

Specialty Sandwiches

#1 44th & France

Crispy Beeler's bacon, smooth avocado slices and a hit of ginger garlic mayonnaise on whole wheat bread. Whole...\$6.99 Half...\$4.99

Add sliced turkey breast... for \$1 extra.

#2 Thomas Beach

Swiss cheese tops this delectable tuna melt... a staff favorite! Whole...\$6.49 Half... \$4.49

#3 Calhoun Parkway

Oven-roasted chicken breast with basil mayonnaise, mozzarella and fresh tomato on Challah bun. Whole... \$6.99

#4 Sunnyside Garden

Frittata-style organic eggs with fresh veggies and your choice of cheese on a stirato roll. We'll add a dash of hot sauce if you need a little wake up call. Whole... \$6.99

#5 Kingfield

Roast Beef, caramelized onions, horseradish-chive cheese and horseradish mayo on baguette. Whole... \$7.99

#6 Beard's Plaisance

Picnic-ready with brie, roasted red peppers, artichoke hearts, sundried tomatoes, olive oil and balsamic vinegar on toasted baguette.

Whole...\$7.99

#7 Xerxes Avenue (Vegan)

Holyland Pita bread bursting with hummus and fresh veggies. Sprouts, too!

Whole... \$6.99 Half...\$3.99

Build Your Own

Create your own local masterpiece!
Whole... \$6.99 Half \$3.99

Choose your bread: Rye, Whole Wheat, Challah Bun, Stirato Roll, Baguette, Multigrain or Gluten-free Sandwich Bread. Or, make your sandwich a tortilla wrap for \$1 extra.

Choose one filling: Bacon, Roasted Turkey, Roasted Chicken, Roast Beef, Tuna Salad, Ham, Egg Salad, Tempeh Bacon or Hummus.
Extra Fillings... \$1.50 each

Choose one cheese: Provolone, Cheddar, Swiss, Mozzarella or Vegan American

Choose your veggies: Lettuce, Spinach, Tomato, Cucumber, Red Onion, Bell Peppers, Alfalfa Sprouts. Avocado... \$1 extra.

Choose your condiments: Canola Mayo, Vegan Mayo, Creamy Dijon, Basil Mayo, Ginger Mayo or Oil & Vinegar

EXTRAS: Extra fillings, brie or goat cheese, please add \$1.50. Avocado and tortillas are \$1 extra. Extra mozzarella, swiss, vegan American, provolone or cheddar, please add 50¢.

NO CHARGE: Extra condiments and veggies are on the house!

Prices and availability are subject to change.

Just for Kids!

Sebastian Toast

Toasted cheddar like you remember, but better!
Whole... \$2.99

Kids Stuff

Organic peanut butter and organic jelly.
Whole... \$2.99

By the Slice

Pizza Slices

We top our housemade, organic whole wheat crust with local Rochdale Farms mozzarella, Organic Valley pepperoni or sausage and/or fresh veggies. Selection varies.... \$1.99/slice.

More Deliciousness

You'll find plenty of healthy, satisfying meal options at Linden Hills Co-op. Fill up at our **fresh salad bar** with an abundance of fresh veggies, plus nutrient rich seeds and nuts.

Or, savor a cup, bowl or quart of our **housemade soups**. Need a little comfort food? Check out our **hot bar**, open from 11 a.m. – 7 p.m. with a rotating menu. To view our current soup selection and hot bar menu, visit www.lindenhills.coop/deli.



Local  Organic  Sustainable

Catering & PreOrders

BOXED LUNCHES may include a whole or half sandwich, a deli salad, cookie, napkin and fork.

TO ORDER, call **612-922-1159** and ask for the deli.

We require a **MINIMUM** of 24 hours notice for orders of ten or more boxed lunches.

Build-your-own sandwich trays, including meats, cheeses, spreads, veggies and rolls are available for parties of 10 or more. For these orders, we require a **MINIMUM** of 48 hours notice.

Please see our **CATERING MENU** for more delicious options!



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Our ingredients:

You'll find high quality ingredients in our deli offerings, with the same commitment to local, organic and sustainable food as you'll find in the rest of our store. Here are just a few of the local ingredients you'll find in our deli:

All-Natural Beelers Pork (IA)
Free-Range Kadejan Chicken (MN)
Schultz Organic Eggs (MN)
Holyland Pita Bread (MN)
Dakota Growers Pasta (ND/SD)
New French Bakery Bread (MN)
Triple Crown BBQ Sauce (MN)
Roth Kase Horseradish Havarti (WI)
Rochdale Farms Cheese (MN/WI)
Organic Prairie Pepperoni (WI)
Ivy Farms Milk & Cream (MN)
Local/Organic Veggies in Season!

Dining in? Ask our staff for a reusable plate or bowl and help yourself to our compostable cutlery. Enjoy our sunny seating area and, when you're finished, compost your leftovers in our convenient receptacles.

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Linden Hills Co-op
3815 Sunnyside Ave Mpls, MN 55410
(Near W 44th St & France Ave)
www.lindenhills.coop



LINDEN HILLS
CO-OP
GROCERY & DELI

Sandwich

Menu

11 a.m. – 7 p.m. Daily
Made-to-order with local and organic ingredients.