

## 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

	9oz	12oz	16oz
	\$2.29	\$3.09	\$4.09

Carrots with: Apple Beet Celery Parsley

## The One & Only Smoothie

@ \$4.89

Made with Blueberry Pomegranate Juice, Mixed Berries, Bananas, and one shot of Protein Powder (Pea, 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

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

*Any coffee drink can be made decaf upon request.*

### *Choose from any of these milk products:*

Organic 2%, or whole milk; oat milk, almond milk, coconut milk. Organic half n' half- 75¢ extra.

**Flavors:** Hazelnut, Caramel, Raspberry, French Vanilla, 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: 9am—7pm**

**Sunday: 12pm—6pm**

**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](http://www.3riversfood.coop)



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For sales, deals, and news find us on social media



## Classic Sandwiches

### Boar's Head Meat \$6.<sup>59</sup>

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

### Tuna Salad \$5.<sup>99</sup>

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

### Chicken Salad \$6.<sup>39</sup> (Available Vegan)

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

### Italian Wrap \$6.<sup>69</sup>

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¢](#)

### Avocado Wrap \$5.<sup>39</sup>

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

### Falafel Wrap \$5.<sup>59</sup>

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

### Veggie Wrap \$5.<sup>39</sup>

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

### Peanut Butter & Jelly \$3.<sup>59</sup>

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

### Boar's Head Natural Meat \$ 6.<sup>99</sup>

Boar's Head Natural line Uncured Smoked Ham with your choice of bread, organic veggies, and condiments.

### Egg Salad Sandwich \$4.<sup>99</sup>

Co-op egg salad on Rudi's White bread with organic lettuce and tomato. [Add avocado for .50¢](#)

## Customize Your Sandwich

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

**Condiments:** Vegan Mayonnaise, Vegan Horseradish sauce, Mustard, Stone Ground Mustard, Honey Mustard, Ketchup, 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:** Ovingold Roast Turkey Breast, Honey Maple Glazed Turkey Breast, Salsalito Roast Turkey Breast, Golden Classic Roast Chicken Breast, Blazing Buffalo Chicken Breast, Sweet Slice Ham, Londonport Roast Beef, Hard Salami, Pepperoni, Top round Pastrami, Pesto-Parmesan Ham  
**All Natural :** Applewood Smoked Uncured Ham.

**Cheese:** Boar's Head Colby, Boar's Head Pepper jack, Boar's Head Cheddar, Boar's Head Gold Label Imported Swiss, Boar's Head Provolone, Andrew & Everett Mozzarella, and Boar's Head Horseradish Cheddar.

### Add on to a sandwich:

Cheese per slice	75¢	Avocado	50¢
Pesto	75¢	Cream Cheese	50¢
Extra Boar's Head meat	\$2. <sup>00</sup>	Hummus	75¢

### Vegan substitutions (no upcharge!):

Meat – Substitute baked tofu cutlets or Italian tempeh  
Cheese – Follow Your Heart Mozzarella, Provolone, Pepper Jack, Smoked Gouda

## Don't forget the soup!

Selections change daily

12oz cup of soup	\$2.99
16oz bowl of soup	\$3.99

## 15 Minute Grilled Sandwiches

### Veggie Burger \$5.<sup>39</sup>

Our own Veggie Rice or Pumpkin Seed patty on a sprouted wheat bun with organic tomato, onion, and green pepper with Vegan Rueben sauce. [Add cheese for 75¢](#)

### Pizza Panini \$6.<sup>39</sup>

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.

### Philly \$6.<sup>69</sup>

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

### Tofu Rueben \$6.49

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

### Portabella Swiss \$6.<sup>39</sup>

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

### Pesto Tomato \$6.<sup>39</sup>

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

### Grilled Cheese \$4.<sup>99</sup>

A classic grilled cheese sandwich. Three slices of Colby cheese on Rudi's White bread. [With veggies \\$5.99](#)

### Pastrami on Rye \$7.<sup>99</sup>

Boar's Head Beef Pastrami on Rudi's Rye bread with Swiss cheese, sautéed onion and stone ground mustard.

### Rueben \$7.99 (Seasonal)

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

### Grilled Tuscan Ham \$6.<sup>69</sup>

Boar's Head Sweet Slice Ham on Rudi's Sourdough with Provolone cheese, organic tomato, sautéed onion, topped with parmesan and pesto.

**Check out our Daily and Monthly Café Specials!**