

Half Sandwich \$5.00

Whole Sandwich \$8.25

Bread Choices Choose 1

- North Coast Co-op Sourdough Sliced
- Beck's Rustic Country Sliced
- Beck's Whole Wheat Sliced
- Beck's Rye Sliced

**Only available as
a whole sandwich**

- Alvarado Street Sprouted Bread
- Brio Focaccia Roll
- Brio Lady Bug Roll

Gluten-Free Options (add \$1)

- Arise Bakery Bread
- Teff wraps

Wraps (whole only)

- Whole Wheat
- Spinach

Condiments

- Mayonnaise
- Vegan Mayonnaise, Organic
- Vegan Chipotle Aioli
- Brown Mustard, Organic
- Honey Mustard contains egg
- Larrupin Mustard-Dill Sauce
- Yellow Mustard, Organic
- Co-op Housemade Hummus, Vegan
- Co-op Housemade Ranch Dressing
- Horseradish
- Olive Oil, Organic
- Red Wine Vinegar, Organic
- Sea Salt
- Black Pepper, Organic

\$1 Additional Condiments

- Antipasto Spread, Vegan
- Avocado & Cream Cheese Spread
- Co-op Spinach Walnut Pesto, Vegan
- Onion Jam, Vegan

name:

phone:

pick-up time:

sandwich made by:

Vegetables

- Lettuce, Organic
- Spinach, Organic
- Tomato, Organic
- Red Onion, Organic
- Cucumber, Organic
- Carrot, Organic
- Dill Pickle
- Black Olives
- Candied Jalapeños, Organic
- Peppercinis

Cheese & Avocado

Choose 1

(Extra portion add \$1)

- Avocado, Organic
- Vegan Chao Cheese
- Cheddar, Organic
- Cream Cheese
- Jack
- Muenster
- Pepper Jack
- Provolone
- Smoked Cheddar
- Smoked Gouda
- Swiss

Filling Choices Choose 1

(Extra portion add \$2)

- Grilled Vegetables, Organic
- Pickled Carrot/Daikon Radish
- Tofu Shop marinated tofu, Organic
- Bacon (4 slices), Nitrate-Free and Un-cured
- Diestel Oven Roasted Turkey, Nitrate-Free
- Diestel Smoked Turkey, Nitrate-Free
- Diestel Herb Roasted Turkey, Nitrate-Free
- Black Forest Ham
- Mortadella
- Pastrami
- Roast Beef
- Salami
- Tuna Salad, sustainable, line-caught

\$2 Additional Filling Choice

(when available)

- Chicken Salad - Service Case Option



Signature Sandwiches

- Picante Pickle Patch \$8.99**
Pickled carrot* and daikon radish*, candied jalapeños*, spinach*, tomato*, red onion*, cucumber*, on a **Brio** ladybug roll with veganaise.
Add Popcorn Tofu \$1.00

- Grilled Veggie Avocado \$9.99**
Grilled organic vegetables, spinach*, tomato* on a spinach wrap with house-made avocado cream cheese spread.

- Bountiful Garden \$7.99**
House-made hummus, crushed avocado*, cucumber*, shredded carrots*, seasonal micro greens*, red onion*, green leaf lettuce* on **Co-op** sliced sourdough bread.

- Muffuletta Sandwich \$10.99**
Mortadella, salami, ham, green leaf lettuce*, and provolone with house-made antipasto spread on a focaccia roll.
****Salami not available nitrate-free**

- Turkey Rancher \$9.99**
Sliced turkey breast, applewood-smoked bacon, green leaf lettuce*, tomato*, shredded carrot*, house-made ranch dressing on a whole wheat wrap.

- B.L.A.S.T \$9.99**
Applewood-smoked bacon, green leaf lettuce*, tomato*, crushed avocado*, seasonal micro greens*, and mayo on whole wheat or sliced sourdough bread.

- Gourmet Turkey \$10.99**
Fromage blanc, onion jam, spinach, smoked turkey*, sliced apple* on a **Brio** ladybug roll.
Without turkey \$9.99

Vegan | Vegetarian | Whole sandwiches only

Arise Gluten-Free Rolls available upon request \$1.00

All meats are nitrate-free | *organic

name: