

ROASTED GARLIC SALSA

\$7.49 PER POUND

TOMATOES, JALAPENO, YELLOW ONION, GARLIC, CILANTRO, LIME JUICE, RICE VINEGAR & SALT.

SANDWICHES

MADE FRESH DAILY & READY TO GO! ALWAYS WITH HIGH-QUALITY & ORGANIC PRODUCE!

ALL SERVED ON ORGANIC FRANZ BREAD

AVOCADO JACK

\$6.99 EACH

AVOCADO, MONTEREY JACK CHEESE, SWEET ONION, SUNFLOWER SPROUTS, AND LETTUCE.

COASTAL GARDEN VEGETABLE (VEGAN)

\$6.99 EACH

OUR PLANT-BASED SANDWICH! SWEET BELL PEPPERS, DAIKON RADISH, SWEET ONION, SUNFLOWER SPROUTS, CUCUMBER AND LETTUCE.

BEST EGG SALAD EVER

\$6.99 EACH

PERFECT BLEND OF HARD BOILED EGGS, VEGAN MAYO, RED ONION, AND MUSTARD.

LOCAL ALBACORE TUNA SALAD

\$7.99 EACH

SEAFARE PACIFIC TUNA IS MIXED WITH VEGANIASE, RELISH, RED ONION,

GLUTEN-FREE SANDWICHES

\$5.99 EACH

ALL SANDWICHES AVAILABLE ON GLUTEN-FREE BREAD.

WRAPS

MEDITERRANEAN SPINACH WRAPS

\$7.99 EACH

SPINACH & FLOUR TORTILLA, ROASTED GARLIC HUMMUS, SPINACH, ZUCCHINI, RED BELL PEPPER, RED ONION, BLACK OLIVES, FETA, OLIVE OIL, OREGANO & SUNFLOWER SPROUTS.

RAINBOW RANCH WRAP

\$5.99 EACH

SPINACH & FLOUR TORTILLA, LETTUCE, SPINACH, BEETS, CARROTS, CUCUMBER, RED BELL PEPPER, SUNFLOWER SPROUTS, HOUSE MADE VEGAN RANCH.

SALAD BOWLES

TUNA & EGG SALAD BOWLS

THESE BOWLS ARE MADE FRESH DAILY AND IS A GREAT GLUTEN FREE OPTION.



SOUPS

BLACK BEAN CHILI SOUP:

OFFERED EVERY DAY!

BLEND OF TOMATO, BLACK BEANS, ONION, ROASTED CORN, GARLIC, LIME JUICE, JALAPEÑO, HOUSE CHILI SPICE BLEND, DRIED CHILIES, AMINO ACIDS.

- 8 OZ CUP: \$3.00
- 16 OZ BOWL: \$5.75

WE OFFER 2 SOUPS EVERYDAY!

COOS HEAD FOOD COOP



SAVE TIME AND CALL AHEAD
CALL 541-756-7264 EXT.8

CALL 24 HOURS IN ADVANCE FOR
LARGE VOLUME ORDERS.



WWW.COOSHEADFOOD.COOP
FACEBOOK.COM/COOSHEADFOODCOOP
INSTAGRAM: COOSHEADFOODCOOP1971

CO-OP JUICE

ORGANIC JUICES MADE FRESH TO ORDER!

SIMPLY CARROT

CARROTS JUICED TO ORDER.

- 8OZ \$2.25
- 16 OZ \$4.25
- 32 OZ \$8.25



BEETASTIC

BEETS, APPLES, CARROTS, GINGER

- 8OZ \$2.75
- 16OZ \$4.75
- 32 OZ \$9.75

LEAN GREEN

GREEN APPLES, CELERY, CUCUMBER, KALE, LETTUCE, GINGER

- 8OZ \$3.75
- 16 OZ \$6.75
- 32 oz \$12.75

ORANGE CARROT ELIXIR

ORANGE, CARROTS & GINGER

- 8OZ \$2.75
- 16 OZ \$5.75
- 32 oz \$12.75

CRANBERRY APPLE

APPLES & LOCAL CRANBERRIERS

- 8OZ \$2.75
- 16 OZ \$4.75
- 32 oz \$9.75

SIMPLY CELERY JUICE

CELERY

- 8OZ \$2.50
- 16 OZ \$4.55
- 32 oz \$8.50



BAKED GOODS

SCONES BAKED FRESH EVERYDAY!

SEASONAL FLAVORS VARY- \$1.25 EACH
SAVE ON SCONES: 5 SCONES FOR \$5



SALADS & SIDES

HONEY DIJON KALE

\$ 9.99 PER POUND

LOCAL KALE, SUNFLOWER SEEDS, CURRANTS, HOUSE MADE HONEY MUSTARD DRESSING

MOROCCAN CARROT

\$ 6.59 PER POUND

SHREDDED CARROTS, CHICKPEAS, CURRANTS, CILANTRO, OLIVE OIL, LEMON JUICE, ORANGE JUICE, SHALLOTS, HONEY, HOUSE MOROCCAN SPICE, CORIANDER, GINGER, CINNAMON, ALLSPICE, CAYENNE, ALMONDS

GARDEN RANCH SALAD

\$ 8.99 EACH

LOCAL LETTUCE, CUCUMBER, SWEET BELL PEPPER, SUNFLOWER SEEDS, CARROTS, SUNFLOWER SPROUTS AND A SIDE OF OUR HOUSE MADE VEGAN RANCH DRESSING

STONE-GROUND TEMPEH

\$ 9.99 PER POUND

MULTI GRAIN TEMPEH, ONIONS CELERY, AND WALNUTS, FRESH PARSLEY, DRESSED WITH OUR HOUSE SECRET SAUCE

SUPER QUINOA

\$ 7.99 PER POUND

QUINOA WITH RED PEPPERS, BLACK OLIVES, EDAMAME, SUNFLOWER SEEDS, TAMARI AND LEMON JUICE



SOUTHWEST QUINOA

\$ 7.99 PER POUND

CASHEWS, RAISINS, AND GREEN ONIONS SPICED WITH OUR HOUSE MADE CURRY POWDER

DILLY POTATO SALAD

\$ 6.99 PER POUND

YUKON GOLD POTATOES DRESSED WITH VEGAN MAYO, RED ONIONS, APPLE CIDER VINEGAR, WITH DILL WEED AND STONE GROUND MUSTARD

SESAME NOODLES

\$ 8.99 PER POUND

UDON NOODLES WITH SESAME PASTE REDOLENT WITH GINGER AND GARLIC, A TOUCH OF HEAT, GARNISHED WITH BLACK SEED

DELI DIPS

HUMMUS

\$ 6.99 PER POUND

PUREED ROASTED CHICKPEAS, GARLIC AND LEMON GOODNESS



HOUSE MADE RANCH DRESSING (VEGAN)

\$ 9.99 PER POUND

VEGANISE, GRANULATED GARLIC, ONION POWDER, CHIVE, DILL, NUTRITIONAL YEAST, SALT, AND LEMON JUICE.