

# SANDWICHES

# CHOICES

## Breakfast In Bread

Available until 12pm

choice of bread  
choice of meat  
2 eggs (scrambled or fried)  
cheese, spinach, tomato



\$4.99 | \$6.49 w/meat

## Breakfast Burrito

Available until 12pm

choice of tortilla, eggs, beans,  
choice of cheese, salsa

\$4.99 | \$5.99 w/meat

## The Caylon

Available until 12pm

choice of tortilla & cheese  
2 eggs over medium  
spinach, tomato, carrots,  
roasted red peppers, zucchini



\$5.99

## Cali

choice of bread, tempeh bacon,  
avocado, lettuce, tomato  
vegenaise

\$7.99

## Mr. T

choice of bread, house made  
tuna salad, lettuce, tomato,  
onion, local sprouts

\$8.99

## Turkey Rueben

turkey, sauerkraut, swiss cheese,  
1000 island, on rye bread

\$8.99 turkey or tempeh

## Egg Salad

choice of bread, hard boiled egg,  
mayonnaise, mustard, lettuce,  
tomato, onion, local sprouts

\$6.99

## Chicken Pesto (hot /cold)

choice of bread, roasted chicken  
breast, housemade pesto, roasted  
red peppers spinach, provolone

\$8.99

## Grilled Cheese and Small Soup of the Day

\$4.99

## Bread

ciabatta roll, croissant,  
sourdough, sprouted grain,  
rye, gluten free, tortilla  
(wheat,  
garlic herb, chipotle)

## Cheese

cheddar, swiss, provolone, feta,  
fresh mozzarella, pepper jack

For \$0.50 add  
goat cheese or raw cheddar

## Meat

turkey, ham, roast chicken  
breast, tempeh bacon, breakfast  
sausage, bacon

For \$2.00 add  
one choice  
of meat or tempeh

WE USE  
ONLY THE  
HIGHEST  
QUALITY  
INGREDIENTS



Durango Natural Foods Co-op



# Build-Your-Own RICE BOWLS

Organic Brown Basmati Rice  
Steamed Vegetables  
Choice of Sauce

\$4.99

Sauces: Teriyaki | Turmeric Tahini | Chimichurri  
(sauces change periodically)

Add Protein \$2.00: Baked Chicken Breast | Tofu  
Green Chile Black Beans | 2 Eggs Any Way



TASTE THE LOVE

## DAILY SPECIALS

### --MONDAY--

#### VEGETABLE COCONUT CURRY (V, GF)

Organic vegetables in  
coconut curry sauce  
served over brown rice

\$7.99

### --TUESDAY--

#### FISH TACOS (GF)

Corn tortilla, blue corn crusted  
Barramundi topped  
w/ baja slaw and Sriracha mayo

\$8.99 for platter or bowl  
\$3.25/taco | add avocado \$1

### --WEDNESDAY--

#### TUNA MELT

Housemade tuna  
salad, tomato  
and cheese

\$8.99 | + side

### --THURSDAY--

#### VEGETARIAN MUFFALETTA SANDWICH (Hot or Cold)

Red pepper, zucchini, spinach,  
provolone, mozzarella,  
hot Giardiniera, olive tapanade  
served on a ciabatta roll + side

\$8.99 | add ham \$2.00

### --FRIDAY--

#### TAMALE PLATE

2 Tamales  
(veggie or chicken)  
served w/lime cilantro  
rice, green chili black  
beans and salsa

\$7.99

### --SAT/SUN--

#### ROASTED POTATO BOWL (GF)

Breakfast Potatoes  
served w/green chile  
black beans, grilled peppers  
& onions, tomato, spinach,  
cheese and 2 eggs

\$7.99 | add meat \$2.00

SALADS, SIDES, SANDWICHES AND DESSERT IN THE GRAB & GO!