

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



**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	
Rachel	\$7.99
Smoked Turkey, Apple Slaw & Cheddar Cheese on Cranberry Wild Rice Bread	
Roasted Veggie	\$7.99
Bell Pepper, Zucchini, Red Onion, Feta Cheese & Lemon Vegenaise on Ciabotta 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
Deviled Eggs	\$5.99
Tofu Spring Rolls	\$6.99
Chipotle Black Bean & Cheese Burrito	\$3.29

PRICES VARY BASED ON WEIGHT FOR ITEMS BELOW

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

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: \$4.39.....Bowl: \$5.39

Beverages

	<u>12 oz.</u>	<u>16 oz.</u>
Drip Coffee	\$1.79	\$1.99
Cappuccino	\$3.49	\$3.99
Latte	\$3.49	\$3.99
Silver Lake Mocha	\$3.99	\$4.49
Extra Shot or Flavoring	50¢	50¢
Americano	\$2.49	\$2.89
Breve	\$3.39	\$3.99
Chai Latte	\$3.49	\$3.99
Hot Chocolate	\$2.49	\$2.89
Steamer	\$1.99	\$2.29
Tea	\$1.29	\$1.49

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 · PLANT BASED PROTEIN

Bakery

Cookies	\$1.99
Chocolate Chip · Oatmeal Walnut · Choc. Chip · Peanut Butter Choc. Chip · GF Chocolate Chip	
3 Pack Cookies	\$4.99
Assorted Muffins	\$1.99
Cranberry Orange Scone	\$2.49
Assorted Turnovers	\$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