

Place an Order!

Just about everything on this menu is made from scratch, so please give us at least **2 days** to get your order ready.



(618) 529 – 3533
x 214



Neighborhood Co-op Grocery

1815 West Main Street, Carbondale IL 62901
618.529.3533 ext. 214
Open Daily 7am-10pm

www.neighborhood.coop

Salads

Serves 12

Calico Pasta Salad

\$24.99 Vg

Bell peppers, cucumber, artichoke, black olive, carrot, sun-dried tomatoes, and green onions tossed with fusili pasta and Veganise.

Ginger Peanut Pasta

\$19.99 Vg

Fusili pasta tossed in a peanut, ginger dressing, topped with carrots, green onions and sesame seeds.

King Kale

\$34.99 Vg

Chef John's special recipe of local, organic kale with cucumber, green onions and pecans in an East meets West vinaigrette.

Sesame Spinach Salad

\$29.99 Vg

A salad to make Popeye jealous – baby spinach, red bell pepper, red onion, and toasted sesame seeds in an Asian fusion vinaigrette.

The Dale Broccoli Salad

\$29.99 V

Did someone say family reunion? This dish is perfect – broccoli, sunflower seeds and Bac'Uns dressed with a light sauce.

Red Potato Salad

\$11.99 V

As simple as it gets with no fussy, overly mayo'd heaviness. Red potatoes, celery, carrots, and organic canola mayonnaise.



Picnic Potato Salad

\$11.99 lb V

Red potatoes with peas, corn and green onions in a mustard, mayo and vinegar dressing.

French-Style Potato Salad

\$13.99 lb Vg

Roasted yukon golds, green onions, capers and parsley tossed with a Dijon vinaigrette with no mayo!

Neighborhood Chicken Salad

\$13.99 lb

Spring Mountain chicken breast and thigh, local Voss pecans, fresh celery, and red onion with an herbed mayonnaise dressing.

Blackened Chicken Salad

\$11.99 lb

Southwestern blackened Springer Mountain chicken with organic sweet corn, red bell pepper, and fresh cilantro.

Cranberry Almond Poppy Slaw

\$7.99 lb V

Made with a blend of superfoods (kohlrabi, brussels sprouts, broccoli, kale, red cabbage, and carrots), organic almonds, and organic poppy seed dressing.

Wild Rice Tofu Salad

\$8.99 lb Vg

Organic wild rice, red bell peppers, local Voss pecans, organic raisins, and our homemade marinated organic tofu tossed in a smoky dressing.

Cakes & Pies

Fresh Baked Pies

\$14.99 – \$29.99

(Serves 8)

Your choice of all natural apple, blueberry or seasonal fruit pie. Pies are made with as many organic ingredients as possible.

Best Darn Chocolate Cake

\$55.99

(Serves 24)

Moist, rich and delicious, made from scratch right in our bakery. Shhh, you'll never know it's dairy and egg free!

Scotch Bliss Cake

\$55.99

(Serves 24)

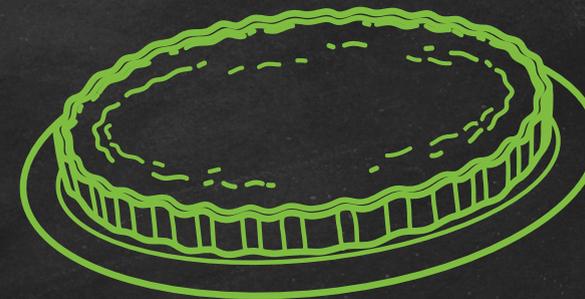
Our version of a vanilla cake with a twist – a touch of rich butterscotch in the frosting. So creamy & delicious you'll never miss the eggs & dairy!

Betty's Carrot Cake

\$55.99

(Serves 24)

Okay, so Betty didn't come up with this cake, but we named it after her anyway. Luscious carrot cake with healthy raisins and nuts in the butter topped with delicious cream cheese frosting.



Passion for Cupcakes in a Box

\$21.99

(Serves 12)

Who doesn't like a cupcake? Those sweet little packages – no fork required! Choose from any of our cakes.

Take it to the Gig Big Cookie Box

\$19.99

(Serves 12)

Order a sampler of a full dozen of our from-scratch big cookies.

Mom's Brownie Box

\$15.99

(Serves 12)

Rich and chocolaty. Moms, maybe yours aren't so good, but you can take ours and pretend. We won't tell!

*Most of our cakes and frostings can be made with or without eggs or dairy, just let us know when you place your order. Feel free to mix and match cakes and frostings! Note: All cakes are baked in 18x22 inch pans. However, 9" rounds and smaller cupcakes are available on request.



FOR A Crowd

Deli & Bakery Menu



About Our Food

Our buyers look at thousands of products every year, sourced from all over the world, and choose only those that are the most flavorful and the best for you. Our chicken is Springer Mountain humane-certified. Our eggs are cage-free, and our milk and butter comes from the local Prairie Farms. Our food contains no artificial ingredients, colors, or preservatives.

We exclusively use Springer Mountain brand chicken in our deli.

- American Humane Certified
- No antibiotics ever
- No hormones
- All vegetarian fed



We exclusively use local Prairie Farms Dairy products.



Prairie Farms is a local farmer-owned co-operative.

All of our made-from-scratch bakery items are made with

- 100% organic wheat
- Fair Trade certified organic cane sugar
- free-range, vegetarian-fed brown eggs

Bakery



Serves 12

Muffins
\$25.99

Bagels
\$15.99

Scones
\$25.99

Banana Bread
\$18.99

Assorted Bars
\$19.99

Turnovers
\$21.99

Brownies
\$15.99

Big Band Cookies
\$19.99

Muffins & Scones
\$25.99

Coffee for a Crowd
\$12.99

Entrees



Classic Four Cheese Lasagna
\$34.99 V

A staff and board meeting favorite! Lasagna made with all natural mozzarella, whole wheat brown rice noodles and a delicious roasted tomato sauce.

Lil Cheezy Loaf (Turkey or Grass-Fed Beef)
\$29.99

All natural, extra lean ground turkey combined with yummy cheddar and oats.

Zucchini Feta Bake
\$24.99 V

A hearty casserole with your choice of grain (bulgar, quinoa, or brown rice) with moist zucchini and the tang of feta cheese.

Black Bean or Chicken Enchilada
\$39.99 / \$49.99

Our very popular and healthier enchilada casserole (veggie or meat, your choice) packed with flavor and topped with our homemade enchilada sauce.

Ratatouille
\$24.99 V

Our take on a classic – layered seasonal vegetables topped with delicious parmesan cheese.

Dinner Rolls
\$7.99 Vg

White or wheat rolls made from scratch in the wee hours of the morning by our bakery.



Party Platters

Serves 12

Fruit & Cheese
\$35.99 V

Seasonal fruit with provolone, cheddar, Swiss and pepper jack.

Veggie & Platter Dip
\$35.99 V

Ripe seasonal veggies with your choice of dill or ranch dip.

Middle Eastern Platter
\$34.99 Vg

Delicious tabouli, dolmas, cured olives, our original plain hummus, and pitas.

Picnic Platter
\$35.99

Two whole, hot, all natural chickens,, 2 lbs red potato salad and 1 lb the Dale salad.

Packed Lunch for 12
\$79.99

Assortment of sandwiches & wraps served with chips and a pickle.



Serves 12



Pizzas

Serves 12

Meaty Pizza Options
\$13.99

Your choice of BBQ chicken, buffalo chicken, pesto chicken, pepperoni, salami or ham. Add an extra topping at no extra charge. Classic pizza, but made with all natural meats tht contain no nitrates or nitrites on a from-scratch whole wheat or traditional crust.

Melting Vegan
\$11.99 Vg

A vegan red sauce based pizza with garlic and spinach that is topped with deliciously melted Daiya cheese, instead of the dairy stuff, on a from-scratch whole wheat or traditional crust, you choose.

Thai Peanut Tofu
\$34.99

Marinated organic tofu nuggets simmered in a coconut milk sauce with garlic and peanuts.

Curry Vegetables
\$24.99

Fresh seasonal vegetables cooked in a spicy coconut curry sauce.

Carne Adovada
\$44.99

Southwestern style shredded pork barbecue with poblano chili peppers and a sweet roasted spice blend perfect for making tacos or burritos.

Lemon Artichoke Chicken
\$39.99

Italian marinated chicken breasts with artichoke hearts in a garlicky white wine lemon sauce.

Uber Vegetable Pizza
\$11.99 V

The ultimate veggie combo with your choice of three local and organic (whenever possible) vegetable toppings: artichokes, bell pepper, garlic, mushrooms, green or black olives, spinach and tomato. Your choice, from-scratch whole wheat or traditional crust.



Pizza Topping Options: (each additional topping **75 cents**) pepperoni, ham, salami, extra cheese, artichokes, onion, bell pepper, garlic, mushroom, olives (green or black), peperonicini peppers, chili flakes, fresh basil (when in season), spinach, tomato.