

All Menu Items Made Fresh

~ Delicious & Nutritious ~

FRESH ORGANIC SALADS

Served with Your Choice of Dressing

Chef's Salad 9.75

Fresh Salad Greens, Cucumber, Tomato, Carrot, Ham, Turkey, Swiss & Hardboiled Egg

Greek Salad (V) Small 6.95 Large 8.95

Salad Greens, Cucumber, Tomato, Kalamata Olive, Feta & Greek Dressing

Garden Salad (V) Side 3.75 Small 5.25 Large 7.25

Fresh Salad Greens, Cucumber, Tomato & Carrot

Tempeh Salad (V) Small 6.75 Large 8.75

Baked Marinated Tempeh, Fresh Salad Greens, Tomato, Cucumber & Carrot

CHOICES & ADD~ONS

House-Made Dressing & Dip

Ranch ~ 1,000 Island ~ Pesto
Honey Mustard ~ Greek (V) .75



Protein

Marinated Tempeh 1.75 Egg Salad 3.50
Free Range Chicken Breast 2.75
Chicken Salad 4.25 Tuna Salad 5.25

Veggies

Black Olive ~ Tomato ~ Pickle ~ Cucumber ~ Spinach .75
Mushroom ~ Roasted Red Bell Pepper 1.00
Avocado 1.50 Onions No Charge

Cheese 1.00

Provolone ~ Swiss ~ Cheddar ~ Pepper Jack
(V)egan Smoked "Provolone"

Bread Choices *Rye ~ *Sourdough ~ *Good Seed

Telera Roll ~ *100% Whole Wheat ~ *White
Gluten Free & (V)egan GF 1.00

COLD DELI SANDWICHES

Crafted on Good Seed or Your Choice of Bread
with Lettuce & Tomato. Dressed with Mayo,
Mustard & 1,000 Island or Horseradish

Free Range Chicken Salad Sandwich 8.50

Local Egg Salad Sandwich (V) 6.95

Albacore Tuna Salad Sandwich 8.75

Cheese Sandwich (V) 6.50

Roast Beef Sandwich 10.50

Turkey Sandwich 9.05

Ham Sandwich 8.75



SIGNATURE SANDWICHES

Created on Good Seed or Your Choice of Bread

Chicken Pesto 9.95

Marinated Chicken, Lettuce, Tomato & Pesto

Cream Cheese & Black Olive (V) 7.75

Cream Cheese, Sunflower Seed, Black Olive,
Tomato, Lettuce & Mayo

Pesto Provolone (V) 7.75

Provolone, Black Olive, Tomato, Lettuce & Pesto

Avocado Veggie (V) 9.05

Avocado, Cucumber, Tomato, Lettuce & Vegenaïse

Hummus Sandwich (V) 7.25

Co-op's Own_Vegan Hummus, Lettuce, Tomato,
Cucumber & Vegenaïse

Pepper Jack & Cucumber (V) 7.75

Pepper Jack, Cucumber, Lettuce, Tomato & Mayo

TLT (Tempeh Lettuce Tomato) (V) 7.75

Baked Marinated Tempeh, Lettuce, Tomato &
Vegenaïse

HOT PRESSED PANINI

Panini are Telera Roll Pressed with the finest ingredients

Cheese & Pesto Panini (V) 8.95

Provolone Cheese, Tomato & Pesto

Ham & Cheese Panini 8.95

Cheddar, Pepper Jack & Panini Sauce

Roast Beef & Cheddar Panini 11.25

Roast Beef, Cheddar, Portobello & Panini Sauce

Grecian Chicken Panini 11.25

Greek Seasoned Chicken, Roasted Red Bell Pepper,
Spinach, Black Olive, Feta, Provolone & Panini Sauce

Turkey & Swiss Panini 10.25

Turkey, Swiss, Roasted Red Bell Pepper & Panini Sauce

Ham, Turkey & Swiss Panini 9.25

Ham, Turkey, Swiss Cheese & Honey Mustard

Portobello Mushroom Panini (V) 8.95

Roasted Portobello, Spinach, Roasted Red Bell
Pepper, Provolone Cheese & Choice of Pesto or
Greek Dressing

HOT PRESSED SANDWICHES

Grilled Cheese (V) 6.95

Cheddar & Provolone, Grilled on
Your Choice of Bread



Grilled Ham & Swiss 8.95

Ham, Swiss Cheese, Tomato, Mayo &
Mustard, Grilled on Your Choice of Bread

Reuben Roast Beef 11.25 Turkey 10.50

Roast Beef, Swiss Cheese, Sauerkraut, 1,000
Island Dressing, Made on Rye Bread

Tempeh Reuben (V) 8.95

Baked Marinated Tempeh, Sauerkraut, Swiss
Cheese & 1,000 Island Dressing, Made on Rye

Tuna Melt 9.05

Albacore Tuna Salad, Tomato, Swiss on Sourdough

*Organic

(V)egitarian Friendly

(V)egan Friendly

Any Sandwich Can Be Made on Your Choice of Bread Toasted or Grilled!

LUNCH SPECIALS

Ask About Our Daily Special

Cup Soup & Side Salad 7.25

Enjoy Soup de Jour and a Side Garden Salad

Grilled Cheese & Cup of Soup 8.95

Provolone & Cheddar Grilled, Choice of Bread

SEASONAL SOUPS

Often Our Soup Recipe is Vegetarian or Vegan
~ Soup Ingredients Posted at the Deli Window ~

Soup of the Day Cup 3.95 Bowl 4.95

Seasonal Soups are Made Fresh Daily
In-house with Organically Grown Produce,
Nitrate Free Meats & **Lots of Love**

For The Little Ones

Cheese Sandwich 2.95

Choice of Bread with Lettuce, Tomato & Mayo

Peanut Butter & Jelly 2.95

Choice of Bread with Peanut Butter & Fruit Jelly

Ham Sandwich 3.95

Choice of Bread with Ham, Lettuce, Tomato & Mayo

Grilled Cheese 3.25

Choice of Bread Grilled with Cheddar Cheese

These 1/2 Sandwiches are Made Especially
for Children 10 and Under **ONLY** Please

DRINKS ~ CHIPS ~ SNACKS ~
SIDE ITEMS & DESSERTS
LOCATED AROUND THE COOP



Tonasket Natural Foods Co-op,
is a member owned and operated, not-for-profit
business serving the North Okanagan County
Since 1977.

Created to make unprocessed food
available to our community, TNFC later became a
general store responsive to the needs of its members,
dedicated to making good food accessible to
more people in our community.

We strive to abide by organic
standards & practices in as many
products as possible and are always
seeking the "cleanest", most
delicious foods available.

While you do not have to be a
Co-op member to shop with us, becoming a
Member/Owner not only
provides you with many benefits
it also supports our Local Organic Farmers,
Suppliers and Crafters.

Don't live in our area? Show us your card!
We will honor all other food co-op memberships
while you visit Tonasket.

Shopping at the Tonasket Natural Foods Co-op
keeps more of your dollars in
our local economy.

Thank You



~Organically Grown Produce~
~Nitrate Free Meats~
~House-Made Dressings~

TONASKET Natural Foods Co-op



21 WEST 4TH ST. TONASKET, WA 98855

**DELI WINDOW OPEN
11AM~2PM DAILY**

**CALL AHEAD
YOUR ORDER WILL BE
READY WHEN YOU ARE**

(509) 486~4188

**DINE IN THE GARDEN ROOM
GET LUNCH TO GO &
ENJOY THE GARDEN**

**STORE HOURS
MONDAY ~ FRIDAY 9AM~7PM
SATURDAY 9AM~6PM
SUNDAY 11AM~4PM**

**WWW.TONASKETCOOP.COM
FACEBOOK.COM/TONASKETCOOP**