



## Good Earth Food Co-op Deli Takeout Catering Menu

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 department at (320) 253-9290 or send an email to:

[deli.management@goodearthfoodcoop.coop](mailto:deli.management@goodearthfoodcoop.coop)

We require at least a 7 day notice before all catering so that we can give you the best service possible. All orders must be picked up at our store during regular business hours.

### Bakery Items

*Our baked goods are made fresh daily in our deli using organic flours, sugars, spices and fruits.*

#### **Vegan Scones.....\$10.99/half dozen**

*Triple Berry, Raspberry Chocolate Chip, Double Chocolate, Blueberry Almond, Lemon Poppy Seed, Savory Breakfast*

#### **Cookies.....\$14.99/dozen**

*Chocolate Chip: vegan or traditional, vegan Molasses, vegan Monster, vegan Peanut Butter*

#### **Vegan Muffins.....\$12.99/half dozen**

*Blueberry/Blackberry Banana, Double Chocolate, Raspberry Chocolate, Banana Walnut, Maple Bran, Corn Muffin*

#### **Vegan Cupcakes.....\$16.99/ dozen**

*Golden Vanilla, Chocolate, Carrot Cake; available with chocolate, vanilla, or raspberry vegan "buttercream" frosting*

#### **Sweet Breads.....\$14.99/ jumbo loaf**

*Berry Almond, Banana, Pumpkin*

### Side Salads

*We have a variety of side salads priced per pound (1 pound usually serves 2-4 people). Please inquire about your favorite deli side salad. Some popular varieties include:*

- Spinach Basil Salad
- Quinoa Tabouli
- Fruit and Nut Quinoa Salad
- Vegan Broccoli Sunflower Salad
- Garlic Lover's Pasta (available vegan)
- Creole Roasted Yams
- Beet Salad
- Tuna Pasta Salad
- Curried Chickpea Rice Salad

### Green Salads

*Our individually packaged 24-oz. green salads are made with fresh organic romaine lettuce and organic baby spring mix.*

#### **Citrus Date Salad.....\$6.29**

*organic tangerine, coconut rolled dates, cinnamon sugar roasted walnuts, and organic feta cheese*

#### **Spring Fusion Salad.....\$5.89**

*organic strawberries, dried apricots, and sliced almonds*

#### **Garden Salad..... \$5.69**

*a mix of seasonal veggies, including cucumber, carrots, red onion, tomato, radish, and/or bell peppers*

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

- **House-made Balsamic Vinaigrette**
- **Ranch**
- **Classic Caesar**



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### Sandwiches

Our sandwiches are made on locally sourced 8-Grain bread from Positively 3<sup>rd</sup> Street Bakery in Duluth, MN. We use fresh, organic vegetables, organic cheeses, and antibiotic-free meats. Each batch serves 7 full sized sandwiches.

**Ham and Swiss.....\$37.99/7 sandwiches**  
*Beeler's ham, Mrs. Clarks mayo, bell peppers, red onion, green leaf lettuce, and Organic Valley Swiss cheese*

**Turkey and Cheddar.....\$37.99/7 sandwiches**  
*Ferndale Smoked turkey breast, Mrs. Clarks mayo, bell peppers, red onion, green leaf lettuce, and Organic Valley cheddar cheese*

**BLT.....\$35.99/7 sandwiches**  
*Beeler's bacon, green leaf lettuce, fresh roma tomatoes, garlic aioli*

**Vegan Cheese Sandwich...\$19.99/7 sandwiches**  
*Vegan Chao Cheese, fresh cucumber, sprouts, red bell peppers, red onion, green leaf lettuce, with garlic aioli.*

**Tempeh Ruben.....\$21.99/7 sandwiches**  
*Fried tempeh with stone-ground mustard and tamari, sauerkraut, house-made Thousand Island dressing, red onion green leaf lettuce on a Sunflower Rye bread from Turtle Bread Bakery.*

### Wraps

Our signature wraps are made with organic wheat tortillas by Maria Ricardo and are loaded with fresh, organic veggies and antibiotic-free meats. Some favorite wraps include:

**Chicken Caesar Wrap.....\$35.99/6 wraps**  
*Antibiotic-free chicken, Brianna's Caesar dressing, parmesan cheese, sea salt, black pepper, and fresh green leaf lettuce, red onion, and roma tomatoes.*

**Turkey Club Wrap.....\$37.99/6 wraps**  
*Antibiotic-free turkey breast, Beeler's bacon, fresh roma tomatoes, red onions, and green leaf lettuce, sea salt, black pepper, and Organic Valley Cheddar Cheese*

**Three Chicas Wrap.....\$35.99/6 wraps**

*Pan fried Tempeh with chili flakes, basil, black pepper and sea salt, topped with sun dried tomatoes and vegan garlic aioli, on a bed of fresh bell peppers, red onions, cucumbers, and green leaf lettuce.*

**BBQ Tempeh Wrap.....\$35.99/6 wraps**  
*Seared Tempeh simmered in Triple Crown BBQ sauce with garlic and jalapenos on a bed of fresh red bell peppers, cucumbers and green leaf lettuce.*

**Chicken Rosemary Wrap.....\$35.99/6 wraps**  
*Antibiotic-free chicken, lettuce, green onion, sliced almonds, mayonnaise, Dijon mustard, sea salt, black pepper, rosemary.*

**Harvest Turkey Wrap.....\$35.99/6 wraps**  
*Antibiotic-free turkey, lettuce, green onion, walnuts, mayonnaise, thyme, marjoram, sea salt, black pepper.*

**Tabouli and Hummus Wrap.....\$26.99/6 wraps**  
*house-made organic hummus (multiple flavors available), lettuce, quinoa, tomatoes, bell pepper, chickpeas, cucumber, garlic, parsley, olive oil, lemon juice, mint, sea salt, black pepper.*

Let us know if you have a favorite wrap from our deli case that you don't see listed here. We can make any of our wraps for your special order.

### Organic Soups

Our organic soups are made fresh every day using organic vegetables, beans, and broths, and antibiotic-free meat. Inquire about your favorite deli soup for your order!  
(1 gallon minimum order)

**1 gallon (4 quarts/16 cups).....\$34.99**

**2 gallons (8 quarts/32 cups).....\$69.98**

**3 gallons (12 quarts/48 cups).....\$104.97**