

GF
gluten free

V
vegan

VG
vegetarian

WRAPS

- Chicken Peanut Spring Wrap
- Curry Chicken Salad Wrap
- Chicken Chipotle BLT Wrap
- Apple Walnut Tuna Salad Wrap
- V** Sesame Spring Wrap

SANDWICHES

Sandwiches are on sprouted wheat bread.

- Turkey & Provolone Sandwich
- Ham & Swiss Sandwich
- V** **GF** Tofurky & "Cheddar" Sandwich
- Pesto Salami on Hoagie
- VG** Co+op Egg Salad on Croissant
- Co+op Chicken Salad on Croissant

GREENS SALADS

- Co+op Italian Salad
- V** **GF** Sweet Potato Salad w/ Quinoa
- GF** Co+obb Salad
- VG** **GF** Almond Beet Quinoa Salad
- GF** Honey Walnut Apple Feta Salad

SWEETS

- Co+op Banana Cake
- V** **GF** Co+op Silly Bar
- Tres Leches Cake
- Chocolate Ganache Cake
- V** **GF** Peanut Butter "Cookie Dough" Bites

ENTREES / BOWLS

- Sesame Peanut Noodles
- GF** Honey Chipotle Chicken Bowl
- Co+op Breakfast Bowl
- Co+op Sausage Breakfast Bowl
- Pulled Roasted Chicken
- GF** Co+op Pot Roast

SIDES / EXTRAS

- Co+op Macaroni Salad
- VG** **GF** Greek Garbanzo Salad
- VG** Co+op Egg Salad
- GF** Co+op Chicken Salad
- GF** Curry Chicken Salad
- GF** Apple Walnut Tuna Salad
- Beef Sambusa
- Lentil Sambusa
- VG** **GF** Roasted Sweet Potatoes

SOUPS

Rotating, seasonal soup selection.

- Co+op Chicken Noodle Soup
- Co+op Chicken Dumpling Soup
- GF** Co+op Broccoli Cheddar Soup
- GF** Co+op Chicken Wild Rice Soup
- GF** Co+op Grass-fed Beef Chili
- VG** **GF** Co+op Sweet Potato & Quinoa Chili
- V** **GF** Co+op Tomato Basil Soup

Special requests may be sent to our Prepared Foods Manager, Andrew: andrew@siouxfalls.coop

The items we serve in our grab & go cooler change frequently based on freshness and supplier availability. Please note that the availability of any given item on this menu may change day to day. Any special requests sent to Andrew may not receive same-day responses. For special inquiries, allow 2-3 business days for a response.