

FOOD COOP FOOD

MARCH & APRIL'S MENU

LOCALLY SOURCED, HEALTHY AND ORGANIC INGREDIENTS
PREPARED FRESH DAILY. VEGETARIAN, VEGAN, AND MEAT OPTIONS

SANDWICHES & SOUPS AVAILABLE DAILY WHILE SUPPLIES LAST

MONDAYS

AVOCADO DREAM — \$4.50

Bagel, vegan "cream cheese" jalapeno spread, avocado, smoked garlic salt, and bell peppers

THE BRAWL — \$4.95

Bacon, roasted red peppers, avocado, white pepper and lettuce

BLUE GODDESS — \$4.75

Blue cheese, pears, infused balsamic with spinach on baguette

TUESDAYS

QUINOA CALIENTE! — \$4.75

A spicy and savory burrito filled with quinoa, corn, black beans and spices with a creamy chipotle sauce.

A WALDORF AFFAIR — \$5.50

Waldorf Choice City chicken salad with fresh green lettuce on a baguette.

APPLE DELIGHT — \$4.50

Apples, dijon, walnuts, spinach, and cheddar.

WEDNESDAYS

ITALIAN STALLION — \$4.00

Vegan, simple and delicious! Gigande bean spread with kalamata olives wrapped up with lettuce and tomato.

LOX, STOCK AND BAGEL — \$4.95

Cream cheese and salmon lox, on a bagel of course.

VEGETARIAN DELIGHT — \$4.95

Roasted red pepper hummus and marinated veggies with feta cheese and spinach on a baguette!

THURSDAYS

IT'S ALWAYS SUNNY IN FOCO — \$4.50

Sun dried tomato and artichoke pesto with roasted red peppers, marinated zucchini and spinach.

REUBEN ROLL-UP — \$5.00

Choice City Colorado corned buffalo, thousand island dressing, sauerkraut, and grated swiss cheese all wrapped up!

LUSCIOUSLY LOCAL — \$4.95

Basil drizzle with mushrooms, balsamic and sheep's cheese on baguette

FRIDAYS

SPICY THAI TOFU MADNESS — \$4.00

A peanut based vegan spread all wrapped up in Stacey's local tortillas.

AFRICAN DREAM — \$4.75

Ras-ka sauce, red sock-eye salmon with grated sweet potato and spinach

JAX HOT AND CRUNCHY — \$4.50

Jalapeno jack cheese with herb roasted cashews.

SATURDAYS & SUNDAYS

ROTATING SOUPS

Made locally, with the hope to keep your heart warm.
Stop in to see what soups we have available.

THE FORT COLLINS FOOD CO-OPERATIVE | YOUR NATURALLY LOCAL GROCERS' MARKET
250 E. MOUNTAIN AVE., OLD TOWN | WWW.FCFOOD.COOP