

Our Food

We use locally grown and certified-organic ingredients whenever possible. Ask our staff if you have questions about what's local or organic today!

Our sandwiches feature all-natural, antibiotic- and hormone-free meats from Applegate Farms and Beeler's.

We choose condiments without any artificial flavorings, coloring or preservatives. Whenever possible, we use organic and local cheeses and veggies and breads from local bakeries.

We compost our food waste—and have been doing so since 2000!

Dining in? Ask the staff for a real plate or bowl and help reduce waste.

Catering & Special Orders

To order boxed lunches with a half or whole sandwich, a deli salad, cookie, napkin and fork, please call our deli at 612-922-1159. For orders of ten or more, please give us a minimum of 24 hours notice.

Sandwich trays including meats, cheeses, spreads, veggies and rolls are also available for parties of ten or more. Orders must be placed at least 48 hours in advance; please call 612-922-1159.



2813 West 43rd Street, Minneapolis

www.linden hills.coop

612-922-1159

Open daily 8 to 9

Everyone welcome!

Linden Hills Co-op

SANDWICH MENU



Made to order with fresh, local and organic ingredients

Meat & Seafood

- #1: 44th & France** **\$6.99**
Crispy Beeler's bacon, smooth avocado slices and a hit of ginger garlic mayonnaise on whole wheat bread. *Half sandwich: \$4.99*
- #2: Thomas Beach** **\$6.49**
Swiss cheese tops this delectable tuna melt—a staff favorite! *Half sandwich: \$4.49*
- #3: Calhoun Parkway** **\$6.99**
Oven-roasted chicken breast with basil mayonnaise, mozzarella and fresh tomato on Challah bun
- #4: Zenith Avenue** **\$8.99**
All-natural roast beef, turkey, ham, Swiss and cheddar cheese, topped with sliced onion, lettuce, tomato and served on toasted baguette
- #5: Kingfield** **\$7.99**
Roast beef, caramelized onions, horseradish-chive cheese and horseradish mayo on baguette
- #6: Diamond Lake** **\$5.99**
Beeler's ham and Swiss cheese on toasted baguette with Dijon mustard and mayonnaise

Extras

Raw onion, mayo, oil and vinegar, mustard	no charge
Tomatoes, veggies, Swiss, cheddar, provolone, mozzarella	50¢ per item
Extra meat, Brie, goat cheese, avocado	\$1.50

Add a cup of soup from our daily house-made selection to any sandwich for \$1.50.

Please—no substitutions.

Vegetarian

- #7: 43rd & Upton** **\$6.99**
Cajun-spiced tofu steak topped with avocado slices and Vegenaise on Stirato sandwich roll (vegan)
- #8: Brenda's Baguette** **\$6.99**
A toasted baguette spread with brie and butter. Add tomato slices or peppery arugula if you wish
- #9: Beard's Plaisance** **\$7.99**
Picnic-ready brie with roasted red peppers, artichoke hearts, sundried tomatoes, olive oil and balsamic vinegar on toasted baguette
- #10: Como-Harriet Trolley** **\$7.99**
Our favorite soft goat cheese with fresh spinach, tomato, and sweet caramelized onions on toasted baguette
- #11: Lyndale Farmstead Park** **\$6.99**
A tasty veggie burger two ways: with lettuce, tomato and mayo on Challa bun (vegetarian), or on Stirato roll with Vegenaise (vegan).
- #12: Famous Sam** **\$7.29**
A vegetarian Quorn patty (Britain's number 1 meat substitute!) served with lettuce, tomato and local Daddy Sam's Barbecue Sauce on Challah bun
- #13: Xerxes Avenue** **\$5.99**
Holyland pita bread bursting with hummus and fresh veggies. Sprouts too! (vegan)
Half sandwich: \$3.99

Build Your Own Sandwich **\$5.99**

Your choice of meat; Swiss, Cheddar, Mozzarella, or Provolone; bread; and toppings. *Half sandwich: \$3.99*

For Kids

- A. Sebastian Toast** **\$2.99**
Toasted cheddar like you remember—but better!
- B. Kid Stuff** **\$2.99**
Organic peanut or almond butter and organic grape jelly.
- C. The Rumpus** **\$2.99**
It's a little crazy in there: organic peanut butter sprinkled with Annie's Naturals Cheddar Bunnies—for a delightful bunny crunch!
- D. I Wonder?** **\$2.99**
Toasted ham and cheddar cheese is the answer.

Pizzas

- Healthy Flatbread Pizzas** **\$5.99**
Crispy thin crust sauced with extra-virgin olive oil and garlic, served three ways:
 - Greek:** olives, red onions, tomatoes, feta and mozzarella
 - Veggie:** grilled vegetables and mozzarella with extra virgin olive oil and garlic
 - Italian Ham & Cheese:** prosciutto ham, red onions, gorgonzola and mozzarella
- Traditional Homemade Crust Pizzas** **\$6.99**
Traditional crust, traditional red sauce, three varieties:
 - Cheese:** all-natural mozzarella
 - Pepperoni:** uncured natural pepperoni, mozzarella and provolone
 - Margherita:** fresh mozzarella, fresh tomatoes, fresh basil

Extra items for pizzas: \$1 each