



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

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 3rd 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