

Sioux Falls Food **coop**™

good. local. food.

Co-op Kitchen

grab & go menu

Vg vegetarian

GF gluten free

V vegan

LETTUCE SALADS

- Vg** **GF** Almond Beet Quinoa with Balsamic Vinaigrette
- GF** Co-op Cobb with Avocado Ranch
- Vg** **GF** Honey Walnut Apple Feta with Maple Dijon Vinaigrette

WRAPS

All Wraps On Organic Whole Wheat Tortilla

- Chicken Chipotle Blt
- Chicken Caesar Wrap
- Vg** Portabella Feta Wrap
- Basil Turkey Club
- Curry Chicken Salad
- Vg** Toasted Sesame Spring Wrap
- Walnut & Apple Tuna Wrap
- Vg** Bean & Corn Pinwheel
- Buffalo Chicken Pinwheel
- Pepperoni Provolone Pinwheel

SANDWICHES

- Vg** **GF** Co-op Egg Salad on Look's Croissant
- GF** Co-op Chicken Salad on Look's Croissant
- Tofurkey Sandwich Vegan on Sprouted Whole Grain
- Turkey & Provolone on Sprouted Whole Grain

COMPOSED SALADS

- V** Co-op Mac Salad
- Pepperoni Cavatapi Pasta Salad
- Vg** **GF** Co-op Egg Salad
- GF** Walnut & Apple Tuna Salad
- GF** Curry Chicken Salad
- V** **GF** Toasted Pecan & Broccoli Salad
- GF** Greek Garbanzo Salad
- V** **GF** Sweet Potato Salad

ENTREES (MEAL SOLUTIONS)

- Co-op Breakfast Bowl **GF** **Vg**
- Curried Sweet Potatoes **GF** **V**
- Co-op Mac & Cheese **GF** **Vg**
- Sesame Peanut Noodles **GF** **V**
- Vegetable Egg Roll **Vg**
- Veggie Pad Thai **Vg**
- Veggie Gluten-Free Tortellini **GF** **Vg**
- Chicken Pesto Tortellini

BAKERY

- Co-op Date Bar
- Co-op Billy Bar **GF** **V**
- Co-op Flourless Brownie **GF** **V**
- Co-op Walnut Chocolate Chip Cookie
- Pb Cookie Dough Bites **GF** **V**
- Triple Berry Cheesecake
- Co-op Chocolate Chip Cookie
- Co-op Peanut Butter Cookie
- Apple Oat Bran Muffin
- Blueberry Scone
- Gluten-Free Lemon Loaf **GF**
- Vegan-Gluten Free Chocolate Chip Cookie **GF** **V**
- Walnut Coffee Cake
- Co-op Banana Cake
- Co-op Carrot Cake

SOUP

Rotating, Seasonal Soup Selection

- Co-op Chicken Noodle
- Tomato Basil Gf V **GF** **V**
- Grass-fed Beef Chili Gf **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