot Apple Ginger
28 Potato Cheddar	29 Red Lentil Corn Chowder Roasted Garlic Veggie Pizza	30 Inspiration Soup Spinach Mushroom Cheese Pizza	31 Pea Soup Chorizo Pizza			

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

Personal Pizza.....\$5.99

Made with fresh premise-baked whole wheat and flax 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**

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

Made in house from scratch, 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