



GOOD EARTH FOOD CO-OP COMMUNITY ROOM CATERING MENU

*Welcome to the Good
Earth Community Room!*

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 manager at (320) 253-9290 or email at tabitha.sullivan@goodearthfoodcoop.coop.

We require at least 48 hours notice before all catering so that we can give your meeting the best service possible.

Coffee, Tea, & Bakery Items

Coffee Service \$15.99
(16 cups regular coffee, half & half, soy creamer, sugars, stir sticks, and cups)

Extra Pot of Coffee (8 cups) \$4.99

Tea Service \$9.99
(includes a selection of up to 20 tea packets, honey, sugars, stir sticks, and cups)

Vegan Scones.....\$12.99/half dozen
Plain, Lemon Poppy Seed, Blueberry Almond, Strawberry Coconut, Raspberry Chocolate Chip, Triple Berry, Rosemary Olive, Breakfast Scone

Vegan Cookies.....\$19.99/dozen
Chocolate Chip, Molasses, Monster, Cranberry Pepita

Vegan Muffins.....\$15.99/half dozen
Cranberry Orange Pecan, Blueberry Orange Walnut, Pumpkin Chai, Espresso Chocolate Chip, Blueberry, Lemon Poppy Seed

Vegan Cupcakes.....\$8.99/half dozen
Golden Vanilla, Chocolate, Carrot Cake, Lemon Spice; available with chocolate or vanilla vegan "butter cream" frosting

Vegan Sweet Bread.....15.99/loaf
Banana, Pumpkin, Berry

Wraps and Sandwiches

Our large subs are made on Stirato bread from Turtle Bread Company in Minneapolis, MN.

We use fresh, organic vegetables, organic cheeses, and antibiotic-free meats.

Each large sub serves 6-8.....\$32.99

Fixings include:

- roasted turkey breast
- chicken breast
- naturally cured ham
- cheddar or Swiss cheese
- lettuce, spinach, onion, sprouts, tomatoes, cucumbers, bell pepper
- house-made organic hummus, mayonnaise, vegan Garlic Aioli spread

Light Tuna Wraps

\$32.99/6 wraps

wild-caught tuna with an assortment of fresh vegetables and alfalfa sprouts, tossed in olive oil for a healthier, delicious, tuna salad.

Vegan BLT's

\$18.99/6 sandwiches

house-made smoky tempeh bacon, green leaf lettuce, tomatoes, with garlic aioli, on sprouted whole wheat bread.

Vegan Greek Tofu Wraps

\$31.99/6 wraps

baked tofu with house-made hummus, cucumbers, green onions, sundried tomatoes, black olives, balsamic vinegar, olive oil, and Mediterranean herbs in a whole wheat wrap.

Chicken Rosemary Wraps

\$31.99/6 wraps

antibiotic and hormone-free chicken, lettuce, green onion, sliced almonds, mayonnaise, Dijon mustard, sea salt, black pepper, rosemary, in a whole wheat wrap.

Harvest Turkey Wraps

\$31.99/6 wraps

antibiotic and hormone-free turkey, lettuce, green onion, walnuts, mayonnaise, thyme, marjoram, sea salt, black pepper, in a whole wheat wrap.



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Soups

We have many soups in rotation in our deli!

Here are a select few:

- Chicken Wild Rice
- Tomato Bisque
- Vegetable Stew
- North African Lentil
- Dal
- Split Pea Macro

1 Gallon.....34.99

(1 Gallon = 16 cups; 8 bowls)

Side Salads

We have a variety of side salads priced per pound. Inquire about availability of your favorite deli side salad. Some popular varieties include:

- Asian Coleslaw
- Quinoa Tabouli
- Tuna Pasta Salad
- Vegan Garlic Lover's Pasta Salad
- Creole Roasted Yams
- Vegan Broccoli Salad
- Curried Chickpea Rice Salad

Green Salads

Our individually packaged green salads are made with fresh organic romaine lettuce and baby spring mix. Inquire about seasonal variety of toppings.

Fruit and Nut with cheese.....\$6.29

Fruit and Nut without cheese.....\$4.99

Garden Salad \$5.29

A variety of salad dressings are available and are included in the price of the salads.

Fresh Vegetable and Hummus Tray

Small (serves 6-8) \$19.99

choice of one 8oz. hummus variety

Large (serves 14-16) \$36.99

choice of three 8oz. hummus varieties

A wide variety of fresh cut organic vegetables served with pita triangles and your choice of our house-made hummus:

- Spinach Basil
- Red Bell Pepper
- Original
- Curry
- Hoppin' Jalapeno
- Thai Garlic Ginger



Large Hummus Tray