

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

GOOD FOOD FAST!

Delicious choices everyday...



(218) 741-4663

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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

Cuban	\$6.99
Ham, Salami, Swiss Cheese, Pickles, & Mustard on Ciabatta Bread	
Pesto Turkey	\$7.99
Smoked Turkey, Mozzarella Cheese, Tomato, Spinach & Pesto on Ciabatta Bread	
Reuben	\$7.99
Corned Beef, Sauerkraut, Swiss Cheese & Russian Dressing on Rye Bread	
Bahn Mi	\$7.99
Marinated Tofu, Asian Pickled Veggies, Sriracha Vegenaise & Cilantro on Ciabatta Bread	
Sandwich of the Day	\$7.49
Cheesy Cheese	\$3.49
Cheddar Cheese on Whole Wheat Bread	
Breakfast Burrito	\$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

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

More Grab-n-Go

ITEMS SUBJECT TO CHANGE PLEASE CONTACT DELI WITH AVAILABILITY QUESTIONS

Raspberry or Blueberry Vanilla Yogurt Parfait	\$3.49
Chocolate Chia Seed Pudding	\$2.99
Falafel Bowl	\$6.99
Tofu Spring Rolls	\$7.99
Chipotle Black Bean & Cheese Burrito	\$3.29
Hard Boiled Egg75¢

PRICES VARY BASED ON WEIGHT FOR ITEMS BELOW

Egg Salad	Greek Feta Salad
Curried Chicken Salad	Chickpea Salad
Asian Tuna Salad	Cranberry & Cilantro Quinoa
Fog City Pasta Salad	Broccoli Salad
Potato Salad	Sesame Noodles
Wild Salmon Salad	Baked Tofu Bites
Wild Rice Salad	Creole Yam Fries
Garlic Lovers Pasta	Rosemary Chicken Breasts
South Western Yam Salad	Turkey Meatloaf

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>
Drip Coffee	\$1.49	\$1.79
Cappuccino	\$2.99	\$3.29
Latte	\$2.99	\$3.29
Silver Lake Mocha	\$3.49	\$3.99
Extra Shot or Flavoring	50¢	50¢
Americano	\$1.99	\$2.49
Breve	\$3.39	\$3.99
Chai Latte	\$3.39	\$3.99
Hot Chocolate	\$2.29	\$2.79
Steamer	\$1.99	\$2.29
Tea	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

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

Organic Fruit & Veggie Trays

Organic Fruit Tray (12" Serves 8-12 People)	\$39.99
Organic Veggie Tray (12" Serves 8-12 People)	\$39.99

All prices are subject to change without notice