

Sandwich Tray \$78 - Choose 3 types - Serves 12

Vegan Sloppy Jackfruit - Marinated jackfruit on a Red Hen baguette **V**

Egg Salad - Housemade egg salad on Red Hen sandwich bread **Veg**

Turkey Club - On Red Hen cracked wheat

Vegan Sugar Beet Hummus Vegetable Sandwich - On baguette or pumpernickel **V**

Tuna Salad - Housemade tuna salad on Red Hen cracked wheat

Vegan BLT, made with seitan vegan bacon on Red Hen marble rye **V**

Roast Pork with Rapini and Garlic - On Red Hen ciabatta

Grilled Eggplant with Basil Aioli, Bell Peppers, Caramelized Onions, Spinach & Feta on a Red Hen 7-grain bun **Veg**

Seasonal Chicken Salad on Red Hen cracked wheat (ask us for details of the current salad)

Green Salads \$22/10-12 servings as side salad - Add chicken \$10

House Salad - Mixed greens* with shredded carrot*, Mighty Vine tomatoes, red onion*, cucumbers*, and red wine vinaigrette **V**

Southwest Black Bean & Corn - Spinach*, red onion*, Mighty Vine tomatoes, asiago cheese, and cilantro vinaigrette **Veg**

Caesar Salad - Classic Caesar; romaine*, with Mighty Vine tomatoes, asiago cheese, and housemade Caesar dressing **Veg, GF Option**

Cobb Salad - Romaine*, blue cheese, smoked turkey, corn*, green onion*, no nitrate bacon, Mighty Vine tomatoes, and red wine vinaigrette

Seasonal Chopped Salad - Ask for current variety, base greens are romaine* and kale*

Kale & Quinoa Salad - Kale*, quinoa*, black beans*, corn*, Mighty Vine tomatoes, green onions*, cilantro vinaigrette **V GF**

Superfood Salad - Quinoa*, kale*, apples*, kohlrabi or jicama (dependant upon seasonality), tahini dressing, topped with hemp, pumpkin, and flax seeds **V GF**

Deviled Eggs - \$5.89/half dozen - \$9.99/dozen - \$17.99/24 -
House made with certified organic free range/cage free eggs **Veg**

Crudité Platter - \$40 - Serves 10-12

Organic vegetables variety based on seasonality. Choose 2: Sugar Beet Beet Hummus **V**, Traditional Hummus **V**, Ranch Dip **Veg** or Tzatziki Dip **Veg**

Fresh Fruit Platter - \$45 - Serves 12-15

Assorted fresh local and organic fruits

Tortilla Chips & Dip - \$30 - Serves 10-12 GF

Local/Non GMO blue and yellow tortilla chips with your choice of beet **V** or traditional hummus **V**, or organic mild salsa **V**.

Sugar Beet Spreads Platter - \$35 - Serves 10-12

Red Hen baguette rounds with your choice of 2: Artichoke Dip **Veg**, Olive Tapenade **V**, Sugar Beet Beet Hummus **V**, Traditional Hummus, Ranch Dip **Veg** or Tzatziki Dip **Veg**

American Originals Cheese Platter - \$45 - Serves 10-12

Aleamar Bent River - Cow's Milk - Minnesota

Carr Valley Mobay - Goat & Sheep Milks - Wisconsin

Sartori Merlot Bellevitano - Merlot rubbed - Cow's milk - Wisconsin

Rogue Baley Hazen Blue - Cow's Milk - Vermont

Served with dried cranberries, nuts, and Red Hen baguette

Party Pleaser Platter - \$40 - Serves 10-12

Caputo Asiago - Cow's Milk - Illinois

Prairie Breeze - Cow's Milk - Iowa

Fair Oaks Sweet Swiss - Cow's Milk - Indiana

Ellsworth Valley Colby - Cow's Milk - Wisconsin

Served with dried cranberries, nuts, and Red Hen baguette

Antipasti Platter - \$48 - Serves 10-12

Frisian Farms Gouda - Cow's Milk - Wisconsin

Caputo Asiago - Cow's Milk - Illinois

Mixed Olives

Olli Salami - California

La Quercia Prosciutto - Iowa

Served with Red Hen baguette

---- **We can supply plate/napkin/silverware set up for you for \$1 per guest ----**

Please allow 72 hours advance notice. Need it sooner?

Email gm@SugarBeet.coop

***Organic Ingredient** **Veg**=Vegetarian **V**=Vegan **GF**=Gluten Free

Breakfast

Breakfast Wraps- Fluffy Cage-Free Eggs* w/ seasonal veggies* and cheese*. Vegetable -\$5 each, Meat/Meat replacement - \$6 each

Gluten Free Tortilla add \$1 **GF option**

Frittatas- \$40/8 servings-\$75/16 servings- Dairy free cheese add \$3/\$5

Roasted potatoes*, cage-free eggs* and veggies*, topped with blended cheese* mix. Veg GF

Breakfast Strata- \$48/8 servings-\$80/16 servings -Gluten Free add \$4/\$7

Crusty local Red Hen Bread baked in a savory custard, with seasonal veggies* and cheese* Veg GF option

Quiche-Vegetable \$30/6 servings, With Meat or Veggie Meat \$36, Gluten Free add \$2.50

Classic mixture of eggs*, veggies* and cheese* baked in an organic crust. GF option

Yogurt Granola Parfaits - \$5 each - Order in multiples of 6

Choose from wild blueberry flax, French vanilla almond, or maple pecan dream granola, and choose organic plain, vanilla, or dairy free coconut yogurt. Layered with seasonal fruit Veg or V GF

Roasted Organic Potatoes-\$10/4 servings

Simple, savory, delicious. V GF

Bacon or Sausage -\$12/4 servings - Local, Naturally raised bacon or sausage. GF

Veggie Meat - \$12/4 servings - Vegan Bacon or Sausage. V

Bagels - \$2 each - Plain, everything, sesame, cheese, or cinnamon

Muffins - \$3 each - Blueberry, cranberry oat, lemon poppy, banana

Scones - \$3.25 each - Chocolate cherry, blueberry, maple, cranberry

Croissants - \$3.25 each - Plain, ham & swiss, pain au chocolate

Danishes - \$3.80 each - Cheese, apple, cherry, raspberry pinwheel

Beverages

Two Brothers Coffee - \$17.50 - 96 oz. with cups & all the fixin's - stays hot 3 hours

Organic Milk - 8-8oz servings - \$5 16-8oz servings - \$10
Skim, 1%, 2% or Whole.

Organic Apple Juice: 8-8oz servings - \$6

Organic Grapefruit Juice: 8-8oz servings - \$13

Organic Orange Juice: 7-8oz servings - \$10

Catering Menu

812 W. Madison, Oak Park - 708.948.7656 -

Email gm@sugarbeet.coop to order

Open 7 am-9 pm daily

Sugar Beet FOOD CO-OP