



**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

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. Prices are for that quantity of a single flavor.

We require at least a 2 day notice before all scone, muffin and cookie catering, and 4 day notice for all cakes, breads, brownies or large orders so that we can give you the best service possible.

Vegan Scones.....\$17.79/half dozen
(Reg.\$19.74)

Triple Berry, Raspberry Chocolate Chip, Blueberry Almond, Lemon Poppy Seed, Savory Breakfast, Blueberry Lemon, Latte Chocolate Chip, Rosemary Olive, Blueberry Rosemary, Apple Crisp, Maple Banana Nut, Strawberry Coconut, Blackberry Pecan, Ginger Pear.

Vegan Cookies.....\$26.89/dozen
(Reg.\$29.88)

Vegan Mini Cookies.....\$13.49/dozen
(Reg.\$14.94)

Chocolate Chip, Molasses, Monster, Lemon burst, Chocolate Mint, Sugar cookies, Chocolate Raspberry, Pumpkin Oatmeal, Oatmeal Raisin, Snickerdoodle, Chai Spiced Snickerdoodle, Pumpkin Snickerdoodle, S'mores.

Vegan Muffins.....\$16.29/half dozen
(Reg.\$17.94)

Blueberry, Double Chocolate, Banana Walnut, Maple Bran, Corn Muffin, Espresso Chocolate Chip, Cinnamon Pumpkin, Lemon Poppy Seed, Pumpkin Chai, Coffee Cake, Apple Cranberry, Orange Dream.

Vegan Cupcakes.....\$22.99/ dozen
(Reg.\$24.99)

*Golden Vanilla, Chocolate, Carrot Cake
Available with chocolate, vanilla, raspberry or cookies and cream vegan "buttercream" frosting*

Vegan Sweet Breads.....\$16.49/loaf
(Reg.\$17.94)

Berry Almond, Banana, Pumpkin, Blueberry Lemon, Coconut, Orange Almond

Vegan cakes:

6 inch round, 2 layer.... =16 cupcakes.....\$35.28

8 inch square, 2 layer....=36 cupcakes.....\$59.99

Same flavors available as the cupcakes

Prices may vary depending on complexity of decorations requested

Vegan Hemp Brownies.....\$24.49/ pan (9)
(Reg.\$26.91)

Co-operative Bread's.....\$3.99 Per Loaf
Garlic Ciabatta, Rosemary Ciabatta, White Sandwich

Co-operative Dinner Rolls.....\$3.99 Per 9pack
Our vegan take on "kings Hawaiian style" rolls

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



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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