

Sioux Falls Food **coop**™

good. local. food.

Co-op Kitchen

grab & go menu

Vg vegetarian

GF gluten free

V vegan

WRAPS

Walnut & Apple Tuna Salad

V Toasted Sesame Spring

Curry Chicken Salad

Turkey Basil Club

V BBQ Jackfruit

SANDWICHES

All Sandwiches On Sprouted Wheat Bread

Roast Beef & Provolone

Turkey & Provolone

Vg Co-op Egg Salad

Ham & Swiss

SALADS

Vg **GF** Honey-Walnut Apple Feta Salad w/ Maple Dijon Vinaigrette

GF Co-op Cobb Salad w/ Avocado Ranch Dressing

Vg **GF** Almond Beet Quinoa w/ Balsamic Vinaigrette

V **GF** Toasted Pecan & Broccoli Salad

GF Walnut & Apple Tuna Salad

BLT Bow-tie Pasta Salad

GF Curry Chicken Salad

V **GF** Sweet Potato Salad

V Co-op Mac Salad

Vg **GF** Co-op Egg Salad

EXTRAS

Snack Boxes

Hummus Box - Housemade Hummus, Carrots, Bell Peppers, Root Vegetable Chips

Meat Box - Grass-fed Beef Sausage, Local Cheese, Crackers, Billy Bar

Parfaits

Berry - Triple Berry Compote, Housemade Granola

Pineapple-Ginger - Pineapple-Ginger Compote, Crystalized Ginger, Toasted Pepitas

ENTREES & SIDES

Roasted Root Vegetables **V** **GF**

Sesame Peanut Noodles **V** **GF**

Roasted Chicken Breast **GF**

Baltimore Crab Cakes

605 Breakfast Bowl **GF**

Vegetable Egg Roll **Vg**

Mac & Cheese **Vg**

Popcorn Tofu **V** **GF**

TAKE & BAKE PIZZA

Topped w/ house-made sauce on cauliflower crust

Beyond Sausage & Roasted Red Pepper **V** **GF**

5 Cheese **Vg** **GF**

BAKERY

Cookies-Peanut Butter, Chocolate Chip, Walnut & Oatmeal

Scones and Muffins-Flavors rotate weekly

Peanut Butter "Cookie Dough" Bites **V** **GF**

Cranberry-Chia Bar **V** **GF**

Flourless Brownie **V** **GF**

Date Bar

Billy Bar **V** **GF**

SOUP

Rotating, Seasonal Soup Selection

Grass-fed Beef Chili **GF**

Tomato Basil **V** **GF**

Coconut Lentil **V** **GF**

Pumpkin Chili **V** **GF**

Korean Pork & Kimchi **GF**

410 W 18th St, Sioux Falls, SD 57104 | siouxfalls.coop | Open daily 8am-8pm

If you have a *special* request, you can inquire our Prepared Foods Manager, Andrew: andrew@siouxfalls.coop