

Signature Sandwiches

Local, delicious, made fresh for you

Picante Pickle Patch \$8.99

Pickled carrot* and daikon radish*, candied jalapeños*, spinach*, tomato*, red onion*, cucumber*, on a **Brio ladybug roll** with veganaise.

Add Popcorn Tofu \$1.00

Grilled Veggie Avocado \$9.99

Grilled organic vegetables, spinach*, tomato* on a spinach wrap with house-made avocado cream cheese spread.

Bountiful Garden \$7.99

House-made hummus, crushed avocado*, cucumber*, shredded carrots*, seasonal micro greens*, red onion*, green leaf lettuce* on **Co-op** sliced sourdough bread.

Muffuletta Sandwich \$10.99

Mortadella, salami**, ham, green leaf lettuce* and provolone with house-made antipasto spread on a focaccia roll.

**Salami not available nitrate-free

Turkey Rancher \$9.99

Sliced turkey breast, hickory-smoked bacon, green leaf lettuce*, tomato*, shredded carrot*, house-made ranch dressing on a whole wheat wrap.

B.L.A.S.T \$9.99

Hickory-smoked bacon, green leaf lettuce*, tomato*, crushed avocado*, seasonal micro greens*, and mayo on whole wheat or sliced sourdough bread.

Gourmet Turkey \$10.99

Fromage blanc, onion jam, spinach, smoked turkey*, sliced apple* on a **Brio ladybug roll**.

Without turkey \$9.99

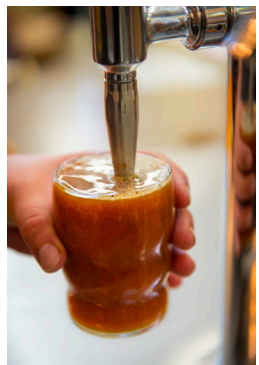
Vegan | Vegetarian | Whole sandwiches only

Arise Gluten-Free Rolls available upon request \$1.00

All meats are nitrate-free | *organic



NORTH COAST CO-OP Deli & Drink Menu




NORTH COAST
CO-OP



www.northcoast.coop



ARCATA LOCATION

811 I St., Arcata • (707) 822-5947
Open daily: 6am to 9pm

EUREKA LOCATION

25 4th St., Eureka • (707) 443-6027
Open Daily: 6am to 9pm

Smoothies \$7⁰⁰ 16 oz.

All organic ingredients

Great Green

Orange juice, spinach, avocado, ginger, apple, spirulina, banana

Sunrise

Orange juice, strawberries, banana

Golden Gate

Orange juice, strawberries, banana, mango, pineapple

Mango Kale Berry

Apple juice, kale, strawberries, mango

Mocha Motion

Nitro coffee, milk choice, banana, chocolate syrup

Paradise Blend

Apple juice, banana, blueberries, pineapple, kale, spinach

Samoa Sunset

Vanilla yogurt, orange juice, vanilla extract, pineapple, strawberries

Kids Smoothie \$3.50

Strawberries, banana, choice of milk, whipped cream*

no substitutions

Smoothie Additions \$1^{ea}

Kale	Avocado	Matcha
Spinach	Hemp protein	Whipped cream*
Ginger	Turmeric powder	Vanilla yogurt
Honey	Spirulina	*Organic when available

Build Your Own \$7⁵⁰ 16 oz.

Choose 1

Whole Milk	Almond Milk
2% Milk	Soy Milk
Nonfat Milk	Apple Juice
Coconut Milk	Orange Juice

Choose Any

Banana	Blueberries
Mango	Apple
Pineapple	
Strawberries	

Juices \$7⁰⁰ 16 oz.

All organic ingredients

Humboldt Refresher

Apple, celery, spinach, cucumber

Rising Fog

Apple, lemon, ginger, celery, cucumber

Kale Kooler

Apple, kale, celery, cucumber, lemon juice, ginger juice

Immune Booster

Apple, spinach, carrot, echinacea, honey

Crimson Earth

Celery, carrot, tomato, beets, spinach, jalapeño

Beet Bliss Blend

Apple, carrot, beets, pineapple, ginger, orange juice


Just Juice \$5⁵⁰ 16 oz. | Subject to availability

Orange Juice | Apple Juice | Carrot Juice | Celery Juice

Juice Additions \$1^{ea}

Echinacea	Spinach
Kale	Ginger

Organic Wheatgrass Shot

 \$3⁰⁰ per oz

Build Your Own \$7⁵⁰ 16 oz.

Choose up to four

Apple	Celery	Honey
Carrot	Cucumber	Lemon
Beets	Tomato	Jalapeño

Kombucha on tap | Bring your own cup or growler and save 25¢

8 oz.	16 oz.	32 oz.	64 oz.
\$2.50	\$4.50	\$8.00	\$15.00

Espresso, Coffee & More

Espresso* Drinks

	12 oz. <small>1 shot</small>	16 oz. <small>2 shots</small>
Americano	\$2.20	\$2.60
Breve	\$3.85	\$4.55
Red Eye	\$2.80	\$3.10
Tea Latte Earl Grey, Matcha, Chai	\$3.65	\$4.35
Latte	\$3.35	\$3.75
Mexican Mocha	\$3.85	\$4.50
Mocha	\$3.75	\$4.15
White Chocolate Mocha	\$4.25	\$4.75
Cappuccino	\$3.15	\$3.55
Espresso Shot	85¢	\$1.65
Affogato 1 shot over organic vanilla ice cream	\$4.25 each	

Additions \$0.50 ea Can be added to any drink!

Whipped Cream | Organic Flavor Syrups: vanilla, hazelnut, caramel, cardamom, raspberry

Other Favorites

	8 oz.	12 oz.	16 oz.
Golden Turmeric Milk		\$3.75	
Hot Chocolate		\$3.25	\$3.95
Nitro Coffee	\$4.00		\$7.50
Lost Coast Brewery Root Beer	\$1.65		\$2.75
Root Beer Float <small>with organic vanilla ice cream</small>			\$5.00
Herbal Tea*	\$1.75 any size		
Kid's Hot Chocolate <small>with whipped cream</small>	\$2.50		
Kid's Steamer	\$2.25		

Self-Serve Coffee*

Made with Certified Organic Coffee Beans

8 oz.	12 oz.	16 oz.	20 oz.
\$1.70	\$1.95	\$2.25	\$2.55

Milk Choices*

Whole Milk, 2% Milk, Nonfat Milk, Soy Milk, Coconut Milk, Almond Milk

*organic

Goodness Bowl Menu

Available in Eureka.



1. Choose your base
2. Pick your toppings
3. Sauce it up!

Every day Bases

Quinoa	White Rice	Brown Rice
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Every day Toppings

Roasted Veggies
Chickpeas
Black Beans
Baked Marinated Tofu
Ground Beef
Shredded Pork
Shredded Chicken

Every day Sauces

Chipotle Salsa
Fire Roasted Salsa
Teriyaki Sauce
Yellow Curry
Green Curry
Korean BBQ Sauce

View our full hot bar menu online!