

Middlebury Natural Foods Co-op Deli Menu

Breakfast

Pastries\$3.49-4.49

Classic Butter, Chocolate, Almond, and Spinach & Feta baked fresh daily. Rotating selection of additional flavors.

Muffins.....\$ 1.49

Morning Glory muffins (a customer favorite) and gluten free offerings baked fresh and available every day. Rotating selection of flavors.

Scones.....\$3.49

Classic, vegan, and gluten free scones available every day. Rotating selection of flavors.

Breakfast

Sandwiches.....\$4.99-5.99

Vegetarian and non-vegetarian wraps, sausage egg and cheese, and Canadian bacon, egg, and cheese.

Beverages

Drip coffee\$ 2.10-2.60

Brewed using exclusively locally-roasted beans.

Hot Tea\$ 1.85

With a full selection of equal exchange organic teas.

Seasonal offerings Price varies

Seasonal favorites include Iced Coffee, Iced Chai, Hot Chocolate, and Hot Cider. Stop in to see what we are cooking up!

Sandwiches & Wraps

Pre-made grab and go, on an organic whole wheat wrap or gluten-free bread.

Fireside\$10.99

Fireside turkey breast with chipotle mayo, onions, tomato & lettuce.

BLT.....\$10.99

North country smoke house uncured bacon, tomato & lettuce, mayo.

Chicken Caesar.....\$10.99

Marinated lemon chicken, carrots, parmesan, lettuce, onions, and house-made Caesar dressing.

Mediterranean.....\$8.99

Marinated Artichoke hearts, kalamata olives, roasted red peppers, lettuce, and locally-made pesto.

Gardeners Delight.....\$8.99

Co-op made hummus, bell peppers, tomato, carrots, and spinach.

Grab & Go Salads

Pre-made in house using only fresh, whole ingredients.

Curried Chicken salad.....\$12.99/lb

Roasted smart chicken breast meat with celery, red onions, organic raisins, curry powder with soy free vegenaïse.

Tarragon Chicken salad.....\$12.99/lb

Roasted smart chicken breast meat with celery, red onions, walnuts, tarragon and local apples with soy free vegenaïse.

Tuna salad.....\$13.99/lb

Line caught albacore tuna with celery, red onions, parsley dressed with soy free vegenaïse and organic lemon juice.

Quinoa salad.....\$7.49/lb

Organic Steamed Quinoa with fresh peppers, scallions, parsley, celery, organic black bean & sweet corn dressed with a red wine vinaigrette.

Sesame Noodle salad.....\$7.99/lb

Organic noodles tossed in a zesty peanut noodle sauce with sliced almonds and fresh scallions & peas.

Seasonal salad.....Price varies

Seasonal rotation includes: potato salad, coleslaw, sweet potato salad, and other deli-inspired creations. Stop in to see what we are cooking up!

Salad Bar

Build your own salad\$10.99/lb

Local and organic ingredients whenever possible. Salad bar includes a rotating mix of fresh vegetables and proteins, including roasted tofu, marinated chicken, eggs, and feta. Co-op made dressings.

Sour Bar

Meat and Vegetarian options.....\$7.99/lb

Serving up locally made Joe's Kitchen Soups in a variety of flavors. Call for daily flavors.

House made soups

We make a seasonal selection of soups for grab and go shopping. Our offerings and availability change frequently and seasonally. Give us a call to see what we are cooking up!

Heat & Serve meals / Entrees

Prepared from scratch and baked in-house.

Chicken Pot Pie.....\$8.99-17.99

A customer favorite, made with Smart Chicken, fresh veggies, and topped with puff pastry.

Enchilada Casserole.....\$13.99

Organic black beans, corn tortillas with scratch made enchilada sauce and fresh veggies make for a perfect, hearty meal.

Baked Salmon Fillet.....\$34.99/lb

Roasted Faroe Island salmon fillet seasoned simply with salt and pepper.

Lemon Paprika Roasted Chicken.....\$9.49/lb

Roasted Smart Chicken thighs with a house made dry rub of herbs and spices.

Turkey Meat Loaf.....\$13.99/lb

Made with locally raised Misty Knoll turkey and savory seasonings.

Whole Quiche.....\$14.99

Made with local eggs in a gluten-free crust with a rotating selection of vegetarian and meat fillings.

Dips & Apps

Spinach Artichoke.....\$10.99/lb

A customer favorite made with a blend of Fresh spinach, artichokes, Parmesan, and scallions.

Co-op Hummus.....\$8.99/lb

Organic chickpeas blended with lots of organic Tahini and a blend of spices and fresh herbs.

Seasonal Offerings..... Price varies

Seasonal favorites include fresh salsa, guacamole, and muhamara. Stop in to see what we are cooking up!

Sliced Meats and Cheeses

Fireside Turkey Breast.....\$14.99/lb

Farmers & Cooks

Simple Turkey Breast\$14.99/lb

Farmers & Cooks

Salt & Pepper Roast Beef.....\$15.99/lb

Farmers & Cooks

Simple Uncured Ham.....\$14.49/lb

Farmers & Cooks

Roast Turkey Breast.....\$9.99/lb

Mckenzie Country Classics

Uncured Smoked Ham.....\$9.99/lb

Mckenzie Country Classics

Sharp Cheddar.....\$8.99/lb

Cabot Creamery

Pepperjack.....\$8.99/lb

Cabot Creamery

Swiss.....\$8.99/lb

Great Lakes

Provolone.....\$8.99/lb

Sommermaid