

Let Our Deli Cook for You for THANKSGIVING!

Enjoy a Relaxing Holiday Season

Our professional kitchen staff makes it easy for you to relax and enjoy holiday gatherings with your friends and family.

Simply pick up your favorite dishes from our Deli and reheat them along with your main course.



WHEATSVILLE
FOOD  CO-OP

Regular Store Hours: 7:30am-11pm

www.wheatville.coop

Items marked with *
have no gluten
ingredients added.



Entrées

- Diestel Roasted Whole Turkey*** \$5.99/lb
Fully cooked, Roasted or Smoked.
Family farm in Sonora CA 12-14 lbs Supply limited
- Roasted Turkey Breast*** \$14.99/lb
Natural Mary's Chef Breast,
seasoned with our paprika herb blend.
- Tofurky® Roast with Gravy (vegan)** \$11.99/lb
We slice Turtle Island's famed vegan roast just like turkey,
then smother it in our own Mushroom Gravy. Stuffed with
wild rice and whole wheat bread crumb stuffing.
- Quinoa Cashew Lentil Loaf (vegan)*** \$8.99/lb
Packed full of flavor, this powerhouse features a savory
blend of herbs, nuts, and grain.



Traditional Dishes

- Cornbread Stuffing (vegan)** \$8.99/lb
Our renowned classic stuffing made using turkeyless broth.
- Cranberry Orange Relish (vegan)*** \$6.99
Fresh tart cranberries combined with orange zest,
crystallized ginger and a bit of sugar.
- Mushroom Gravy (vegan)** \$5.99/lb
Will satisfy vegans and carnivores alike.
- Dinner Rolls, Whole Wheat (vegan) or White** 12 pack \$3.99
Fresh from our Bakehouse, made with organic flours.
Perfect for dinner or as an appetizer.

Sides

- Garlic Mashed Potatoes (vegan)*** \$6.99/lb
Buttery, creamy Yukon Golds with fresh roasted garlic.
- Macaroni & Cheese with Broccoli (vegan)** \$7.99/lb
So cheesy and creamy, you'd never suspect it's vegan!
This classic comfort dish is a perfect holiday side.
- Creamy Coconut Mashed Sweet Potatoes (vegan)*** \$8.99/lb
Savory with a hint of sweet.
- Green Bean Casserole*** \$8.99/lb
Our version of the classic— green beans in a rich herbed
Parmesan Sauce, topped with crunchy, slivered almonds
- Green Chili Corn Pudding*** \$8.99/lb
Creamy, cheesy, and a little spicy— a Texas take on the
Southern classic!
- Roasted Brussels Sprouts & Carrots (vegan)*** \$12.99/lb
Roasted vegetables tossed with a rich mustard walnut
vinaigrette and tangy capers.
- Roasted Squash & Red Onion (vegan)*** \$9.99/lb
Savory and sweet with the roasted vegetables, fresh baby
spinach and crunchy pumpkin seeds.

Appetizers

- Spinach Feta Dip*** \$9.99/lb
Creamy and rich, this classic dip works
delightfully with crudités and crackers.
- Garlic Chive Cheddar Cheese Ball*** \$8.99 each
Swiss, provolone, parmesan and cheddar are lightly
seasoned with garlic, formed into soft spreadable rounds
and rolled in fresh herbs.
- Vegan Cheeze Ball (vegan, new recipe)*** \$11.99 each
Cashews are blended with miso, nutritional yeast and fresh
herbs for a savory spread that tastes like the real thing!
- Walnut Pecan Pate (vegan)*** \$12.99/lb
Oven roasted organic pecans and walnuts are blended
with a touch of fresh garlic, wheat-free tamari, organic
tofu and seasonings. A great party dip!

FRESH FROM OUR KITCHEN — Let us cook for you!

Turkey and Ham

Natural, Organic, Brined & Local!

For the greatest selection and size range, pre-order online or shop early.

Mary's Natural or Organic Turkeys

Antibiotic free, vegetarian-fed, free range, deep chilled. From a small family farm in the Central Valley of California.

Natural Non-GMO Turkeys 8-24 lbs **\$2.69/lb**

Organic Non-GMO Turkeys 8-24 lbs **\$3.79/lb**

Local Three Sisters Farms Turkey Supply limited

Pasture raised Broad Breasted White (no giblets) 5th generation farmers, Tomball TX.

12-24 lbs **\$6.99/lb**

Mary's Heritage Turkey Supply limited

Antibiotic free, vegetarian-fed, free range heritage turkeys run and fly which results in larger thigh meat, and slightly less breast meat.

8-20 lbs **\$6.49/lb**

Mary's Brined Turkey Supply limited

12-19 lbs **\$4.99/lb**

Classically brined for a more flavorful turkey in less time.

Mary's Bone-in Turkey Breast Supply limited

Great for a smaller group of people or as an additional supplement to your whole turkey.

Natural 4-12 lbs **\$5.99/lb**

Organic 4-12 lbs **\$7.99/lb**

Diestel Roasted Whole Turkey Supply limited

Fully cooked, Roasted or Smoked.

Family farm in Sonora CA

12-14 lbs. **\$5.99/lb**

Niman Ranch Ham Supply limited

Humanely-raised on sustainable, family farms. Fully cooked.

Spiral Cut Bone-In Ham **\$6.99/lb**

Petite Ham **\$8.99/lb**

Jambon European style ham **\$9.99/lb**

Local Pederson's Natural Farms Ham Supply limited

Certified humane, made in Hamilton TX without the use of artificial ingredients or preservatives. Fully cooked.

No Sugar Spiral Cut Bone-In Smoked Ham **\$4.99/lb**

No Sugar Spiral Cut Boneless Smoked Ham **\$5.99/lb**

Organic Spiral Cut Bone-In Smoked Ham **\$6.99/lb**

No Sugar Spiral Cut Boneless Petite Ham **\$6.99/lb**

Bakehouse Pies

Pastry crusts are scratch-made in our Bakehouse, with 100% organic flour, or graham cracker crusts.

Pumpkin Pie (vegan) **\$11.99**

This incredibly popular pie has the taste and texture of a classic pumpkin pie.

Classic Pumpkin Pie **\$9.99**

A classic recipe!

Pecan Pie **\$14.99**

Traditional, buttery, rich and sweet.

Apple Cranberry Crisp **\$15.99**

Apples and cranberries sweetened with brown sugar and cinnamon, topped with oat streusel.

Apple Crumb Pie **\$14.99**

This classic fruit pie features a lightly spiced cinnamon apple filling topped with a buttery crumb topping.

Coconut Cream Pie (vegan) **\$15.99**

An incredibly creamy pie made with organic coconut.



NEW! Willamette Valley Pies

Traditional handmade pies using non-GMO ingredients. Simply fruit, flour, and sugar on the inside, flaky crust on the outside. No preservatives.

Pumpkin Chiffon Pie

Apple Pie

Cherry Pie

Marionberry

Pecan Pie



Holiday Helper Bags

Serves 4-6 people.

Our oven ready, made-from-scratch side dishes are the perfect complement for your main entree—all you do is heat, serve and enjoy.



- Garlic Mashed Potatoes
- Mushroom Gravy
- Roasted Squash and Red Onions
- Cornbread Stuffing
- Cranberry Orange Relish
- Creamy Coconut Mashed Sweet Potatoes

Available by online pre-order... **\$59.99**

Planning the Meal

Estimates are per person:

Turkey—1.5 to 2lbs

Stuffing—1/4 to 1/3lb

Potatoes—1/3 to 1/2lb

Gravy—3 to 4 oz

Vegetables—1/4 to 1/3lb

Relish—2 to 3 oz

Biscuits—2

Pie—1 slice (8 slices per pie)

Thanksgiving Holiday Hours:

Wednesday, Nov. 22 — OPEN 7:30am-11pm

Thursday, Nov. 23, Thanksgiving Day

OPEN 8:00am-1:00pm

Friday, Nov. 24 — OPEN 10am – 10pm

Saturday Nov. 25 — 7:30am-11pm