

Organic Vegetable Juices

<u>Vegetable</u>	<u>9oz</u>	<u>12oz</u>	<u>16oz</u>
Carrot Only	\$1.99	\$2.69	\$3.59
Celery Only	\$2.99	\$3.99	\$5.29

Carrot Blends

A combination of the following vegetables juiced with Carrots as the juice base

	<u>9oz</u>	<u>12oz</u>	<u>16oz</u>
	\$2.29	\$3.09	\$4.09

Carrots with: Apple Beet Celery
Parsley Kale Daikon

The One & Only Smoothie

@ \$4.89

Made with Berry Nectar Juice, Mixed Berries, Bananas, and one shot of Protein Powder (Soy, Hemp, or Whey)
Additional Shot of Protein Powder for \$1.00

Café Drinks

We only use coffee beans that are organic, fair trade or shade grown.

Organic Coffee Drinks

	<u>single</u>	<u>double</u>	<u>12oz</u>	<u>16oz</u>	<u>20oz</u>
Espresso	\$1.50	\$1.85			
Brewed Coffee	\$1.75	\$2.25	\$2.50		
<u>ONE FREE REFILL - Dine In ONLY</u>					
<u>To-go Coffee cup Refills</u>	\$1.30	\$1.75	\$2.00		
Americano	\$1.95	\$2.45	\$2.75		
Cappuccino	\$2.75	\$3.65	\$3.95		
Latté	\$2.75	\$3.65	\$3.95		
Brevé	\$3.25	\$4.15	\$4.45		
Mocha	\$3.25	\$4.15	\$4.45		
Chai Tea	\$3.00	\$3.50	\$3.75		
Teeccino (herbal coffee)	\$1.50	\$1.75	\$2.00		
Hot Chocolate	\$2.75	\$3.50	\$3.75		

Any coffee drink can be made decaf upon request.

Choose from any of these milk products:

Organic skim, 2%, or whole milk; Low fat soymilk; Low fat vanilla soymilk; or rice milk. Organic half n' half- 75¢ extra.

Flavors: Hazelnut, Caramel, Raspberry, Amaretto, French Vanilla, Irish Cream, Peppermint, or Chocolate

Additions:

Whipped cream- 50¢ extra
Flavors- 75¢ extra
Extra Espresso Shot- 50¢ extra

Teas

16 oz only

Hot Tea \$1.25 Iced Tea \$1.50

Flavors: Yerba Mate, Choice Organic® Fair Trade Green, Earl Grey, Orange Pekoe or Celestial Seasonings® Decaf Green, Black Cherry Berry, Tangerine Orange Zinger, Lemon Zinger, Mint Magic, or Stash® Herbal Raspberry.

Additional Flavors Available.

All prices are subject to change



Store Hours:

Monday—Saturday: 8am—9pm

Sunday: 10am—8pm

In a hurry?

Call in your order ahead of time!

(260) 424-8812

Ask for the Café

Visit us on the web:

www.3riversfood.coop



Classic Sandwiches

1 Boar's Head Meat \$6.⁵⁹

Turkey, Chicken, Roast Beef, Ham, Salami or Pepperoni with your choice of bread, organic veggies, and condiments. [Add avocado for 50 cents extra](#)

2 Tuna Salad \$5.⁹⁹

Our own tuna salad on Rudi's Wheat bread with organic lettuce and tomato. [Add avocado for 50 cents extra](#)

3 Chicken Salad \$6.³⁹

Crunchy chicken salad on Rudi's White bread with organic lettuce and tomato. [Add avocado for 50 cents extra](#)

4 Italian Wrap \$6.⁶⁹

Boar's Head Salami, Ham, and Pepperoni on a Whole-Wheat Wrap with Provolone, organic lettuce, onion, green pepper, and black olives topped with Italian dressing.

[Add avocado for 50 cents extra](#)

5 Avocado Wrap \$5.³⁹

A whole organic avocado and Swiss Land Pepper Jack cheese on Whole-Wheat Wrap with organic tomato, onion and sprouts. [Add Hummus for 75 cents extra](#)

6 Falafel Wrap \$5.⁵⁹

Our own falafels and Tahini sauce on a Whole Wheat Wrap with organic tomato and cucumber. [Add cheese for 75 cents extra](#)

8 Veggie Burger \$5.³⁹

Our own veggie rice burger or Pumpkin Seed Patty on a sprouted wheat bun with organic tomato, onion, and green pepper topped with Vegan Rueben sauce.

[ADD cheese for 75 cents extra](#)

9 Veggie Wrap \$5.³⁹

Mozzarella and organic avocado on Spinach Wrap with lettuce, tomato, onion, green pepper, black olives, and sprouts topped with pesto.

10 Peanut Butter & Jelly \$3.⁵⁹

Kids favorite! Organic peanut butter and grape jelly on Rudi's White bread.

23 Applegate Turkey or Ham \$7.⁹⁹

Applegate Meat (Turkey or Ham) with your choice of bread, organic veggies, and condiments.

Customize Your Sandwich

Bread: Rudi's Wheat, White, Sourdough, or Rye; Sprouted Wheat Buns; Ezekiel; GF Millet and Flax;; Udi's GF; Ezekiel Wraps; Whole-Wheat or Spinach Wraps.

Condiments: Mayonnaise, Vegan Mayonnaise, Horseradish Sauce, Vegan Horseradish sauce, Mustard, Stone Ground Mustard, Ketchup, Reuben Sauce, Vegan Reuben Sauce, Organic Roasted Garlic

Veggies: Organic Lettuce, Organic Tomato, Organic Red Onion, Organic Green Pepper, Black Olives, Organic Clover Sprouts, Organic Sauerkraut, Pickle Chips, Banana Peppers, Jalapeno Slices

Boar's Head® Meat: Ovensgold Roast Turkey Breast, Honey Maple Glazed Turkey Breast, Salsalito Roast Turkey Breast, Golden Classic Roast Chicken Breast, Blazing Buffalo Chicken Breast, Sweet Slice Ham, Deluxe Roast Beef, Hard Salami, Pepperoni

Cheese: SwissLand Colby, SwissLand Monterey Jack with Jalapeno, SwissLand Cheddar, Gold Label Imported Swiss, Provolone, Swissland Mozzarella

Add on to a sandwich:

Cheese per slice	75¢	Avocado	50¢
Pesto	75¢	Cream Cheese	50¢
Extra Boar's Head meat	\$2. ⁰⁰	Hummus	75¢
Whole Dill Pickle	\$1. ²⁵		

Vegan substitutions for sandwiches:

Meat – Substitute baked tofu cutlets or Italian tempeh

Cheese – Rice or Soy Cheese

Mayo – Vegan Mayo

15 Minute Grilled Sandwiches

11 Pizza Panini \$6.³⁹

Boar's Head Pepperoni on Sourdough with Mozzarella, sautéed organic onions, peppers, and mushrooms topped with pizza sauce. Make it a Vegan sandwich with Italian Tempeh sausage and vegan cheese.

12 Philly \$6.⁶⁹

Boar's Head Roast Beef on Rudi's Sourdough with Swiss cheese, sautéed organic onions, peppers, and mushrooms topped with horseradish sauce.

16 Tofu Rueben \$5.⁹⁹

Organic marinated and baked tofu cutlets on Rudi's Rye bread with Swiss cheese, organic sauerkraut and Dori's special Rueben sauce.

18 Portabella Swiss \$6.³⁹

Organic portabella mushrooms on Rudi's Rye with Swiss cheese, sautéed organic onion, horseradish sauce, and roasted organic garlic. [Add avocado for 50 cents extra](#)

19 Pesto Tomato \$6.³⁹

Mozzarella cheese and tomato on Rudi's Sourdough topped with pesto. [Add avocado for 50 cents extra](#)

20 Grilled Cheese \$3.⁹⁹

A classic grilled cheese sandwich. SwissLand Colby cheese on Rudi's White bread. [With veggies \\$4.99](#)

22 Rueben \$8.²⁹ (SEASONAL)

Boar's Head Corned Beef on Rudi's Rye bread with Swiss cheese, organic sauerkraut and Dori's special Rueben sauce.

24 Applegate Turkey Pastrami on Rye \$8.²⁹

Applegate Turkey Pastrami on Rudi's Rye bread with Swiss cheese, stone ground mustard, sautéed organic onion and horseradish sauce.

Check out our Daily and Monthly Specials!

Hot Food Bar and Organic Salad Bar

\$7.99 per pound. Selections change daily.

Ask for a copy of our weekly menu.

Don't forget the soup!

Selections change daily

12oz cup of soup \$2.49

16oz bowl of soup \$2.99

50¢ off with sandwich purchase