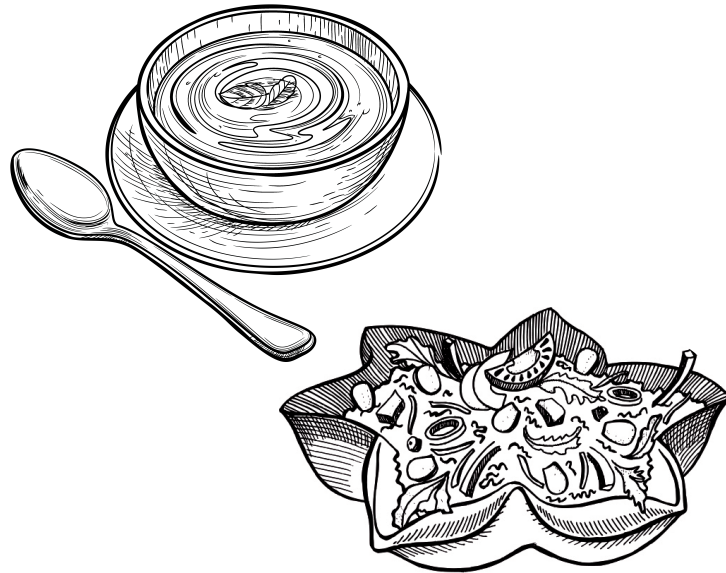


Hot Soup

8 oz \$5 16 oz \$9 32 oz \$16



Salads

Made with organic vegetables.

ADD PROTEIN + \$3

Choose from organic chicken, organic turkey, organic roast beef, ham, bacon, housemade tuna salad, organic egg, organic tempeh, housemade hummus, or two housemade falafel

Taco the Town \$11

VEGETARIAN & VEGAN OPTIONS AVAILABLE

Choose from seasoned chicken or a mix of seasoned tofu with black beans, potatoes, and corn served on a bed of lettuce with tomato, and your choice of pepper jack cheese or vegan mozzarella in a flour tortilla bowl. Served with our housemade salsa and green goddess dressing.

CONTAINS: WHEAT, MILK *VEGETARIAN OPTION CONTAINS: WHEAT, SOY, MILK *VEGAN OPTION CONTAINS: WHEAT, SOY, TREE NUTS (COCONUT)

Kalamata Saláta \$11

VEGETARIAN

A Greek salad with tomato, cucumber, red onion, Kalamata olives, and feta cheese with our housemade red wine vinaigrette served on a bed of lettuce.

CONTAINS: MILK

Romaine Empire \$9

VEGETARIAN

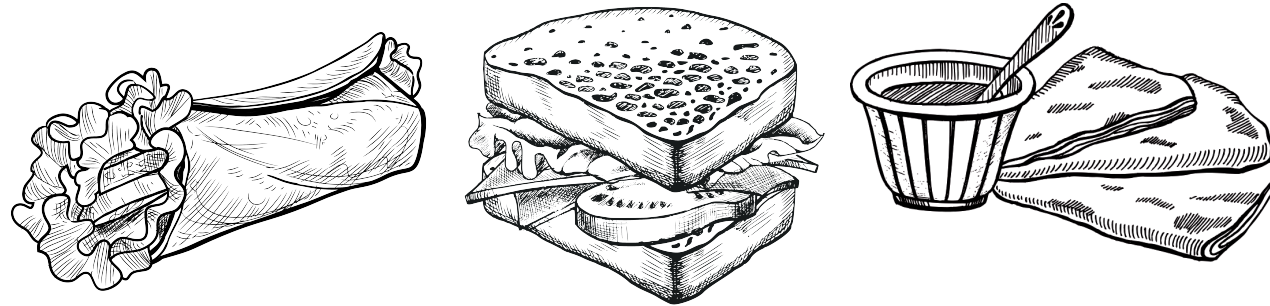
A Caesar salad with romaine lettuce, parmesan cheese, Rise Up focaccia croutons, and a vegan Caesar dressing.

CONTAINS: WHEAT, MILK, SOY

Rabbit's Feast \$9

VEGAN

A hearty garden salad with cucumber, tomato, carrot, and red bell pepper on a bed of lettuce with your choice of housemade green goddess, housemade red wine vinaigrette, or vegan Caesar dressing.



Sandwiches

All sandwiches, wraps, and quesadillas are served with your choice of Kettle potato chips. Choose from plain, barbeque, or salt & vinegar chips or substitute our housemade potato wedges for + \$2.

Rogue Cheesesteak \$15

VEGETARIAN & VEGAN OPTIONS AVAILABLE

Choose from chicken, roast beef, or tempeh with dairy or vegan provolone cheese, sautéed mushrooms and onions, and our housemade pesto and pepper spreads on Rise Up rosemary focaccia bread.

CONTAINS: WHEAT, MILK *VEGETARIAN OPTION CONTAINS: WHEAT, SOY, MILK *VEGAN OPTION CONTAINS: WHEAT, SOY, TREE NUTS (COCONUT)

Fungi on Focaccia \$14

VEGAN

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

CONTAINS: WHEAT

Riverside Reuben \$14

VEGETARIAN & VEGAN OPTIONS AVAILABLE

Choose from beef pastrami or tempeh with Swiss cheese or vegan provolone, onions, locally made sauerkraut from Pickled Planet, and our 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)

Free Bird \$13

Sliced organic Diestel turkey, natural bacon, red bell pepper, organic pepper jack, and housemade sun-dried tomato spread on grilled Rise Up sourdough bread.

CONTAINS: WHEAT, MILK

Tuna Meltdown \$12

Housemade tuna salad with sliced tomato and melted organic cheddar cheese on Rise Up sourdough bread.

CONTAINS: WHEAT, MILK, FISH (TUNA), EGG

Table Rock Wrap \$12

VEGAN

Fried tempeh with our housemade hummus, spinach, tomato, pickled onion and pesto spread served on lavash bread.

CONTAINS: WHEAT, SOY, SESAME

Colossal Falafel Wrap \$12

VEGAN

Hearty housemade falafel with cucumber, lettuce, tomato, and red onion paired with our housemade hummus and pesto spread served on lavash bread.

CONTAINS: WHEAT, SESAME

A+ BLT \$10

VEGETARIAN & VEGAN OPTIONS AVAILABLE

Choose from crisp bacon or tempeh with organic lettuce, tomato, and avocado served on Rise Up sourdough bread with your choice of housemade mayonnaise or vegan spread.

CONTAINS: WHEAT, EGG *VEGETARIAN OPTION CONTAINS: WHEAT, SOY, EGG *VEGAN OPTION CONTAINS: WHEAT, SOY

Grizzly Grilled Cheese \$10

VEGETARIAN & VEGAN OPTION AVAILABLE

Provolone, cheddar, and pepper jack cheeses with spinach and tomato on grilled Rise Up sourdough bread. Substitute vegan provolone to make it dairy-free.

CONTAINS: WHEAT, MILK *VEGAN OPTION CONTAINS: WHEAT, TREE NUTS (COCONUT)

Quesadilla \$7

VEGETARIAN & VEGAN OPTION AVAILABLE

Your choice of organic pepper jack cheese or vegan mozzarella in a grilled spinach tortilla. Served with our housemade salsa.

CONTAINS: WHEAT, MILK *VEGAN OPTION CONTAINS: WHEAT, TREE NUTS (COCONUT)

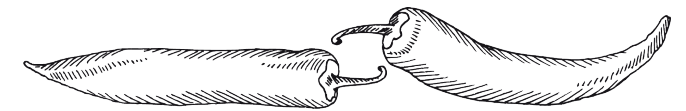
MAKE IT A Veggiedilla + \$2

VEGETARIAN & VEGAN OPTION AVAILABLE

Add organic black beans, corn, red onion, bell pepper, and jalapeno.

MAKE IT A Chickadilla + \$3

Add organic chicken, bell pepper, tomato, and red onion.



Build-Your-Own Options

Build your own sandwich, wrap, or pizza just the way you like it.

Build-Your-Own Sandwich \$13

VEGETARIAN & VEGAN OPTIONS AVAILABLE

Customize your own sandwich! Choose your own protein, cheese, veggies, and spread on your choice of bread or wrap. Explore the build-your-own sandwich options below.

CHOOSE 1 BASE: Rise Up Sprouted Wheat, Rise Up Sourdough, Rise Up Focaccia, Spinach Wrap, Lavash Flatbread, Bagel, Gluten Free Bread, Vegan Gluten Free Bread, Lettuce Wrap

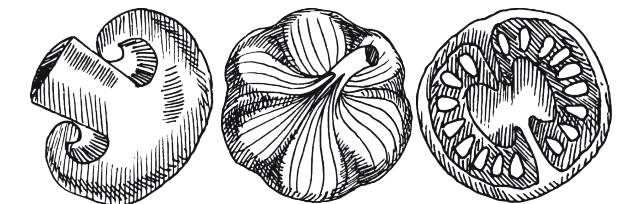
CHOOSE 1 PROTEIN (each additional protein +\$3): Organic Chicken Breast, Organic Turkey, Organic Roast Beef, Non-GMO Pastrami, Natural Ham, Natural Bacon, Housemade Tuna Salad, Organic Egg, Organic Tempeh, Housemade Hummus

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

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

CHOOSE 3 VEGETABLES (each additional veggie +50¢): Organic Lettuce, Organic Spinach, Organic Tomato, Organic Cucumber, Organic Red Bell Pepper, Organic Red Onion, Housemade Pickled Onion, Organic Pickles, Peppercini, Local Organic Sauerkraut

ADD ORGANIC AVOCADO (add +\$1)



Build-Your-Own Pizza \$13

VEGETARIAN - VEGAN & MEAT OPTIONS AVAILABLE

Customize your own personal pizza! Your choice of three veggies with organic pepper jack or vegan mozzarella cheese on Rise Up focaccia with marinara sauce or our housemade vegan pesto.

CHOOSE 1 SAUCE: Marinara, Housemade Vegan Pesto

CHOOSE 1 CHEESE (extra cheese +\$1): Organic Pepper Jack, Vegan Mozzarella

CHOOSE 3 VEGETABLES (each additional veggie +50¢): Organic Spinach, Organic Tomato, Organic Red Bell Pepper, Organic Red Onion, Housemade Pickled Onion, Peppercini, Organic Mushrooms

ADD PROTEIN + \$3

Choose from organic chicken, ham, bacon, pepperoni, or vegan pepperoni

CONTAINS: WHEAT, MILK *VEGAN OPTION CONTAINS: WHEAT, TREE NUTS (COCONUT) & VEGAN PEPPERONI CONTAINS: SOY, WHEAT



Potato Wedges \$3.50

VEGAN

Thick slices of organic potato seasoned and baked. Served with organic ketchup.

sub for chips + \$2

Breakfast

Breakfast served until 11:30am.

Bagel & Spread \$4

VEGETARIAN & VEGAN OPTION AVAILABLE

Bagel served with your choice of cream cheese or our housemade hummus. Spread served on the side.

CONTAINS: WHEAT, MILK * VEGAN OPTION CONTAINS: WHEAT, SESAME

Our Daily Frittata \$6

VEGETARIAN

An egg-based Italian dish similar to a crustless quiche. Ask at the counter for today's frittata recipe.

CONTAINS: EGG, MILK

PNW Bowl or Burrito \$8

VEGETARIAN & VEGAN OPTION AVAILABLE

Seasoned tofu scramble, seasoned breakfast potatoes, black beans, corn, onion, and red bell pepper served with our housemade salsa and your choice of organic pepper jack cheese or vegan mozzarella.

CONTAINS: SOY, MILK * BURRITO CONTAINS: WHEAT * VEGAN OPTION CONTAINS: SOY, TREE NUTS (COCONUT)

Cluck & Gobble Bowl or Burrito \$9

Scrambled eggs, seasoned breakfast potatoes, turkey sausage, onion, and red bell pepper served with organic pepper jack cheese and our housemade salsa.

CONTAINS: EGG, MILK * BURRITO CONTAINS: WHEAT

Coffee & Espresso

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

Bottomless Drip Coffee to Stay \$3.00

Espresso (Double Shot) \$2.00

Hot Tea \$1.75

	12 oz	16 oz
Drip Coffee to Go	\$2.50	\$3.00

Americano	\$2.50	\$3.00
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Steamed Milk	\$3.00	\$4.00
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Cappuccino	\$4.00	\$5.00
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Latte	\$4.00	\$5.00
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Hot Chai	\$4.00	\$5.00
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Hot Matcha	\$6.00	\$8.00
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Hot Cocoa	\$4.50	\$5.50
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Lavender Latte	\$4.75	\$5.75
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Mocha	\$5.50	\$6.50
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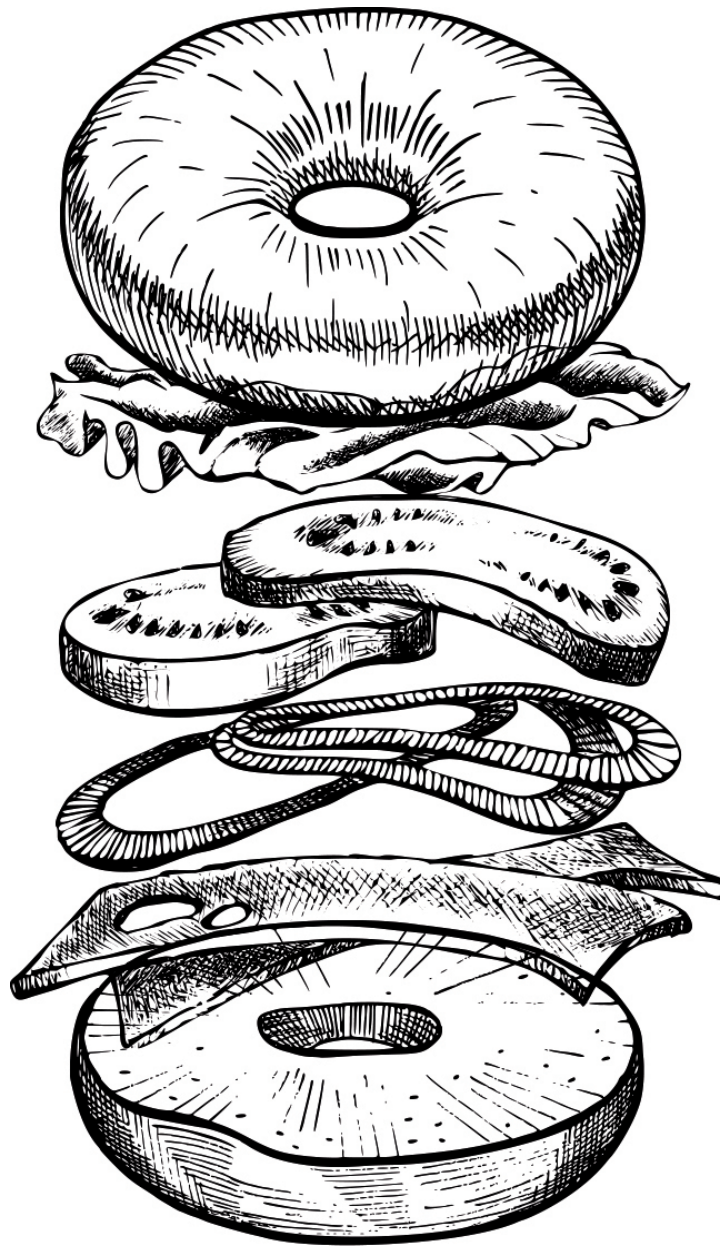
Breve	\$8.00	\$10.00
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ADD ESPRESSO SHOTS + \$1

ADD STEAMED MILK + \$1

ADD VANILLA FLAVOR + 75¢

ADD HERB PHARM TINCTURE + 75¢



Medford Food Coop

— AND —

The Café



945 S Riverside Ave
Medford, OR 97501

medfordfood.coop/cafe

541-646-3686

Pricing and menu items subject to change.

Open
Monday - Friday
8am to 6pm

Closed Saturday & Sunday

Wellness Elixirs

Specialty drinks enhanced with local Herb Pharm tinctures.

Black Elderberry Toddy \$3

16 oz HOT BEVERAGE

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

Lavender Lemonade \$4

16 oz COLD BEVERAGE

Organic lemonade with Herb Pharm lavender tincture served on ice.

Golden Milk \$6

16 oz HOT OR COLD BEVERAGE

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 \$7

16 oz HOT BEVERAGE

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.

Smoothies

Made with organic ingredients.

Go Green \$8

VEGAN

Spinach, banana, apple, and orange with lemon, ginger, and oat milk.

Berried Treasure \$8

VEGETARIAN & VEGAN OPTION AVAILABLE

Mixed berries and banana with apple juice and your choice of Greek yogurt or coconut yogurt.

CONTAINS: MILK * VEGAN OPTION CONTAINS: TREE NUTS (COCONUT)

Mango Tango \$8

VEGETARIAN & VEGAN OPTION AVAILABLE

Mango, peaches, pineapple, and orange with apple juice and your choice of Greek yogurt or coconut yogurt.

CONTAINS: MILK * VEGAN OPTION CONTAINS: TREE NUTS (COCONUT)

Strawberry A-Peel \$8

VEGAN

Strawberry and banana with apple juice.

Buzzed Monkey \$9

VEGETARIAN & VEGAN OPTION AVAILABLE

Coffee, banana, our housemade chocolate sauce, maple syrup, a dash of cardamom, and your choice of Greek or coconut yogurt and your choice of milk.

CONTAINS: MILK * VEGAN OPTION CONTAINS: TREE NUTS (COCONUT)

ADD FRESH SPINACH + 50¢

ADD BEE POLLEN + \$1

ADD SPIRULINA + \$1

ADD PROTEIN POWDER + \$2

ADD GRASS-FED COLLAGEN + \$3