



# DELI Menu

3101 GUADALUPE, AUSTIN, TX 78705

512-478-1164 or 512-478-2667

DELI HOURS: 7:30AM-9PM DAILY

[WWW.WHEATSVILLE.COOP](http://WWW.WHEATSVILLE.COOP)

**WE Cater!** Email [catering@wheatsville.coop](mailto:catering@wheatsville.coop)

Allow 48 hours lead time for all catering orders.

# Signature Sandwiches

**H** = served hot

**V** = vegan

- V** **POPCORN TOFU PO'BOY** \$6.99  
Bakehouse French roll, with housemade cashew tamari dressing and all the veggies.
- V** **BUFFALO POPCORN TOFU HERO** \$6.99  
Bakehouse French roll, with housemade vegan blue cheese dressing and all the veggies.
- V** **VEGGIE AVOCADO DELUXE** \$5.99  
Bakehouse rustic roll, with vegenaïse, all the veggies and half an avocado.
- GARDEN BAGEL** \$4.99  
Local Rockstar bagel, with cream cheese and your choice of veggies.
- V** **VEGAN REUBEN** \$8.99  
Rye bread, with housemade marinated seitan, sauerkraut, vegan smoked Gouda cheese, and vegan 1000 Island dressing
- V** **VEGAN BBQ TOFU BANH MI** \$7.99  
Bakehouse baguette, with Mongolian BBQ tofu, vegenaïse, pickled carrots and daikon radish.  
Jalapeños and cilantro available on request!
- MEDITERRANEAN CHICKEN PITA** \$7.99  
Local Phoenicia pita bread, with all-natural grilled chicken, provolone, basil pesto, spring mix, tomatoes, red onions, and cucumbers
- H** **ITALIAN** \$7.99  
Toasted Bakehouse rustic roll, with ham, salami, provolone, lettuce, tomatoes, red onions, and oil and vinegar.
- H** **BLT/TLT** \$5.99  
Toasted Bakehouse sourdough, local no-sugar Pederson's bacon or housemade local tempeh bacon, regular or vegan mayo, lettuce, and tomato.
- H** **WV TURKEY CLUB** \$7.99  
Toasted Bakehouse whole wheat, with turkey, bacon, avocado, chipotle vegenaïse, lettuce, tomato, onion, and sprouts.
- H** **TUNA MELT** \$6.49  
Toasted Bakehouse sourdough, with housemade tuna salad, sharp Cheddar, lettuce, tomatoes, and red onion.
- H** **CAPRESE** \$6.99  
Toasted Bakehouse rustic roll, with fresh mozzarella, basil pesto, tomatoes, red onions, red bell peppers, and oil and vinegar.

# Co-op Classic Sandwiches

All Classic Sandwiches are served on Bakehouse whole wheat or rustic roll and come with:

- vine-ripened tomatoes
- fresh greenleaf lettuce
- red onion
- pickles
- organic carrots
- local sprouts
- cucumbers
- mayonnaise (regular or vegan)
- deli mustard
- GLUTEN FREE BREAD 50¢ EXTRA

<b>V</b> SOUTHERN FRIED TOFU	\$5.99
<b>V</b> MONGOLIAN BBQ BAKED TOFU	\$5.99
TUNA SALAD	\$5.99
CHICKEN SALAD	\$5.99
BOAR'S HEAD	\$6.99
• SMOKED HAM	
• OVEN-ROASTED TURKEY	

## Now on the Hot Bar!

Build Your Own:

- BREAKFAST TACOS
- TACOS
- FRITO PIE
- RICE & BEANS

# Smoothies

Made with bananas and your choice of: organic apple juice, fresh orange juice, rice milk, almond milk OR organic soymilk. All fruit—no ice!!

—\$4.99—

STRAWBERRY

PEACH

BLUEBERRY

PINEAPPLE

MANGO

RASPBERRY

## ADD INS:

### 50¢

- Yogurt
- Peanut butter
- Flaxmeal
- Coconut Water
- Local bee pollen
- Acidophilus

### \$1.00

- Almond butter
- Avocado
- Chia seeds
- Spinach
- Maca
- Super Greens: kale and lime juice
- Ginger-turmeric-lemon
- Garden of Life organic MCT oil

### \$2.00

- Matcha green tea
- Vital Protein collagen peptides
- PlusCBD cannabidiol supplement
- Local fitppl protein add-ins:
  - Vanilla goji
  - Cocoa blueberry

## Specialty Smoothies

### GINGER-BERRY

Housemade gingerade, banana and strawberries

\$4.99

### GREEN GOBLIN

Almond milk, peaches, avocado, and organic baby spinach

\$5.99

### BANANA DREAM

Organic soymilk, banana, and pure vanilla extract

\$4.99

### RESOLUTION

Housemade gingerade, cucumber, banana, organic baby spinach, and organic carrots

\$5.99

### SPINACH PINEAPPLE

Fresh orange juice, pineapple, banana, and organic baby spinach

\$5.49

### BERRY BEET

Strawberries, blueberries, banana, beets, and coconut water

\$5.99

### MOCHA MADNESS

Organic fair-trade espresso, chocolate, banana, and your choice of milk

\$5.49

### AVOCADO MATCHA

Avocado, banana, orange juice, almond milk, and matcha

\$6.99

### PEACH DAIQUIRI

Peaches, banana, lime juice, and coconut water

\$5.49

### BETA BLAST

Fresh OJ, mango, banana, organic carrots and honey

\$5.49

# Espresso ORGANIC AND FAIR-TRADE

All espresso beverages available iced or decaf.  
No extra charge for rice, coconut, almond or organic soy milk.

	12oz	16oz	20oz
• WHEATSVILLAIN	\$2.50	\$3.00	\$3.50
• CAPPUCCINO	\$2.75	\$3.25	\$3.75
• LATTE	\$3.00	\$3.50	\$4.00
• MOCHA	\$3.50	\$4.00	\$4.50
• HOT CHOCOLATE	\$2.50	\$3.00	\$3.50
	SINGLE	DOUBLE	
• ESPRESSO	\$1.50	\$2.00	
• AMERICANO	\$1.50	\$2.00	
• MACCHIATTO	\$2.00	\$2.50	

## Specialty Beverages

### BUTTER COFFEE

Organic fair-trade coffee blended with grass-fed butter and MCT oil

12 oz. \$4.00      16 oz. \$4.50      20 oz. \$5.00

### MATCHA LATTE

Matcha green tea powder steamed with your choice of milk

12 oz. \$4.00      16 oz. \$4.50      20 oz. \$5.00

### GOLDEN MILK

Gaia golden milk powder (turmeric, dates, and herbs) steamed with your choice of milk

12 oz. \$3.00      16 oz. \$3.50      20 oz. \$4.00

EXTRA SHOT – 50¢

Add WHIPPED CREAM – 60¢

SYRUPS – 50¢

- Organic vanilla
- Organic hazelnut
- Chocolate
- Caramel
- Organic raspberry
- SUGAR FREE vanilla

COFFEE BOOSTS

Golden milk powder \$1

HempFusion 3.0 CBD supplement \$2

Vital Proteins collagen peptides \$2

## Self Serve Beverages

• ORGANIC FAIR TRADE COFFEE	12oz \$1.79	16oz \$1.99	20oz \$2.29
		16oz	24oz
• ICED ORGANIC COFFEE TODDY		\$2.79	\$3.79
• ICED ORGANIC BLACK TEA		\$1.99	\$2.79
• HOUSE MADE BUBBLER BEVERAGES		\$1.99	\$2.79
• SEASONAL COLD BEVERAGES		\$1.99	\$2.79