

Medford Food coop

— AND —

The Café



Fresh, delicious, wholesome meals for busy schedules. From housemade hot soups to custom sandwiches, creative salads, and enticing entrees.

*Open Daily
7am to 9pm*

945 S Riverside Ave
Medford, OR 97501
medfordfood.coop

541-646-3686

Breakfast Bar

Enjoy a full, hearty breakfast or grab a breakfast burrito for mornings on the go. Vegan and vegetarian options available. Served from 7am to 10:30am daily.

\$9.99 lb

Sandwiches

Vibrant Vegan

Cucumber, shredded carrot, red bell pepper, lettuce, tomato, red onion, and housemade pesto vegan spread on Rise Up! sprouted wheat bread.

CONTAINS: WHEAT

\$7.99

VEGAN

Portabella Burger

Grilled balsamic marinated mushroom, roasted red peppers, lettuce, tomato, red onion, and housemade sundried tomato vegan spread on a whole grain bun.

CONTAINS: WHEAT

\$8.99

VEGAN

Free Bird

Sliced organic Diestel turkey, uncured bacon, roasted red pepper, and Rumiano organic pepper jack on grilled Rise Up! sourdough bread.

CONTAINS: MILK, WHEAT

\$9.99

Build-Your-Own

Available on a variety of breads, as a wrap, or on a bed of organic mixed greens with dressing.

\$9.49

CHOOSE 1 BASE: Rise Up! Sprouted Wheat, Rise Up! Sourdough, Spinach Wrap, Gluten Free Bread, Organic Mixed Greens

CHOOSE 1 PROTEIN (each additional protein +\$1.00): Smart Chicken Organic Breast, Diestel Organic Turkey, Cascade Organic Roast Beef, Uncured Natural Ham, Tuna Salad, Uncured Bacon, Organic Spicy Tempeh, Organic Crispy Tofu, Organic Hummus

CHOOSE 1 CHEESE (each additional cheese +\$1.00): rBST-free Swiss, Rumiano Organic Pepper Jack, Rumiano Organic Provolone, Follow Your Heart Vegan Provolone

ORGANIC VEGETABLES: Lettuce, Tomato, Red Onion, Cucumber, Red Bell Pepper, Pickled Onion, Spinach

CHOOSE 2 SPREADS (each additional spread +50¢): *Organic Mayonnaise, Vegan Mayo Spread, *Pesto Vegan Spread, *Sundried Tomato Vegan Spread, Organic Dijon Mustard, Organic Stone Ground Mustard (*=housemade)

Hot & Cold Bar

Enjoy a daily selection of hot entrees and sides
as well as a build-your-own green salad bar.
Get 50% off the Hot & Cold Bar every night after 8pm!

\$9.99 lb

Salads & Bowls

Featuring organic vegetables and local produce in season.
Our housemade dressings are made with healthy, organic oils.
Add grilled Smart Chicken to any salad for +\$2.99.

Chinese Crispy Tofu

Crispy sesame crusted tofu, pickled red onion, carrots,
and bell pepper on napa cabbage slaw with tamari
vinaigrette.

CONTAINS: SOY

\$9.99
VEGAN

Peruvian Power

Tricolor Royal quinoa tossed with roasted corn salsa and
red chili vinaigrette. Served on warmed wilted spinach
with crispy sweet potato rounds.

\$10.99
VEGAN

Chicken Caesar

Grilled Smart Chicken breast, romaine lettuce, parmesan
cheese, roma tomatoes, and croutons in a housemade
Caesar dressing.

CONTAINS: MILK, EGG, SOY, WHEAT

\$10.99

Soup

Two varieties of housemade hot soup offered daily.
Vegan or vegetarian option available daily.

Cup to Stay

\$2.99

Bowl to Stay

\$5.99

Half Sandwich & Cup of Soup to Stay

Ham, tuna salad, cheese, or crispy tofu on whole
wheat, sourdough, or gluten free bread.

\$8.99

Soup to Go

| | 8 oz | 16 oz | 32 oz |
|--|---------------|---------------|----------------|
| | \$3.49 | \$6.49 | \$11.49 |

Coffee & Espresso

Featuring Griffin Creek Coffee Roasters fresh, locally roasted coffee and espresso. All espresso drinks include two shots.

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|--|--------------|--------------|
| <i>Bottomless Drip Coffee to Stay</i> | | \$2.50 |
| <i>Espresso (Double Shot)</i> | | \$2.00 |
| <i>Hot Tea</i> | | \$1.75 |
| | <i>12 oz</i> | <i>16 oz</i> |
| <i>Drip Coffee to Go</i> | \$2.00 | \$2.50 |
| <i>Café au Lait</i> | \$2.25 | \$2.75 |
| <i>Shot-in-the-Dark</i> | \$2.50 | \$3.00 |
| <i>Americano</i> | \$2.00 | \$2.50 |
| <i>Cappucino</i> | \$3.25 | \$3.75 |
| <i>Latte</i> | \$3.25 | \$3.75 |
| <i>Mocha</i> | \$3.75 | \$4.25 |
| <i>Breve</i> | \$4.00 | \$4.75 |
| <i>Hot Chai</i> | \$3.25 | \$4.00 |
| <i>Hot Cocoa</i> | \$3.25 | \$3.75 |
| <i>Hot Matcha</i> | \$3.25 | \$3.75 |
| <i>Extra Espresso Shots</i> | | 75¢ |
| <i>Organic Flavors</i> | | 50¢ |
| Hazelnut, Caramel, Vanilla, or Chocolate | | |

Milks

Organic Whole Milk, Organic Nonfat Milk, Organic Coconut Milk, Organic Almond Milk, or Hemp Milk

Wellness Elixirs

Nutrient-rich beverages infused with certified organic, vegan, and gluten free HealthForce SuperFoods™.

Hibiscus Cooler

An infusion of hibiscus, rose hips, and lime syrup chilled and enhanced with Vitamineral Green™ and Truly Natural™ Vitamin C.

\$7.99

16 OZ - VEGAN

Detox Matcha Tea

Steamed lightly sweetened almond milk with matcha green tea infused with lemon and brown rice syrup, MacaForce™ Majestic Mint and Vitamineral Earth™.

\$6.99

CONTAINS: SOY, TREE NUTS (ALMONDS)

7 OZ - VEGAN

Golden Milk

Steamed unsweetened hemp milk infused with turmeric, ginger, cardamom, black pepper, cinnamon, and cayenne. Enhanced with MacaForce™ Lacuma Spice and Vitamineral Earth™.

\$6.99

CONTAINS: SOY

7 OZ - VEGAN

Pricing and menu items subject to change.