

SALADS

ADD Onions —No Charge

Garden Salad \$5.25/\$7.25

Salad greens, cucumbers, tomatoes, carrots, radishes; with Sesame, Greek, or 1000 Island dressing

Chef's Salad \$9.25

Garden salad with ham, turkey, Swiss cheese, hard cooked egg; with Sesame, Greek, or 1000 Island dressing

Greek Salad \$6.95/\$8.95

Salad greens, cucumbers, tomatoes, Kalamata olives, and feta cheese; with Greek dressing

Tempeh Salad \$6.75/\$8.75

Marinated, baked tempeh on a fresh garden salad; with Sesame, Greek, or 1000 Island dressing

We use all natural ingredients (organic when possible) to create delicious, from scratch, good-for-you lunches & snacks.

We always use nitrate-free deli meats.

After the Deli Window is closed a selection of salads and sandwiches is available in the refrigerated case.

(menu updated August 2019)

Save Time – Call Ahead

Your order will be ready when you are!

Call-in hours: 9 am – 1 pm

Pick up: any time after 11 am

486-4188

ask for the Deli

Deli Order Window open

Monday – Sunday: 11 am – 2 pm



Dine in our outdoor garden during nice weather or in the comfort of our indoor Garden Room with free wifi

Hot Soup Monday-Sunday

Hot Entrée Monday-Friday

and **Fabulous Freshly-Baked Cookies**

to go with our freshly brewed

Organic Coffee and Teas

(Call in for daily menu!)

TONASKET
Natural Foods
Co-op
DELI MENU

21 W 4th Street
www.TonasketCoop.com

The complex block features a decorative border of green vines and red tomatoes. At the top, the store name 'TONASKET Natural Foods Co-op' is written in stylized, colorful fonts. Below this is a photograph of the store's exterior, showing a brick building with a large glass window and a covered outdoor seating area. A sign in the foreground reads 'Come On In And Try Our Lunch Menu'. At the bottom, the address '21 W 4th Street' and website 'www.TonasketCoop.com' are displayed.

Deli Window open

7 days a week from **11 – 2**

Store Hours

Monday – Friday: 9 – 7

Saturday: 9 – 6

Sunday: 11 – 4

PANINI SANDWICHES

Grilled on a Cuban-style Telera Roll
or your choice of bread

Cheese & Pesto \$8.75
Provolone cheese, tomatoes, pesto dressing

Ham \$8.95
Cheddar and pepperjack cheeses,
and special panini sauce

Roast Beef \$9.25
Brie cheese, sautéed mushrooms,
and special panini sauce

Turkey \$8.95
Swiss cheese, roasted red bell peppers,
and special panini sauce

Portobello Mushroom \$8.95
A roasted Portobello mushroom, spinach,
roasted red pepper, provolone cheese, with
panini sauce, or pesto or Greek dressing

THE BASIC SANDWICH

Your choice of bread, with lettuce, tomatoes,
and your choice of mayo, mustard,
1000 island dressing, or horseradish

Cheese \$6.50

Chicken Salad \$8.25

Egg Salad \$6.95
(made with local farm eggs)

Ham \$7.75

Roast Beef \$8.50

Tuna Salad \$7.75

Turkey \$7.75

BREAD CHOICES :

*Rye, *100% Whole Wheat,
*Sourdough, *Good Seed,
Telera Roll, and a Gluten-free option
(* Organic)

ANY Sandwich

can be made on any bread
— and **toasted** or **grilled** —
when ordered at the window.
So order just the way you like it!

ADD - Olives, sunnies, pesto dressing,
pickles, cucumber, sautéed mushrooms
..... \$.75 each

Cheese \$1.25
(Provolone, Swiss, Cheddar, Pepperjack)

Avocado \$1.50

Onions no charge

SPECIALTY SANDWICHES

On Your Choice of Bread

Avocado Veggie \$8.25
Avocado, cucumber, tomatoes, lettuce,
and Vegenaise

Chicken Pesto \$8.95
Marinated, baked chicken breast, lettuce,
tomatoes, and pesto dressing

Cream Cheese & Black Olive \$7.50
Cream cheese, sunflower seeds, black olives,
tomatoes, lettuce, and mayo

Pesto Provolone \$7.75
Provolone cheese, black olives, tomatoes,
lettuce, and pesto dressing

Pepperjack & Cucumber \$7.25
Pepperjack cheese, sliced cucumbers,
lettuce, tomatoes, and mayo

Grilled Cheese \$6.95
Your choice of cheese (Provolone, Swiss,
Cheddar, or Pepperjack) with mayo;
Grilled on your choice of bread

Grilled Ham & Swiss \$8.95
Ham, Swiss, tomatoes, mayo, and mustard;
Grilled on your choice of bread

Hummus \$7.25
Co-op's own vegan hummus, lettuce,
tomatoes, cucumbers, and Vegenaise

Roast Beef Rueben \$9.25
Roast beef, Swiss cheese, sauerkraut,
and 1000 island dressing;
Grilled on your choice of bread

Tempeh Rueben \$8.95
Marinated, baked tempeh, sauerkraut,
Swiss cheese, and 1000 island dressing;
Grilled on your choice of bread

TLT \$7.75
Baked marinated tempeh, tomatoes,
lettuce, and Vegenaise

Tuna Melt \$8.50
Tuna salad, tomatoes, and Swiss cheese
Grilled on your choice of bread

Not A Rueben \$8.95
Turkey, coleslaw, Swiss cheese, stone ground
mustard, 1000 island dressing, dill pickle;
Grilled on Rye Bread

We Always Use Nitrate-Free Deli Meats