

# Medford Food coop

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## *The Café*



Fresh, delicious, wholesome meals for busy schedules. From housemade hot soups to custom sandwiches, build your own salads, and enticing entrees.

*Open Daily  
7am to 6pm*

*Menu available 10:30am - 5:00pm*

945 S Riverside Ave  
Medford, OR 97501  
[medfordfood.coop/cafe](http://medfordfood.coop/cafe)

**541-646-3686**

# Sandwiches

Creative sandwiches made to order.

## *Co-op Grilled Cheese* VEGETARIAN / VEGAN\* **\$6.99**

Organic provolone, cheddar, and pepper jack with spinach and tomato on grilled Rise Up! sourdough bread. CONTAINS: WHEAT, MILK \*VEGAN OPTION CONTAINS: WHEAT, TREE NUTS (COCONUT)

## *Plant Power* VEGAN **\$7.99**

Housemade hummus with shredded carrot, spinach, tomato, cucumber, and pickled onion with housemade pesto spread on Rise Up! sprouted wheat bread. CONTAINS: WHEAT

## *Portabella Burger* VEGAN **\$8.99**

Marinated portabella mushroom, red bell pepper, lettuce, tomato, red onion, and housemade sun-dried tomato spread on Rise Up! rosemary focaccia bread. CONTAINS: WHEAT

## *Build-Your-Own* VEGETARIAN\* / VEGAN\* **\$9.49**

Customize your own sandwich! Choose your own protein, cheese, veggies, and spread on your choice of bread or in a spinach wrap.

CHOOSE 1 BASE: Rise Up! Sprouted Wheat, Rise Up! Sourdough, Rise Up! Focaccia Bread, Spinach Wrap, Gluten Free Bread, Vegan Gluten Free Bread

CHOOSE 1 PROTEIN (each additional protein +\$3.00): Organic Chicken Breast, Organic Turkey, Organic Roast Beef, Uncured Ham, Uncured Bacon, Organic Tempeh, Organic Housemade Hummus

CHOOSE 1 CHEESE (each additional cheese +\$1.00): Organic Pepper Jack, Organic Provolone, Organic Cheddar, rBST-free Swiss, Follow Your Heart Vegan Provolone

ORGANIC VEGETABLES: Lettuce, Tomato, Red Onion, Cucumber, Red Bell Pepper, Pickled Onion, Spinach

CHOOSE 2 SPREADS (each additional spread +50¢): Organic Housemade Mayonnaise, Vegan Mayo Spread, Housemade Vegan Pesto Spread, Housemade Sun-dried Tomato Spread, Organic Dijon Mustard, Organic Stoneground Mustard, Avocado Spread

## *Free Bird* **\$10.99**

Sliced organic Diestel turkey, uncured bacon, red bell pepper, Rumiano organic pepper jack, and housemade sun-dried tomato spread on grilled Rise Up! sourdough bread. CONTAINS: WHEAT, MILK

## *Co-op Reuben* VEGETARIAN\* / VEGAN\* **\$10.99**

Choose from beef pastrami or tempeh with Swiss cheese or vegan provolone, onions, sauerkraut, and sun-dried tomato spread on grilled rye bread. CONTAINS: WHEAT, MILK \*VEGETARIAN OPTION CONTAINS: WHEAT, SOY, MILK \*VEGAN OPTION CONTAINS: WHEAT, SOY, TREE NUTS (COCONUT)

### *Sandwich Additions*

*Add a Protein* + \$3.00

*Add a Cheese* + \$1.00

*Add a Spread* + 50¢

Pricing and menu items subject to change.

# Soup

Two varieties of housemade hot soup offered daily.

<i>Cup to Stay</i>				<b>\$2.99</b>
<i>Bowl to Stay</i>				<b>\$5.99</b>
	<i>8 oz</i>	<i>16 oz</i>	<i>32 oz</i>	
<i>Soup to Go</i>	<b>\$3.49</b>	<b>\$6.49</b>	<b>\$11.49</b>	

## Breakfast Bar

Enjoy a variety of hearty breakfast offerings, even when you're on the go. Plant-based options available. Served from 7am to 10:30am weekdays, and until 12pm on Saturday & Sunday.

**\$9.99 lb**

## Hot & Cold Bar

Enjoy a daily selection of hot entrees and sides as well as a build-your-own salad bar featuring organic vegetables and housemade dressings.

**\$9.99 lb**

## Kids Menu

Substitutions and additions politely declined on kids menu.

*Carrot Sticks & Hummus* VEGAN **\$2.49**  
Organic baby carrots served with our housemade hummus.

*Lil' Grilled Cheese* VEGETARIAN / VEGAN\* **\$4.49**  
Organic cheddar or vegan provolone on grilled Rise Up! sourdough or sprouted wheat bread. CONTAINS: WHEAT, MILK \*VEGAN OPTION CONTAINS: WHEAT, TREE NUTS (COCONUT)

*Turkey & Provolone Sandwich* **\$5.99**  
Organic Diestel turkey and organic provolone with lettuce on Rise Up! sourdough or sprouted wheat bread. CONTAINS: WHEAT, MILK

*Pricing and menu items subject to change.*

# Wellness Elixirs

Specialty drinks enhanced with local Herb Pharm tinctures.

*Black Elderberry Toddy* 16 OZ HOT **\$3.00**

Elderberry tea enhanced with alcohol-free black elderberry Herb Pharm tincture and a squeeze of fresh organic lemon.

*Lavender Lemonade* 16 OZ COLD **\$4.00**

Organic lemonade with Herb Pharm lavender tincture served on ice.

*Maca Mocha* 16 OZ HOT **\$5.50**

Your choice of steamed milk with two shots of espresso, our housemade hot cocoa, and maca Herb Pharm tincture.

*Golden Milk* 16 OZ HOT OR COLD **\$6.00**

Your choice of steamed milk with turmeric and ginger Herb Pharm tinctures, cinnamon, and black pepper lightly sweetened with maple syrup.

*Cold-Busting Hot Cocoa* 16 OZ HOT **\$6.00**

Your choice of steamed milk in our housemade hot cocoa with peppermint spirits and Daily Immune Builder™ Herb Pharm tinctures and a touch of maple syrup.

## Beverage Additions

Add Espresso Shots + 75¢ Add Organic Flavors + 75¢

Add Steamed Milk + 75¢ Add Herb Pharm Tinctures + 75¢

Milk Substitutions (Hemp or Half & Half) + \$1.00

## Coffee & Espresso

Featuring Griffin Creek Coffee Roasters fresh, locally roasted coffee. All espresso drinks include two shots.

*Bottomless Drip Coffee to Stay* **\$2.50**

*Espresso (Double Shot)* **\$2.00**

*Hot Tea* **\$1.75**

	12 oz	16 oz
<i>Drip Coffee to Go</i>	<b>\$2.00</b>	<b>\$2.50</b>

<i>Americano</i>	<b>\$2.00</b>	<b>\$2.25</b>
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<i>Cappucino</i>	<b>\$3.25</b>	<b>\$3.75</b>
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<i>Latte</i>	<b>\$3.25</b>	<b>\$3.75</b>
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<i>Hot Chai</i>	<b>\$3.25</b>	<b>\$4.00</b>
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<i>Hot Matcha</i>	<b>\$3.25</b>	<b>\$4.00</b>
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<i>Hot Cocoa</i>	<b>\$3.75</b>	<b>\$4.50</b>
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<i>Lavender Latte</i>	<b>\$4.00</b>	<b>\$4.50</b>
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<i>Mocha</i>	<b>\$4.00</b>	<b>\$4.75</b>
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<i>Breve</i>	<b>\$4.00</b>	<b>\$4.75</b>
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