

# Sandwich Options

Includes a fresh-made deli sandwich and your choice of two sides (chips, organic fruit, or homemade cookie). **\$8.99**

Gluten-free bread is available for an extra 75¢ per boxed lunch. Indicate the total quantity for each sandwich and sides. Special instructions can be included in space below.



**OMNIVOROUS**  
[CONTINUED]

cookie  
fruit  
chips

Roast Beef & Swiss

Roast beef, Swiss cheese, lettuce, Dijon, and mayo on Rudi's Organic Whole Wheat

Roast Beef & Pepper Jack

Roast beef, pepper jack cheese, tomatoes, lettuce, and chipotle aioli on a seven-grain roll

Tuna Salad Sandwich

PFC's Own Tuna Salad, tomatoes, and lettuce on Rudi's Organic Country White bread

## Special instructions:

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519 First Avenue SW  
downtown Rochester, MN  
507.289.9061 ext. 3051

### To place an order:

Stop by the Co-op's Deli Counter or email your group's order to [cory.rasmussen@pfc.coop](mailto:cory.rasmussen@pfc.coop) 48 hours prior to pick-up.

Please do not fax your order.

Call 507.289.9061 x3051 with questions.

We use organic bread on our sandwiches, organic fruit and organic flour and sugar in our cookies—except where noted.”

**Thank you for choosing  
People's Food Co-op**

[www.pfc.coop](http://www.pfc.coop)

## People's Food Co-op Boxed Lunch

Includes a fresh-made sandwich and your choice of two sides. Choose from organic fruit, chips, and homemade cookies.

Gluten free bread is available for an extra 75¢ per sandwich. Note special instructions in the space provided.



# DELI

## People's Food Co-op Boxed Lunch

People's Food Co-op—Rochester



**\$8.99**

*Includes a fresh-made deli sandwich and two sides!*



# OMNIVOROUS

cookie fruit chips

- The Ultimate Turkey**     
Turkey, Swiss cheese, organic carrots, sprouts, and mayo on Rudi's Organic Country White bread
- Totally Turkey**     
Turkey, provolone cheese, cucumbers, tomatoes, onions, sprouts, and mayo on Rudi's Organic Sprouted Bread
- The Hero**     
Ham, turkey, cheddar, Swiss cheese, tomatoes, lettuce, mayo, and Dijon on a ciabatta hoagie
- Ham & Swiss**     
Ham, Swiss cheese, tomatoes, lettuce, and mayo on Rudi's Organic Whole Wheat Bread
- Italian Hoagie**     
Ham, pesto (contains tree nuts), provolone, lettuce, roasted red bell peppers, and vinaigrette on a ciabatta hoagie\*
- Chicken Cordon Bleu**     
Ham, chicken, Swiss cheese, mayo, and Dijon on a ciabatta hoagie
- Chicken with Attitude**     
Chicken, pepper jack cheese, tomatoes, lettuce, and chipotle aioli on a seven-grain roll\*
- Chicken Salad Croissant**     
PFC's Own Chicken Salad, tomatoes, and lettuce on a croissant

(Continued other side)



# VEGETARIAN

cookie fruit chips

- The Cheese Stack**     
Swiss, cheddar, provolone, lettuce, tomatoes, cucumbers, organic carrots, mayo and Dijon on Rudi's Organic Sprouted Bread
- Cheese Stack Wrap**     
Swiss, cheddar, provolone, lettuce, tomatoes, cucumbers, organic carrots, mayo and Dijon on a Stacy's Organic Whole Wheat Tortilla
- Caprese**     
Tomatoes, mozzarella and pesto (contains nuts) on a ciabatta hoagie
- Cuban Bean Wrap**     
PFC's Own Cuban Bean Salad, cheddar, tomatoes and lettuce on a Stacy's Organic Whole Wheat Tortilla
- Crazy Dilly Sandwich**     
PFC's Own Crazy Dilly Cream Cheese, tomatoes, cucumbers and lettuce on Rudi's Organic Sprouted Bread
- Egg Salad Sandwich**     
PFC's Own Egg Salad, tomatoes, and lettuce on Rudi's Organic Country White bread



# VEGAN

cookie fruit chips

- Red Bell Hummus Wrap**     
PFC's Own Red Bell Pepper Hummus, carrots, sprouts, tomatoes, and cucumbers on a Stacy's Organic Whole Wheat Tortilla
- Eggless Egg Salad Sandwich**     
PFC's Own Eggless Egg Salad, tomatoes, and lettuce on Rudi's Organic Sprouted Bread
- Kalamata Tofu Sandwich**     
PFC's Own Kalamata tofu, tomatoes, lettuce on Rudi's Whole Wheat Bread
- Veggie Delight**     
Tomatoes, onions, cucumbers, organic carrots, sprouts, and Dijon on Rudi's Organic Sprouted Bread

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**Special instructions:**

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