

# SUPPORT YOUR LOCAL CO-OP



**123 HIGH STREET  
BELFAST, MAINE 04915  
TELEPHONE 338-2532**

A member-owned store since 1976 offering healthy lifestyle choices for both members and non-members. We support the regional economy by purchasing from many local farmers and producers.

A community resource, known as the place to go for cooking classes, café-style meetings and the latest information. Ask any of our staff to learn more about a product or if you have a health or nutrition question.

## Mission Statement

The Belfast Cooperative Store is a membership owned and controlled retail outlet for whole natural foods and other goods and provisions. We strive to offer a wide selection of products at reasonable prices to support healthy lifestyle choices for both our members and the general public.

Our intent is to be a resource for information concerning health, nutrition, and the source of our products, as well as for community topics and other related issues.

Belfast Co-op accepts credit cards,  
checks and cash.

We also have gift certificates available.

## CATERING MENU

We are happy to help you with your next party or event. Please give us 48 hours notice so we can be sure to serve you well. Please call 338-2532 or stop by the Co-op to place an order.

### **Vegetable Crudité Platter**

A seasonal variety of fresh, organic vegetables such as broccoli, cauliflower, carrots, cucumbers and bell peppers. Choice of two dressings: Ranch or Italian  
To serve 20 people: \$45.99

### **Seasonal Fruit Platter**

Nature's freshest seasonal selections, such as assorted melons, citrus, grapes and strawberries. Served with a yogurt honey dip.  
To serve 20 people: \$49.99

### **Meat and Cheese Platter**

Top quality natural, preservative and additive free Garrett County meats with your favorite cheeses: Roast turkey, roast beef, Virginia ham, provolone, Swiss and cheddar. Served with organic lettuce, tomato and onion, natural mayonnaise and mustard.  
To serve 20 people: \$65.99

### **Mediterranean Platter**

A cornucopia of old world favorites, including dolmas, tabouli, feta cheese, mixed Greek olives, pita bread, hummus and garnished with organic tomato and cucumber.  
To serve 20 people: \$62.99



## DELI TAKE-OUT MENU



FRESH SOUPS, SALADS  
AND  
SANDWICHES DAILY

*HOURS*  
SUNDAY THROUGH  
SATURDAY  
7:30 AM TO 7:00 PM

**To order please call  
207-338-2532**

## GRILLED SANDWICHES

MADE ON YOUR CHOICE OF MAINE'S OWN BAROWSKY'S ORGANIC BREAD, RUDY'S RYE OR WHITE OR WHEAT WRAP **ALL VEGGIES ARE ORGANIC** ADDITIVE AND PRESERVATIVE FREE DELI MEATS FROM GARRETT COUNTY

MAINE MADE REUBEN <b>CORNE BEEF, MORSE'S SAUERKRAUT, CO-OP 1,000 ISLAND DRESSING, SWISS CHEESE ON RUDY'S RYE BREAD</b>	\$8.29
PORTOBELLO CAPRESE <b>ROASTED PORTOBELLO, MARINARA, PESTO, PROVOLONE, CHOICE OF BREAD</b>	\$7.95
ROAST BEEF AND BOURSIN <b>ROAST BEEF, BOURSIN CHEESE, RED ONION, SPROUTS, LETTUCE, CHOICE OF BREAD</b>	\$7.95
GRILLED CHICKEN PESTO <b>SEASONED CHICKEN BREAST, PESTO, TOMATO, RED ONION, PROVOLONE, CHOICE OF BREAD</b>	\$7.95
GOURMET GRILLED CHEESE <b>CHEDDAR, SWISS, PROVOLONE, TOMATO, RED ONION, CHOICE OF BREAD</b>	\$5.95

## OTHER GRILLED CHOICES

QUESADILLA <b>BLACK BEAN, GRILLED CHCKEN, OR BACON AND SCALLIONS, QUESO, SALSA, SOUR CREAM</b> ADD 2 OR MORE ITEMS \$1.50	WHOLE \$7.95 HALF \$4.95
NACHOS <b>ORGANIC YELLOW CORN CHIPS, QUESO, TOMATO, ORGANIC BLACK BEANS, SALSA, SOUR CREAM</b>	\$5.95
BURGERS <b>LOCAL NATURAL GROUND BEEF, BAROWSKY'S WHEAT BUN, LETTUCE, TOMATO, ONION, PICKLE, CHEESE</b>	\$6.50 ADD BACON \$1.50
VEGAN WALNUT OAT BURGER <b>WITH LETTUCE, TOMATO, ONION, BAROWSKY'S WHEAT BUN</b>	\$4.95

## SALADS

ORGANIC VEGGIES, NEWMAN'S DRESSING, ADDITIVE AND PRESERVATIVE FREE GARRETT COUNTY MEATS, HOUSEMADE CROUTONS

GREEN SALAD <b>LETTUCE, TOMATO, CUCUMBER, BELL PEPPER, RED ONION, CARROT, SPROUTS, CROUTONS</b>	SMALL \$2.95 LARGE \$4.99
CHEF'S SALAD <b>LETTUCE, TOMATO, CUCUMBER, BELL PEPPER, RED ONION, CARROT, SPROUTS, TURKEY, HAM, SWISS, CHEDDAR, EGG, KALAMATA OLIVES, CROUTONS</b>	SMALL \$4.99 LARGE \$6.99
VEGAN CAFÉ SALAD <b>LETTUCE, TOMATO, CUCUMBER, BELL PEPPER, RED ONION, CARROT, SPROUTS, MARINATED BAKED TEMPEH, VEGAN CHEESE, KALAMATA OLIVES</b>	SMALL \$3.95 LARGE \$6.95
GREEK GODDESS <b>LETTUCE, TOMATO, CUCUMBER, ROASTED ARTICHOKE HEARTS, BELL PEPPER, RED ONION, FETA, MUSHROOMS, KALAMATA OLIVES</b>	\$7.50
COBB SALAD <b>LETTUCE, TOMATO, BELL PEPPER, RED ONION, CUCUMBER, GRILLED CHICKEN BREAST, BACON, EGG, AVOCADO</b>	\$7.95
CO-OP CAESAR SALAD <b>ROMAINE LETTUCE, CO-OP CAESAR DRESSING, PARMESAN CHEESE, CROUTONS</b> OPTION: GRILLED CHICKEN	\$5.19 GRILLED CHICKEN \$7.99

## COLD SANDWICH CHOICES

**GARRETT COUNTY MEATS:**  
VIRGINA HAM, ROAST BEEF, ROAST TURKEY, CORNE BEEF, BACON, SMOKY TEMPEH, HUMMUS, TUNA

**ORGANIC VEGGIES:**  
LETTUCE, TOMATO, ONION, CARROT, SPROUTS, BELL PEPPER, CUCUMBERS

**CHEESE:**  
PROVOLONE, CHEDDAR, SWISS, VEGANRELLA

**CONDIMENTS**  
SPECTRUM CANOLA MAYONAISE, YELLOW MUSTARD, HONEY MUSTARD, DIJON MUSTARD, VEGANAISE, HORSERADISH

### SANDWICH PRICES:

VEGGIE AND CHEESE \$5.25 WITH MEAT \$6.95  
TUNA OR HUMMUS \$5.95  
EXTRAS: MEAT \$1.50 CHEESE \$1.00 VEGGIES \$.75

**THE DELI ALSO MAKES SEVERAL DIFFERENT KINDS OF SALADS THAT ARE VEGETARIAN, VEGAN, AND WHEAT FREE. PLEASE ASK ABOUT AVAILABILITY.**

### SOME OF OUR BEST SELLING DISHES:

EMERALD KALE SALAD  
LEMON PARMESAN TORTELLINI  
CARROT GINGER RAISIN SALAD  
ORANGE GINGER TOFU  
SWEET & SOUR MEATBALLS  
SPINACH BARLEY SALAD  
TOFU QUINOA SALAD  
SPRINGY QUINOA SALAD  
CHICKEN SALAD W/CRANBERRIES  
CURRIED MANGO CHICKEN SALAD  
POTATO SALADS  
PERSIAN RICE SALAD  
SPICY BAKED TEMPEH SALAD  
BROCCOLI RAISIN & CASHEW SALAD  
THREE BEAN SALAD  
SOUTHWEST SWEET POTATO SALAD  
GREEK PASTA SALAD  
MEDITERRANEAN TORTELLINI SALAD



### MONDAY THRU FRIDAY BREAKFAST

BAGEL AND CREAM CHEESE  
BAGEL AND EGG SANDWICH  
BAGEL, EGG AND MEAT SANDWICH  
BREAKFAST QUESADILLA  
SCONES AND MUFFINS

### WEEKEND BRUNCH SELECTIONS:

HUEVOS RANCHEROS  
FRENCH TOAST  
PANCAKES & WAFFLES  
EGGS AND MORE  
BREAKFAST SANDICHES  
BREAKFAST BURRITOS  
OMELETS  
TOFU SCRAMBLE

