



# deli menu

## sandwiches

Fresh, Deli-Made Sandwiches Prepared With Your Choice of Baguette\* — served on 1/3 of French, Multigrain or Sourdough Baguette.  
**\$7.99 each.**

- 1 **Maasto Hiito**  
Preservative-Free Black Forest Ham, Roasted Turkey, Colby Cheese, Red Onion, Lettuce, Tomato and Real Mayonnaise.
- 2 **Brockway Mountain**  
Preservative-Free Roast Beef, Roasted Turkey, Swiss Cheese, Spicy Dijon Mustard, Horseradish, Red Onion and Lettuce.
- 3 **Bird and Basil**  
Ferndale Smoked Turkey, Our Deli-Made Cashew Pesto, Provolone Cheese, Tomato and Black Olives.
- 4 **The Italian**  
Prosciutto Ham, Genoa Salami, Provolone Cheese, Red Onion, Lettuce, Tomato and Our Deli-Made Herbed Balsamic Vinaigrette.
- 5 **Gay Club**  
Preservative-Free Roasted Chicken, Nueske's Cherrywood Smoked Bacon, Avocado, Lettuce, Tomato and Real Mayonnaise.
- 6 **Baltic Salami**  
Pepperoni, Genoa Salami, Pepperjack Cheese, Lettuce, Tomato and Our Deli-Made Roasted Garlic Mayonnaise.
- 7 **Lookout Mountain**  
Fresh Mozzarella Cheese, Our Deli-Made Cashew Pesto, Spinach, Tomato and Our Deli-Made Herbed Balsamic Vinaigrette.
- 8 **Gratiot River**  
Roast Turkey, Avocado, Our Deli-Made Roasted Garlic Spread, Spinach and Tomato.
- 9 **Tobacco River**  
**Vegan Version of #8** with Our Baked Tofu, Avocado, Our Deli-Made Roasted Garlic Spread, Spinach and Tomato.
- 10 **Horseshoe Harbor**  
**Vegetarian** Our Famous Deli-Made Hummus and Tabouli, Rochdale White Cheddar Cheese, Artichoke Hearts, Spinach and Tomato.

## wraps

Fresh, Deli-Made Wrap Sandwiches Prepared With Your Choice of Tortilla — White Flour, Whole Wheat or Gluten-Free Wraps.  
**\$6.99 each.**

- 11 **Kingston Wrap**  
Our Famous Deli-Made Hummus and Tabouli, Lettuce, Tomato, Cucumber and Shredded Carrot.
- 12 **Cowboy Wrap**  
Preservative-Free Roast Beef, Colby Cheese, Avocado, Lettuce, Banana Peppers and Our Famous Deli-Made Salsa.
- 13 **Calumet Wrap**  
**Our Peanut Veggie Tofu Wrap** with Home-Made Baked Tofu, Our Deli-Made Peanut Sauce, Spinach, Cucumber, Shredded Carrot and Bell Pepper strips.
- 14 **Hecla Wrap**  
**The Chicken Version of #13** with Preservative-Free Roast Chicken, Our Deli-Made Peanut Sauce, Spinach, Cucumber, Shredded Carrot and Bell Pepper strips.

\*More Gluten-Free Options Available — Simply Order the Above Baguette Sandwich of Your Choice on a Gluten-Free Wrap!





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## salads

*Fresh, Deli-Made Salads With Your Choice of Our Deli-Made Dressing —  
Herbed Balsamic Vinaigrette, Walnut Balsamic, Cashew Roasted Red Pepper,  
Vegan Green Goddess and Ranch*

- 15 **Garden Salad \$6.99**  
Spring Mix, Cherry Tomatoes, Red Onion, Shredded Carrot, Cucumber and Bell Pepper Strips.
- 16 **Greek Salad \$7.99**  
Baby Spinach, Artichoke Hearts, Cherry Tomatoes, Pitted Kalamata Olives, Shredded Carrot and Feta Cheese.
- 17 **Co-op Chef Salad \$7.99**  
Spring Mix, Cherry Tomatoes, Red Onion, Black Forest Ham, Roasted Turkey Breast, Cheddar Cheese and Avocado.
- 18 **Big Betsy Salad \$7.99**  
Spring Mix, Our Deli-made Baked Tofu, Avocado, Shredded Carrot, Cherry Tomatoes, Red Onion, Cucumber, Roasted Pumpkin and Sunflower Seeds.
- 19 **Fannie Hooe Salad \$7.99**  
Baby Spinach, Fresh Goat Chevre, Walnuts, Dried Cranberries, Red Onion and Cherry Tomatoes.

