



## GOOD EARTH FOOD CO-OP COMMUNITY ROOM CATERING MENU

*Welcome to the Good  
Earth Community Room!*

Our deli is pleased to offer a wide variety of delicious, fresh, organic food to complement your event or gathering.

To place an order, please contact the deli manager at (320) 253-9290 or email at [alicialanducci@goodearthfoodcoop.coop](mailto:alicialanducci@goodearthfoodcoop.coop).

We require at least 48 hours notice before all catering so that we can give your meeting the best service possible.

### Coffee, Tea, & Bakery Items

**Coffee Service** **\$15.99**  
*(16 cups regular coffee, half & half, soy creamer, sugars, stir sticks, and cups)*

**Extra Pot of Coffee** *(8 cups)* **\$4.99**

**Tea Service** **\$9.99**  
*(includes a selection of up to 20 tea packets, honey, sugars, stir sticks, and cups)*

**Vegan Scones**.....**\$12.99/half dozen**  
*Plain, Lemon Poppy Seed, Blueberry Almond, Strawberry Coconut, Raspberry Chocolate Chip, Triple Berry, Rosemary Olive, Breakfast Scone, Hemp Chocolate Chip*

**Vegan Cookies**.....**\$19.99/dozen**  
*Chocolate Chip, Molasses, Monster, Sugar, Peanut Butter*

**Vegan Muffins**.....**\$15.99/half dozen**  
*Cranberry Orange Pecan, Blueberry Orange Walnut, Pumpkin Chai, Espresso Chocolate Chip, Blueberry, Lemon Poppy Seed, Hemp Banana Chip*

**Vegan Cupcakes**.....**\$8.99/half dozen**  
*Golden Vanilla, Chocolate, Carrot Cake, Lemon Spice; available with chocolate or vanilla vegan "butter cream" frosting*

**Vegan Sweet Bread**.....**15.99/loaf**  
*Banana, Pumpkin, Berry, Coconut*

### Wraps and Sandwiches

Our large subs are made on Stirato bread from Turtle Bread Company in Minneapolis, MN.

We use fresh, organic vegetables, organic cheeses, and antibiotic-free meats.

**Each large sub serves 6-8.....\$32.99**

*Fixings include:*

- roasted turkey breast
- chicken breast
- naturally cured ham
- tofurkey deli slices
- cheddar or Swiss cheese
- vegan cheese
- lettuce, spinach, onion, sprouts, tomatoes, cucumbers, bell pepper
- house-made organic hummus, mayonnaise, vegan Garlic Aioli spread

### **Vegan BLT's**

**\$19.99/6 sandwiches**

*house-made smoky tempeh bacon, green leaf lettuce, tomatoes, with garlic aioli, on sprouted whole wheat bread.*

### **Vegan Greek Tofu Wraps**

**\$28.99/6 wraps**

*baked tofu with house-made hummus, cucumbers, green onions, sundried tomatoes, black olives, balsamic vinegar, olive oil, and Mediterranean herbs in a whole wheat wrap.*

### **BBQ Tempeh Wraps**

**\$28.99/6 wraps**

*Tempeh cooked in a savory bbq sauce, red bell pepper, cucumber, garlic, cilantro, jalapeño pepper, and green leaf lettuce, in a whole wheat wrap.*

### **Chicken Rosemary Wraps**

**\$32.99/6 wraps**

*antibiotic and hormone-free chicken, lettuce, green onion, sliced almonds, mayonnaise, Dijon mustard, sea salt, black pepper, rosemary, in a whole wheat wrap.*

### **Harvest Turkey Wraps**

**\$32.99/6 wraps**

*antibiotic and hormone-free turkey, lettuce, green onion, walnuts, mayonnaise, thyme, marjoram, sea salt, black pepper, in a whole wheat wrap.*



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### Soups

We have many soups in rotation in our deli!

Here are a select few:

- Chicken Wild Rice
- Tomato Bisque
- Vegetable Stew
- North African Lentil
- Dal
- Split Pea Macro

**1 Gallon.....34.99**

*(1 Gallon = 16 cups; 8 bowls)*

### Side Salads

We have a variety of side salads priced per pound. Inquire about availability of your favorite deli side salad. Some popular varieties include:

- Asian Coleslaw
- Quinoa Tabouli
- Tuna Pasta Salad
- Vegan Garlic Lover's Pasta Salad
- Creole Roasted Yams
- Vegan Broccoli Salad
- Curried Chickpea Rice Salad

### Green Salads

Our individually packaged green salads are made with fresh organic romaine lettuce and baby spring mix. Inquire about seasonal variety of toppings.

**Fruit and Nut with cheese.....\$6.29**

**Fruit and Nut without cheese.....\$4.99**

**Garden Salad ..... \$5.29**

A variety of salad dressings are available and are included in the price of the salads.

### Fresh Vegetable and Hummus Tray

**Small (serves 6-8) \$19.99**

*choice of one 8oz. hummus variety*

**Large (serves 14-16) \$36.99**

*choice of three 8oz. hummus varieties*

A wide variety of fresh cut organic vegetables served with pita triangles and your choice of our house-made hummus:

- Spinach Basil
- Red Bell Pepper
- Original
- Curry
- Hoppin' Jalapeno
- Thai Garlic Ginger



Large Hummus Tray