

VEGAN

cookie
fruit
chips

Red Bell Hummus Wrap*

Co-op's Own™ Red Bell Pepper Hummus, carrots, sprouts, tomatoes, and cucumbers on a Stacy's Organic Whole Wheat Tortilla

Eggless Egg Salad Sandwich*

Co-op's Own™ Eggless Egg Salad, tomatoes, and lettuce on organic wheat bread

Kalamata Tofu Sandwich*

Co-op's Own™ Kalamata tofu, tomatoes, lettuce on whole wheat bread

Veggie Delight

Tomatoes, onions, cucumbers, organic carrots, sprouts, and Dijon on organic wheat bread

*This order requires 48 hours notice to ensure ingredients can be made from our kitchen.

Special instructions:

To place an order:

Stop by the Co-op's Deli Counter or call 507.289.9061 x3051.

All sandwiches ready in 24 hours, except those designated with an asterisk, which will require 48 hours prep time.

We use organic bread on our sandwiches, nitrate-free meats, and organic flour and sugar in our cookies—except where noted. Gluten-free options are available.

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

www.pfc.coop



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



DELI BOXED LUNCH



\$8.99

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

OMNIVOROUS

OMNIVOROUS

VEGETARIAN

cookie
fruit
chips

The Ultimate Turkey

Turkey, Swiss cheese, organic carrots, sprouts, and mayo on organic country white bread

Totally Turkey

Turkey, provolone cheese, cucumbers, tomatoes, onions, sprouts, and mayo on organic wheat 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 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*

Co-op's Own™ Chicken Salad, tomatoes, and lettuce on a croissant

*This order requires 48 hours notice to ensure ingredients can be made from our kitchen.

[CONTINUED]

cookie
fruit
chips

Roast Beef & Swiss

Roast beef, Swiss cheese, lettuce, Dijon, and mayo on 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*

Co-op's Own™ Tuna Salad, tomatoes, and lettuce on organic country white bread

*This order requires 48 hours notice to ensure ingredients can be made from our kitchen.

cookie
fruit
chips

The Cheese Stack

Swiss, cheddar, provolone, lettuce, tomatoes, cucumbers, organic carrots, mayo and Dijon on organic wheat 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*

Co-op's Own™ Cuban Bean Salad, cheddar, tomatoes and lettuce on a Stacy's Organic Whole Wheat Tortilla

Crazy Dilly Sandwich*

Co-op's Own™ Crazy Dilly Cream Cheese, tomatoes, cucumbers and lettuce on organic wheat bread

Egg Salad Sandwich*

Co-op's Own™ Egg Salad, tomatoes, and lettuce on organic country white bread

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 to the right.

Special instructions:

