

Medford Food

— AND —

The Café



*Open
Monday - Friday
8am to 6pm*

Closed Saturday & Sunday until further notice

945 S Riverside Ave
Medford, OR 97501
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, Housemade Tuna Salad, 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

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.

	8 oz	16 oz	32 oz
<i>Soup to Go</i>	\$3.49	\$6.49	\$11.49

Breakfast

Breakfast burritos are available Monday–Friday from 8am to 10:30am. Meat and plant-based options.

\$9.99 lb

Hot Entrée

Enjoy a daiy selection of hot entrées and sides available to order at the counter.

\$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 Vanilla Flavor + 75¢

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

Substitute 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>	\$2.00	\$2.50

<i>Americano</i>	\$2.00	\$2.25
------------------	---------------	---------------

<i>Cappucino</i>	\$3.25	\$3.75
------------------	---------------	---------------

<i>Latte</i>	\$3.25	\$3.75
--------------	---------------	---------------

<i>Hot Chai</i>	\$3.25	\$4.00
-----------------	---------------	---------------

<i>Hot Matcha</i>	\$3.25	\$4.00
-------------------	---------------	---------------

<i>Hot Cocoa</i>	\$3.75	\$4.50
------------------	---------------	---------------

<i>Lavender Latte</i>	\$4.00	\$4.50
-----------------------	---------------	---------------

<i>Mocha</i>	\$4.00	\$4.75
--------------	---------------	---------------

<i>Breve</i>	\$4.00	\$4.75
--------------	---------------	---------------

Pricing and menu items subject to change.