

We use **Local, Ethical** and **Organic** ingredients whenever possible.

**GOOD FOOD FAST!**

*Delicious choices everyday...*



**(218) 741-4663**

732 N. 4th St. Virginia, MN 55792

[naturalharvest.coop](http://naturalharvest.coop)



**OUR DELI OFFERS FRESH & DELICIOUS  
HOMECOOKED FOOD DAILY**

**DELI HOURS**

**M-F: 7AM - 7 PM**

**Weekends: 9 AM - 7 PM**

**ORGANIC. ETHICAL.**

**LOCAL. FRESH.**

## Hot Sandwiches

<b>Cuban</b> .....	\$6.99
Ham, Salami, Swiss Cheese, Pickles, & Mustard on Ciabatta Bread	
<b>Pesto Turkey</b> .....	\$7.99
Smoked Turkey, Mozzarella Cheese, Tomato, Spinach & Pesto on Ciabatta Bread	
<b>Reuben</b> .....	\$7.99
Corned Beef, Sauerkraut, Swiss Cheese & Russian Dressing on Rye Bread	
<b>Bahn Mi</b> .....	\$7.99
Marinated Tofu, Asian Pickled Veggies, Sriracha Vegenaise & Cilantro on Ciabatta Bread	
<b>Sandwich of the Day</b> .....	\$7.49
<b>Cheesy Cheese</b> .....	\$3.49
Cheddar Cheese on Whole Wheat Bread	
<b>Breakfast Burrito</b> .....	\$7.49
Eggs, Hash Browns, Cheddar Cheese, Onion, Bell Peppers, Garlic & Black Beans Wrapped in a Flour Tortilla	

ALL HOT SANDWICHES ARE SERVED WITH CHIPS OR VEGGIES & A PICKLE  
MOST SANDWICHES CAN BE MADE GF UPON REQUEST

## Grab & Go Sandwiches

<b>Farm Fresh Egg Salad Sandwich</b> .....	GF or Whole Wheat \$3.99
<b>Tuna Salad Sandwich</b> .....	GF or Whole Wheat \$4.99
<b>Turkey Sandwich</b> .....	GF or Whole Wheat \$4.99
<b>Curried Chicken Salad Sandwich</b> .....	GF or Whole Wheat \$4.99
<b>Wild Salmon Wrap</b> .....	\$3.99

## More Grab-n-Go

ITEMS SUBJECT TO CHANGE PLEASE CONTACT DELI WITH AVAILABILITY QUESTIONS

<b>Raspberry or Blueberry Vanilla Yogurt Parfait</b> .....	\$3.49
<b>Chocolate Chia Seed Pudding</b> .....	\$2.99
<b>Falafel Bowl</b> .....	\$6.99
<b>Tofu Spring Rolls</b> .....	\$7.99
<b>Chipotle Black Bean &amp; Cheese Burrito</b> .....	\$3.29
<b>Hard Boiled Egg</b> .....	.75¢

PRICES VARY BASED ON WEIGHT FOR ITEMS BELOW

<b>Egg Salad</b>	<b>Greek Feta Salad</b>
<b>Curried Chicken Salad</b>	<b>Beet Salad</b>
<b>Asian Tuna Salad</b>	<b>Cranberry &amp; Cilantro Quinoa</b>
<b>Fog City Pasta Salad</b>	<b>Jonas's Tropical Slaw</b>
<b>Potato Salad</b>	<b>Sesame Noodles</b>
<b>Wild Salmon Salad</b>	<b>Baked Tofu Bites</b>
<b>Wild Rice Salad</b>	<b>Creole Yam Fries</b>
<b>Garlic Lovers Pasta</b>	<b>Rosemary Chicken Breasts</b>
<b>South Western Yam Salad</b>	<b>Turkey Meatloaf</b>

All prices are subject to change without notice

## Hot Bar

M-F: 11:00 AM - 7:00 PM  
Sat/Sun: 11:00 AM - 3:00 PM  
\$7.99/lb.

## Organic Salad Bar

M-F: 7:00 AM - 7:00 PM  
Sat/Sun: 9:00 AM - 7:00 PM  
\$7.99/lb.

VISIT OUR WEBSITE FOR THE DAILY HOT BAR & SOUP MENU

**Soup**.....Cup: \$3.99.....Bowl: \$4.49

## Beverages

	<u>12 oz.</u>	<u>16 oz.</u>
<b>Drip Coffee</b> .....	\$1.49	\$1.79
<b>Cappuccino</b> .....	\$2.99	\$3.29
<b>Latte</b> .....	\$2.99	\$3.29
<b>Silver Lake Mocha</b> .....	\$3.49	\$3.99
<b>Extra Shot or Flavoring</b> .....	50¢	50¢
<b>Americano</b> .....	\$1.99	\$2.49
<b>Breve</b> .....	\$3.39	\$3.99
<b>Chai Latte</b> .....	\$3.39	\$3.99
<b>Hot Chocolate</b> .....	\$2.29	\$2.79
<b>Steamer</b> .....	\$1.99	\$2.29
<b>Tea</b> .....	99¢	\$1.29

MILK OPTIONS: SKIM · ALMOND · COCONUT

## Smoothies

**Pick Your Base:**

APPLE JUICE · GREEN TEA

**And Choose 2 Fruits or Veggies**.....\$3.99

BANANA · STRAWBERRY · BLUEBERRY · MANGO · SPINACH · BEETS

**For 50¢ Each Add:**

FLAX SEED · SPIRULINA · WHEY OR SOY PROTEIN

## Bakery

<b>Cookies</b> .....	\$1.99
Chocolate Chip · Oatmeal Walnut · Peanut Butter · Chocolate Chip · GF Chocolate Chip	
<b>3 Pack Cookies</b> .....	\$4.99
<b>Muffins</b> .....	\$2.49
Blueberry · Chocolate Chip Banana	
<b>Cranberry Orange Scone</b> .....	\$2.49
<b>Blueberry or Apple Turnover</b> .....	\$2.49
<b>Assorted Cakes, Bars, &amp; Energy Snacks</b> .....	Prices Vary By Weight

## Organic Fruit & Veggie Trays

<b>Organic Fruit Tray</b> (12" Serves 8-12 People).....	\$39.99
<b>Organic Veggie Tray</b> (12" Serves 8-12 People).....	\$39.99

PLEASE PLACE YOUR ORDER ONE WEEK PRIOR TO PICK UP DATE