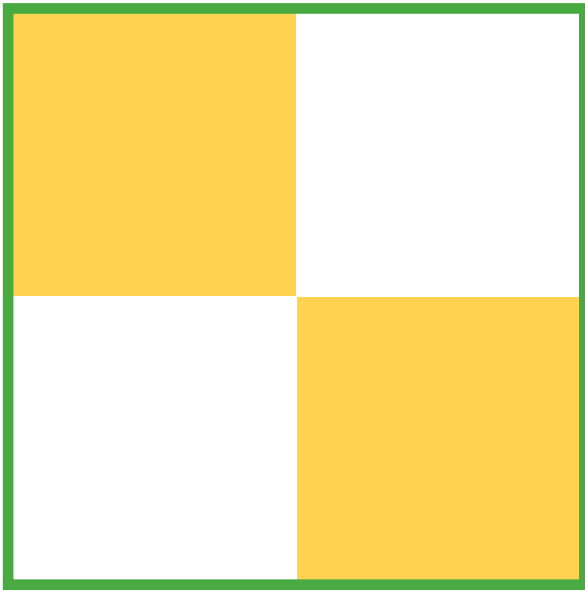


THE CO-OP CAFE



Menu

Berkshire Co-op Market
42 Bridge Street • Great Barrington, MA • 01230
413.528.9697 • berkshire.coop • open every day 8 to 8



GOOD EATS

Breakfast All Day

Breakfast Wrap \$6.99

Scrambled eggs with salsa & your choice of cheddar, Provolone, American or Swiss in a spinach or whole wheat wrap.

Sunrise Sandwich \$7.99

Scrambled eggs with cheddar, Provolone American or Swiss & bacon, tempeh bacon, ham or turkey on your choice of bread

The Original \$5.49

Hickory smoked bacon, organic tomato & cream cheese on your choice of bagel

The Vegan Original \$5.49

Organic tempeh bacon, tomato & Tofutti soy cream cheese on your choice of bagel.

Bagels

Plain 79¢ with Butter/Organic Fruit Spread: \$1.19

Organic Cream Cheese/Tofutti Cream Cheese: \$1.79

Cream Cheese & a Veggie: \$2.29

Co-op Classics

Monument Mountain \$7.99

Balsamic marinated chicken, melted cheddar, organic lettuce, tomato, red onion with pesto mayo on a Kaiser roll.

East Rock* \$7.99

An organic Sunshine Veggie Burger, organic tomato, onion, & sprouts with chipotle mayo on a Kaiser roll.

Rosseter Street BLT** \$7.99

Organic tempeh bacon, organic lettuce, tomato, red onion & sprouts with Vegenaise spread on whole grain toast.

Bridge Street BLT \$7.99

Hickory smoked bacon, organic lettuce, tomato & sprouts with chipotle mayo on whole grain toast.

Mount Everett** \$5.99

Tofutti cream cheese with guacamole, organic lettuce, tomato, onion, carrot & cucumber in a spinach wrap.

Beartown \$8.99

Our Co-op Kitchen roasted turkey, organic spinach, tomato & onion with cheddar cheese & cranberry mustard on a Kaiser roll.

For the Kids

PB&J \$2.99

Organic peanut butter and organic fruit spread on choice of bread.

Grilled Cheese \$3.99

Two slices of cheese (your choice) on any bread.

Kids Sammo \$5.99

Half a portion of any protein, 1 cheese, 1 veggie, spread & bread

* Vegetarian ** Vegan

Before placing your order, please inform your server if a person in your party has a food allergy.

Build Your Own Sandwich

#1 | 1 Meat/Protein
1 Cheese
3 Veggies
Spread & Bread
\$7.99

#2 | 1 Cheese
3 Veggies
Spread & Bread
\$5.99

#3 | 3 Veggies
Spread & Bread
\$4.99

PROTEIN	CHEESE	ALL ORGANIC VEGGIES	BREAD	SPREAD
Roasted Turkey Breast	Swiss	Lettuce	Whole Grain	Guacamole
•	•	•	•	•
Ham	Cheddar	Tomato	Sourdough	Mayo
•	•	•	•	•
Roast Beef	Provolone	Onion	Seeded Rye	Chipotle Mayo
•	•	•	•	•
Sunshine Veggie Burger	American Cream Cheese	Shredded Carrot	Country White	Horseradish Mayo
•	•	•	•	•
Sweet Ginger Tofu	Tofutti Cream Cheese	Cuke	Kaiser Roll	Pesto Mayo
•	•	•	•	•
Tempeh Bacon		Sprouts	Rice Wrap	Veganaise
•			•	•
Hickory Smoked Bacon			Spinach Wrap	Mustard
•			•	•
Balsamic Marinated Chicken			Wheat Wrap	Cranberry Mustard
			•	•
			Gluten Free Bakery Bread ADD \$1.00	Lemon Tahini
				•
				Earth Balance

Add-On Options

Double the Meat	\$3.00	Organic Baby Spinach	\$1.00
Double the Cheese	\$1.00	Co-op Kitchen Hummus	\$1.50
Extra Veggie	50¢	Sliced Organic Avocado	\$1.00



DRINKS

Organic Fresh Squeezed Juices 8oz. \$6.99 16oz. \$7.99

Ginger Cooler Organic apple, lime & fresh ginger

Strong to the Finish Organic carrots, kale & spinach with Spirulina

Kiss Me Carrots Organic carrots, celery, ginger & parsley

Beet Down Organic beets, carrots & celery with bee pollen

Cold Buster Organic orange & lime, spirulina, ginseng, echinacea & goldenseal

Green Machine Organic kale, parsley, spinach, celery & cucumber.

Make Your Own Choose any of the fruits and vegetables above.

Organic Fruit Smoothies 16oz. \$7.99

Blueberry Blizzard Organic blueberries, banana, yogurt & apple juice

Cherry Good Organic cherries, strawberries, bananas & apple juice

Chuck Berries Organic strawberries, raspberries, blueberries & apple juice

Orange Me Up Organic orange juice, bananas, mango & yogurt

Solar Flare Organic orange juice, bananas, cherries & mango

Smooth Me Over Organic strawberries, bananas, mango, yogurt & apple juice

Tropical Breeze Organic strawberries, mango and pineapple juice

Add Ins bee pollen, spirulina, ginseng, echinacea & goldenseal add \$1.00 ea
whey protein add \$2.00

Fair Trade Coffee & Beverages

	12oz.	16oz.
Fresh Coffee	\$1.89	\$2.29
Cafè Latte	\$2.99	\$3.99
Mocha Latte	\$3.49	\$4.49
Cappuccino	\$2.99	\$3.99
Chai Latte	\$2.99	\$3.99
Chocolate Chai	\$3.49	\$4.49
Hot Cocoa	\$2.49	\$3.29
Steamed Milk	\$1.49	\$1.99
Iced Coffee		\$2.29
Espresso & Americano	Single \$1.99	Double \$2.49
		Triple \$2.99
Tea - Any Size	\$1.99	With Steamed Milk \$2.79