

## VEGETARIAN SANDWICHES

**AVO NICE DAY:** HALF AN AVOCADO, CHEDDAR CHEESE, TOMATO, SPROUTS, LETTUCE & LEMON TAHINI. \$7.95

**GREAT IMPOSTER:** LIGHTLIFE FAKIN' BACON (BBQ TEMPEH STRIPS), LETTUCE, TOMATO & VEGANAISE. \$7.95

**REUBENESQUE:** LIGHTLIFE FAKIN' BACON (BBQ TEMPEH STRIPS), TOFFUTI SOY CHEESE, SAUERKRAUT & DIJON MUSTARD ON DELI RYE. \$7.95

**MARGARITA GRILLED CHEESE:** MOZZARELLA, TOMATO, SPINACH & PESTO. \$7.95

**FABULOUS FALAFEL WRAP:** TAHINNI, FALAFEL, CUCUMBERS, SPINACH & TOMATO. \$8.95

## SOUPS OF THE DAY

WE MAKE SOUP EVERY DAY. PLEASE INQUIRE ABOUT OUR DAILY SPECIALS.

CUP	\$2.99
BOWL	\$4.49
QUART	\$7.99

## SIDES FOR DELIVERY

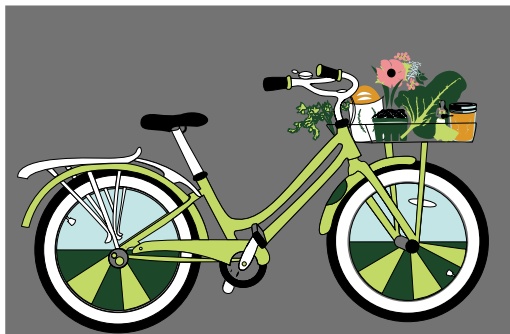
**GARDEN SALAD** WITH MAPLE BALSAMIC DRESSING. \$6.99

**SALTED POTATO CHIPS** \$1.29  
**CHOCOLATE CHIP COOKIE** \$1.00

WE TAKE PRIDE IN THE QUALITY AND CONSISTENCY OF ALL ITEMS WE PRODUCE HERE AT THE CO-OP. WE USE ORGANIC AND LOCAL INGREDIENTS WHENEVER POSSIBLE AND NEVER ANY ARTIFICIAL FLAVORINGS OR PRESERVATIVES!

IF YOU HAVE QUESTIONS ABOUT A SPECIFIC ITEM PLEASE ASK US. THANK YOU!

## WE DELIVER!



Items on this menu are available for delivery Monday - Friday between the hours of 11<sup>am</sup> & 1<sup>pm</sup>

Delivery service available only from Greenfield

Orders must be placed prior to 11<sup>am</sup> either in-store or by calling Green Fields Market

(413) 773-9567 x 2

- \$25 minimum order for delivery
- \$5 delivery charge per order
- Payment accepted at delivery
- Cash or credit/debit accepted
- Deliveries not discountable
- Prices are subject to change

## ATTENTION!

Before placing your order, please inform your server if a person in your party has a food allergy.

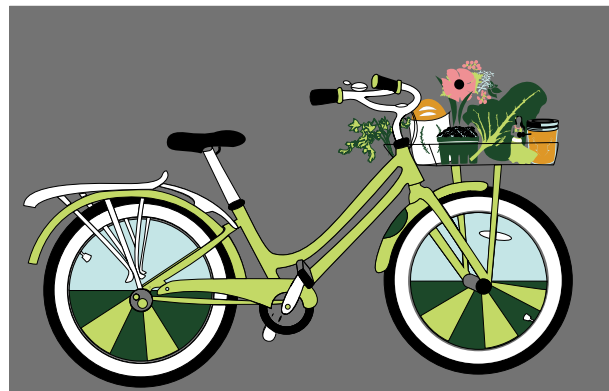
FOR PICK-UP OR DELIVERY PLEASE CALL US!



413-773-9567  
EXT. 2

THIS MENU IS ALSO AVAILABLE ON-LINE AT:  
[WWW.FRANKLINCOMMUNITY.COOP](http://WWW.FRANKLINCOMMUNITY.COOP)

## SANDWICH MENU



# BREAKFAST SANDWICHES

<b>BREAKFAST BURRITO:</b> EGG, BLACK BEANS, JALAPENO, SALSA & CHEDDAR	\$5.99
<b>NEW YORKER:</b> SMOKED SALMON, LETTUCE, TOMATO, ONION, CREAM CHEESE ON A TOASTED BAGEL.	\$8.95
<b>CALIFORNIAN:</b> EGG, AVOCADO, CHEDDAR ON A WHOLE WHEAT ENGLISH MUFFIN.	\$5.95
<b>GREEN EGGS &amp; HAM:</b> EGG, SPINACH, PESTO, HAM, CHEDDAR ON A WHOLE WHEAT ENGLISH MUFFIN.	\$6.95
<b>THE KOREY:</b> BACON, CHEDDAR, SPICY HONEY MUSTARD, JALAPENOS ON A WHOLE WHEAT ENGLISH MUFFIN.	\$5.95
<b>EGG &amp; CHEDDAR ON AN ENGLISH MUFFIN:</b>	\$5.50
ADD BACON	\$3.00
ADD HAM	\$2.00
ADD FAKIN' BACON	\$2.00
ADD SMOKED SALMON	\$3.75
ADD VEGGIES	.50¢ (EA)
ADD SOUR CREAM	.50¢
ADD PESTO	.50¢
ADD SALSA	.50¢



IN SHELburnE FALLS?  
 STOP IN AT OUR CO-OP STORE:  
 M<sup>C</sup>CUSKER'S MARKET  
 OPEN DAILY 7<sup>AM</sup> - 8<sup>PM</sup>  
 (413)-625-2548  
 FEATURING AN EXCELLENT  
 SELECTION OF SANDWICHES, SOUPS,  
 AND SALADS MADE AT GREEN FIELDS  
 MARKET AND STOCKED DAILY.

# CREATE YOUR OWN SANDWICH

**CHOOSE A MEAT, BREAD, SPREAD,  
AND 3 VEGGIES**

**STARTING AT \$7.50**

**MEAT OPTIONS**

ROAST TURKEY, SALAMI, FAKIN' BACON  
 CORNED BEEF, ROAST BEEF,  
 CHICKEN OR PASTRAMI.

**STARTING AT \$8.95**

CHICKEN SALAD (CURRIED, TARRGON,  
 CRAZIN, RED CURRY, CAJUN, HARVEST)  
 TOFU SALAD  
 EGG SALD  
 TUNA SALAD

ADD CARAMELIZED ONION	\$1.00
ADD BACON	\$3.00
ADD SMOKED SALMON	\$3.75
ADD SAUERKRAUT	\$1.00
ADD SMOKED SALMON	\$3.75
ADD AVOCADO	\$1.00
ADD ROASTED RED PEPPERS	\$1.00
ADD HUMMUS	.50¢
ADD CRANBERRY SAUCE	.50¢
ADD PESTO	.50¢
ADD TAHINI DRESSING	.50¢
ADD CHEESE	.75¢

**CHEESE OPTIONS**

CHEDDAR, MUENSTER, PROVOLONE, SWISS,  
 AMERICAN, VEGAN CHEESE, CREAM CHEESE,  
 MOZZARELLA

**VEGGIE OPTIONS  
(CHOOSE 3)**

**ADDITIONAL VEGETABLES .50¢ EA.**  
 CUCUMBERS, JALAPENOS, TOMATO, LETTUCE,  
 BELL PEPPERS, CARROTS, SPROUTS, ONIONS,  
 SPINACH

**SPREADS**

RUSSIAN DRESSING, YELLOW MUSTARD,  
 DIJON MUSTARD, SPICY HONEY MUSTARD,  
 MAYONNAISE, VEGANAISE, OIL & VINEGAR,  
 KETCHUP, PESTO MAYONNAISE,  
 HORSERADISH SAUCE, RANCH DRESSING.

**BREAD CHOICES**

SOURDOUGH FRENCH, DELI RYE,  
 BUTTERMILK WHEAT  
**WHOLE WHEAT WRAP, GLUTEN FREE +\$1.00**  
**FRENCH ROLL (ADD .50¢)**  
**BAGEL (ADD .50¢)**  
**CROISSANT (ADD \$1.00)**  
**GRINDER ROLL (ADD .50¢)**

# DELI MEAT SANDWICHES

<b>TURKEY ROYALE:</b> ROAST TURKEY, CHEDDAR CHEESE, HALF AN AVOCADO, 2 STRIPS OF BACON, LETTUCE, TOMATO, ONION & MAYO.	\$9.95
<b>TURKEY MELT:</b> A HOT OVEN SANDWICH. TURKEY, 2 STRIPS OF BACON, 2 SLICES OF CHEDDAR CHEESE, TOMATO.	\$8.95
<b>TUNA MELT:</b> A HOT OVEN SANDWICH. WILD CAUGHT TUNA SALAD, CHEDDAR CHEESE, ONION, TOMATO.	\$8.95
<b>B.L.T.:</b> NORTH COUNTY BACON,LETTUCE, TOMATO, MAYO.	\$7.95
<b>ROAST BEEF:</b> ROAST BEEF, PROVOLONE CHEESE, BELL PEPPER, TOMATO, ONION & HORSERADISH MAYO.	\$7.95
<b>BLACK FORESTER:</b> BLACK FOREST HAM, SWISS CHEESE, LETTUCE, TOMATO, ONION & SPICY HONEY MUSTARD.	\$7.95
<b>TURKEY AVO:</b> ROAST TURKEY, AVOCADO, LETTUCE, TOMATO & SPROUTS.	\$7.95
<b>REUBEN:</b> CORNED BEEF, PASTRAMI, SOY FAKIN' BACON, OR ROAST TURKEY WITH SWISS CHEESE, SAUERKRAUT & RUSSIAN DRESSING.	\$8.95
<b>PEACEKEEPER:</b> ROAST TURKEY, PROVOLONE, LETTUCE, TOMATO, SPICY HONEY MUSTARD & MAYO.	\$7.95
<b>HOT PASTRAMI:</b> PASTRAMI, SWISS, CARAMELIZED ONION & HORSERADISH SAUCE.	\$7.95
<b>CHICKEN RANCH B.L.T.:</b> CHICKEN, 4 STRIPS BACON, LETTUCE, TOMATO, RANCH DRESSING.	\$9.95
<b>VEGAN BURRITO:</b> NAKED TOFU, SOY CHEESE, SALSA, BLACK BEANS.	\$8.95
<b>ITALIAN WRAP:</b> HAM OR TURKEY, SALAMI, PROVOLONE, TOMATOES, PEPPERS, PICKLES, OLIVES, OIL & VINEGAR.	\$7.95
<b>CHICKEN SALAD WRAP:</b> CHICKEN SALAD, AVOCADO, CHEDDAR CHEESE, ONION, TOMATO, MAYO & MUSTARD IN A WHOLE WHEAT WRAP.	\$9.95