

**Sandwich Tray \$85 - 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

**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**

**Chicken Pesto and Sundried Tomato** - on a Red Hen Pretzel Roll

**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)

**\*Ask for Special Seasonal Sandwich and Salad Options**

**Salads \$30/10-12 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**

**\*Ask for Special Seasonal Sandwich and Salad Options**

**Deviled Eggs - \$5.89/half dozen - \$9.99/dozen -**

House made with certified organic free-range/cage-free eggs **Veg**

**Crudit  Platter - \$45 - 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 - \$50 - 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 - \$50 - Serves 10-12**

Alema 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 - \$45 - 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 - \$55 - 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: [deli@sugarbeet.coop](mailto:deli@sugarbeet.coop)**

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

## Breakfast

**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**

*Sugar Beet* FOOD CO-OP

# Catering Menu

812 W. Madison, Oak Park - 708.948.7656

Email: [deli@sugarbeet.coop](mailto:deli@sugarbeet.coop) to order

Open 7 am-9 pm daily