

Why cater with Co-op Natural Foods?

We work with special dietary needs daily in our deli. We can modify just about any of our items to be gluten-free, dairy-free, vegetarian or vegan without sacrificing any of the flavor of the dish. We have a passion for using flavors found around the world. We pride ourselves on creating as much as we can from scratch. We're flexible, we can do small gatherings of 5-10 people or hundreds, with multiple items. We do our best to source organic. Items will be made fresh and just for your event.

Have something else in mind?
Let us know and we can work with our team of experienced chefs to make your vision a reality.



Take the stress out of planning your next event with catered meals from our kitchen that accommodate an array of dietary preferences and allergies. Oh, and they're sure to please everyone's taste buds!

Call (605) 339-9506
to order or for more information.

Since 1973 the Co-op Sioux Falls has been a fixture in the Sioux Falls community with over 1,200 members and more joining daily!

The Co-op Natural Foods
410 W 18th St
Sioux Falls, South Dakota
www.coopnaturalfoods.coop



CATERING MENU



PASTA BAR

\$12/PERSON

Served with Garlic Bread

CHOICE OF NOODLE:

- Penne*
- Fettuccine
- Spaghetti
- Fusilli

CHOICE OF SAUCE:

- Alfredo
- Vegan Bolognese
- 100% Grass-fed Beef Sauce

Add Chicken \$2/person

(*Gluten Free Available)

INDIAN STYLE CURRY

\$12.50/PERSON

Served with Mini Naan Bread

CHOICE OF ENTREE:

- Chicken Tikka Masala GF
- Garbanzo & Cashew Curry V/GF
- Root Vegetable Curry V/GF

CHOICE OF SIDE:

- White Basmati Rice V/GF
- Almond Date Rice Infused with Turmeric V/GF



FAJITA BAR

\$15/PERSON

Served with Chips & Salsa, Organic Shredded Cheese, Guacamole, Sour Cream, Southwest Rice, Lime Wedges.

CHOICE OF PROTEIN:

- Pulled Chicken Verde GF
- Southwest Grass-fed Beef GF
- Jackfruit Verde V/GF

CHOICE OF TORTILLA

- Flour Tortilla
- Corn Tortilla

CHOICE OF BEANS

- Black
- Pinto Beans

PICNIC BAR

\$11/PERSON

Served with Chips and French Onion Dip

CHOICE OF SANDWICH OR WRAP:

- Turkey & Swiss Sandwich
- Roast Beef & White Cheddar Sandwich
- Walnut & Apple Tuna Wrap
- Turkey Club Wrap
- Sesame Spring Wrap (vegan vegetable wrap)

- Choice of Soup with Crackers or Salad



ADDITIONAL SIDES

Mixed Greens Salad

Served with 2 House-made Dressings: Lemon Dressing and Maple Dijon Vinaigrette V Add \$2/PERSON

Soup

Served With Oyster Crackers. Add \$2.50/PERSON
Soups Vary, Can Be Made By Request.

Vegetable Tray with Dip

(Serves 15-20) Add \$50

Mixed Fruit Tray with Yogurt Dip

(Serves 15-20) Add \$65

DESSERTS

COOKIES:

Any combination Add \$1/Person

- Chocolate Chip
- Oatmeal Walnut
- Peanut Butter

BARS:

Add \$2/PERSON

- Billy Bars (our version of a Scotch-a-Roo) V/GF
- Date Bars
- Cliff Avenue Bars (Energy Bar)