

Platters



All platters are made on 16" recyclable trays and serve 10-12 people.

Fruit Platter\$55

Organic fruit artistically arranged for your viewing and eating pleasure. Fruit assortment varies according to season.

Vegetable Delight\$45

Seasonal organic vegetables arranged with your choice of one of our specialty dips: Roasted Red Pepper, Sundried Tomato Feta Spread, Hummus, Artichoke Dip, Raw Sunflower Pâté, Baba Ganoush, Spinach Artichoke Dip

The Big Dipper\$55

Choose three dips and a get pound of each! Hummus, Baba Ganoush, Artichoke Dip, Spinach Artichoke Dip, Raw Sunflower Pâté, Sundried Tomato Feta Spread, Roasted Red Pepper Spread. Served with fresh baked baguette slices and fresh *vegetables just waiting to be dipped.

Cheese & Fruit Platter\$65

Seasonal organic fruit beautifully arranged with brie, raw medium cheddar, gorgonzola and dill havarti. Served with fresh baked baguette slices.

The Middle Eastern\$60

Quinoa Tabouli, Hummus, Baba Ganoush, and Dolmas arranged with sliced *cucumbers, kalamata olives, and fresh *veggies. Served with lightly toasted pita bread.

Naturally, We Cater!

Crostini.....\$55

Our in-house bakery's authentic baguette sliced thin and lightly toasted. Served with your choice of 3 of our outstanding toppings: Olive Tapenade, Caprese, Spinach Artichoke Dip, Sundried Tomato Feta Spread, Raw Sunflower Pâté or Lemon-Dill cream cheese topped with smoked salmon, capers and a sprig of fresh *dill.

Chicken Wings Tray\$50

Choose one or two of the following options: Balsamic BBQ, Honey Smoked, Hot Wings. Served with *celery and your choice of Gorgonzola or Ranch dressing.

The Mediterranean\$60

Artichoke Dip, Hummus, and Spinach Artichoke Dip arranged with sliced *cucumbers, kalamata olives, and Grape & Feta Salad, (available seasonally) served with lightly toasted pita bread.

Meat & Cheese Platter.....\$65

Perfect for any occasion, our all natural meats and cheeses are sure to be a crowd pleaser! In-house roast beef, Applegate Farms Genoa salami, Beeler's ham, Diestel roasted and smoked turkey, raw medium cheddar, swiss, provolone, and pepper jack. Served with fresh baked baguette slices.

* = Organic



Sandwiches & Wraps

Build Your Own Sandwich Platter Meat \$7.95 • Vegetarian \$6.95

Per Person, Minimum 8 people

All platters come with *red onion, *lettuce, sprouts, *tomato, and *pickles.

#1 Pick your bread:

*Whole wheat, *sourdough, *rye, *spelt, or baguette

#2. Pick your spread:

Grapeseed Vegenaize or *safflower mayonaise
*Dijon or yellow mustard

#3. Pick your cheese:

Raw medium cheddar, provolone, pepper jack, or swiss

#4. Pick your protein:

Dolphin safe tuna salad, Beeler's ham, house roasted beef, Diestel roasted or smoked turkey
OR
Baked Tofu, Tofu Eggless Salad, Hummus, Egg Salad, or *vegetables

*Avocado \$1.00 extra/person

Specialty Sandwich Platter \$8.95/person

Served on our fresh baked rolls, and cut into pieces. Mix and match from the following:

Southwestern: Chile Cheese Roll, Diestel roast turkey, *avocado, cream cheese, *lettuce, *tomato, *red onion

Classic Italian: Sesame Parmesan Roll, Applegate Farms Genoa salami, Beeler's ham, *Dijon mustard, black olives, *lettuce, *tomato, *red onion, *fresh pepper, *oil and *vinegar

Capri: Pesto Cheese Roll, fresh mozzarella, pesto mayonnaise, *basil, *tomato, *red onion

Fresh, Local, Organic!

Lone Ranger: Sesame Parmesan Roll, house roasted beef, horseradish mayonnaise, provolone cheese, *lettuce, *tomato, *red onion

Pilgrim: Plain Roll, Diestel roast turkey, cranberry sauce, cream cheese, *lettuce, *tomato, *red onion

Specialty Wrap Platter \$7.95/person

Sliced and arranged beautifully on a platter. Mix and match from the following:

Vegan Garden O' Eatin': Spinach wrap, Hummus, *cucumber, *tomato, *red onion, *carrot, *sunflower seeds, sprouts

Vegetarian Middle Eastern: Sundried Tomato Wrap, Hummus, *spinach, *tomato, *red onion, feta, black olives

Vegan Curry Tempeh: White Wrap, Vegenaize, Curried Tempeh Salad, *lettuce, *red pepper

Chicken Salad Wraps: Choose your chicken salad and we'll wrap it up with the perfect accompaniments; choose from Sonoma, Curry, Toasted Almond, Rainbow and Sundried Tomato Chicken salads.

Greek Chicken: Sundried Tomato Wrap, Sundried Tomato Feta Spread, Mediterranean Chicken, *spinach, *tomato, *red onion, black olives

Pesto Chicken: Sundried Tomato Wrap, pesto mayo, provolone, chicken breast, *lettuce, *tomato, *red onion

Roasted Red Pepper & Chicken: Spinach wrap, chicken breast, *spinach, *cucumber, roasted red peppers, *avocado, *cilantro

Order Today!

237 N. First St. Ashland

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www.ashlandfood.coop

Entreés



Quiche *serves 8* **\$20**

Choose from Smoked Cheddar and Peppers, Caramelized Onions and Swiss, Gorgonzola Mushroom and Spinach, Quiche Lorraine, Smoked Turkey and Peppers, or Italian Turkey Sausage.

Large Pizza 16" **\$22**

House made pizza dough and sauce with your choice of three all natural, local and/or organic toppings. Additional topping \$1.00 each.

All entrees can be ready hot or cold, come in a foil pan and serve 9-12.

Spanikopita **\$60**

Our version of a Greek classic made with *spinach and *chard and all natural cheeses layered with phyllo dough.

Chicken Enchiladas **\$50**

Smart chicken with all natural cheese, house made enchilada sauce, *peppers, *onions and olives.

Vegetarian Enchiladas **\$50**

We substitute the chicken with freshly made *pinto or *black beans in our vegetarian enchiladas.

Spinach Lasagna **\$60**

House made marinara mingles with natural cheeses and *spinach in this lasagna that will have you coming back for more!

Mac and Cheese **\$40**

Made with *pasta and all natural cheeses with an herbed bread crumb topping.

Salads

\$8.95/person

Caesar: *Romaine lettuce, croutons, *roma tomatoes, parmesan and Caesar Dressing. Available with or without free range Smart chicken.

Spinach Salad with Bacon: *Spinach, bacon, hard boiled egg, *red onion, Honey Dijon Dressing.

Greek Salad: *Green leaf, *spinach, *cherry tomato, feta, *cucumber, *red onion, Dolmas, kalamata olives, Italian Dressing.

Asian Tofu Salad: *Spring mix, *green leaf, *carrots, *cabbage, *red pepper, Sesame Tofu, Asian Dressing, *black sesame seeds.

Asian Salmon Salad: *Spring mix, *green leaf, *carrots, *cabbage, *red onion, *red pepper, Sesame Salmon, Asian Dressing.

Greek Chicken Salad: *Spring mix, *green leaf, artichoke hearts, roasted red peppers, Mediterranean Chicken Breast, *red onions, feta, Italian Dressing.

Middle East Salad: *Green leaf, *carrot, *cabbage, *cherry tomato, *cucumber, Quinoa Tabouli, Hummus, Dolmas, Italian Dressing.

Chef Salad: *Spring mix, *green leaf, swiss cheese, provolone, Diestel turkey, Beeler's ham, hard boiled egg, *roma tomato, *cucumber, Ranch Dressing.

Cobb Salad: *Green leaf, *romaine, gorgonzola, *cherry tomato, Diestel smoked turkey, *red onion, bacon, Ranch Dressing.

* = *Organic*



Desserts



Cupcakes *dozen* **\$22**

Cake 8", *serves 8-12* **\$25**

Sheet Cake *serves 40* **\$100**

Cake Flavors: *Carrot, Chocolate, or Vanilla*

Choose Cream Cheese, Traditional Buttercream or Vegan Frostings: *Chocolate, Vanilla, Peanut Butter, Coconut, Lemon, or Raspberry.*

Vegan or Wheat-Free upon request

Personalized messages or decorations \$5

Pies 10", *serves 8-10* **\$22**

Apple, Apple-Cranberry, Pumpkin, Pecan and Vegan Pumpkin.

Bakery Bar Platter *serves 8-10* **\$50**

An assortment of tasty bars and/or brownies cut into bite size morsels. Choose between the following options: Wheat-Free Pecan Brownies, Wheat-Free Dream Bars, Crispy Rice and Fruit Bars, or Sesame Trail Bars.

Cookie Platter 6 dozen **\$40**

Choose from the following mini cookie varieties: Wheat-Free Chocolate Chip, Oatmeal Ginger, Cocoa Crackle, Vegan Wheat-Free Linzertorte, Wheat-Free Peanut Butter, Hooty Creek, or Snickerdoodle.

Morning Bakery Platter 2 dozen **\$30**

Mix or match our delicious mini muffins and/or scones for those early morning meetings or events. Muffin flavors: Blueberry, Zucchini Chocolate Chip, Chocolate Zucchini with Walnuts, Bran with Carrot, Wheat Free Banana, or Blueberry Streusel. Scones can be flavored per your request.



Deli Catering Menu

Ashland Food Co-op deli creates beautiful displays of the season's finest organic fruits, vegetables, specialty salads, natural meats and cheeses. We feature Smart organic and free range chicken, Beeler's ham, Diestel turkey and Applegate Farms Genoa salami and baked goods made in-house. Organic and local ingredients are emphasized to bring you only the very best for your special occasion.

Ordering Information

All orders require a 48 hour notice. Orders accepted with less than 48 hours will be charged a 10% Rush Service Fee. Payment must be made in full when the order is placed. 24 hours notice is required to cancel an order, less than 24 hours notice will incur a 25% cancellation fee. We reserve the right to make substitutions and changes to this menu. Ashland's 5% Meal Tax will be added to your order; bakery items and quiche are exempt.

