



Deli Menu

290 Sierra College Dr., Grass Valley
530-272-5333 ext. 4 • fax 477-5246

Open 7 days, 7AM - 8PM (store open until 9PM)

DELI MISSION:

To provide the community with fresh, delicious and seasonal foods. We use natural and organic ingredients with an emphasis on local, regional and sustainable foods. We are committed to the highest standards of customer service and welcome feedback and suggestions.

Fresh & Ready to Eat

In a big hurry? Every day we have a large case of meals made in our kitchen, packaged and ready to go: sandwiches, soups, salads, and entrées.

Food Bar – \$7⁹⁹ per pound

Breakfast • Soups • Salads • Hot Meals Vegan, Vegetarian, Meats

Deli Case Check out our daily selection of salads and entrées

Rotisserie Chickens Natural – hormone-free, antibiotic-free

Wraps

On your choice of an organic whole wheat wrap or wheat wrap

Thai Treat (V) Your choice of OG tofu or chicken with OG baby spinach, OG scallions, OG tomato, OG Thai cabbage slaw topped with our homemade OG Thai peanut sauce. **\$7.49**

Br'er Rabbit (V) OG avocado, OG tomato, OG onion, OG carrot, OG cucumber, OG bell pepper, OG spinach, OG alfalfa sprouts, green chile and a dollop of Veganaise. **\$5.99**

Turkey Rancher Roast turkey and bacon with Muenster cheese and ranch dressing with OG lettuce, OG tomato and OG onion. **\$7.49**

Awesome Aromatic Roast turkey w/ herb cream cheese, cheddar, roasted bell peppers, OG lettuce, OG tomato and OG onion. **\$7.49**

Falafel King (V) Red pepper hummus and fresh OG falafel with your choice of OG tahini (sesame seed) sauce or hot sauce, green chile, OG lettuce, OG tomato, OG onion, OG cucumber and OG carrot. **\$6.99**

Grilled Sandwiches

Keith's Grill Galore Roasted turkey, cheddar and Swiss cheeses, OG grilled onions, OG tomatoes with honey dijon on sourdough bread. **\$6.99**

A Taste of Heaven (V) Grilled OG eggplant, OG onion, roasted red bell peppers, artichoke hearts, melted provolone cheese and a touch of OG garlic basil Veganaise, OG lettuce and OG tomato on OG sourdough bread. **\$6.99**

Pesto Grilled Chicken Grilled all natural chicken with BriarPatch piñon pesto, OG spinach and OG tomato on OG Ciabatta. **\$6.99**

NEW! Philly Cheese Steak (V) Your choice of sliced portabella caps or natural regional beef mixed with sliced OG bell pepper, OG onion, OG mushrooms and Swiss cheese with OG Veganaise, on an OG rustic roll. **\$7.49**

NEW! Reuben (V) Your choice of OG tempeh or house-made all natural corned beef with sauerkraut, melted Swiss cheese and Thousand Island dressing served on OG light rye. **\$7.49**

Gourmet Grilled Cheese (V) Grilled OG apples and OG onions between layers of melted cheddar and pepper jack cheeses on OG sourdough. **\$5.99**

Tuna Melt Our dolphin safe tuna salad draped in cheddar cheese and topped with OG lettuce and OG tomato on OG whole wheat bread. **\$6.99**

Burgers

Served with cheese, OG lettuce, OG tomato, OG onion, OG ketchup, Dijon mustard

Add-ons: Extra meat – \$2.25 Extra cheese – \$1.00 OG Avocado – \$1.00
Roasted Peppers – 75¢ Pesto – 75¢ Bacon – \$1



Free Range Beef Burger **\$7.49**

Deluxe Nut & Seed Burger (V) **\$6.99**



Our mix of OG quinoa, OG mixed nuts & seeds, OG celery, OG carrot, OG onion, herbs

Marinated Grilled Portabella Mushroom Cap (V) **\$7.49**

Marinated in balsamic vinegar, olive oil & mixed herbs and served on a Ciabatta bun

Burritos & Quesadillas

Add-ons: Avocado – \$1.00 Extra meat – \$2.25 Extra cheese – \$1.00

Basic Bean & Cheese Burrito **\$3.50**

OG pinto beans, cheese, red sauce

Shredded Beef or Chicken **\$6.99** • **Bean or Veggie** **\$5.99**

Choice of tortilla: OG whole wheat, wheat, or gluten-free brown rice

Choice of bean: OG black beans or OG pink beans

Choice of rice: OG brown rice or OG white basmati cilantro lime rice

Choice of cheese: cow or vegan cheese

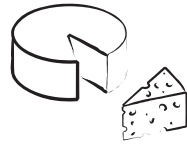
Choice of topping: OG sour cream or OG pico de gallo

Choice of sauce: red chile (spicy), OG salsa fresca

Meat (Beef or Chicken) and Cheese Quesadilla **\$4.99**

Veggie & Cheese, Bean & Cheese, Just Cheese Quesadilla **\$3.99**

Cold Sandwiches



Saigon Sub (V) 5-spice chicken or OG tofu, OG carrot/daikon pickle, OG green onion, OG cilantro, OG cucumber, mayo or Veganaise, soy sauce and jalapeño (optional) on a rustic roll. **\$7.49**

Royal BLT (V) OG Bac'uns bacon-flavored soy bits, OG peanut butter, OG tomato, OG lettuce, and OG Vegenaise on Alvarado Street Bakery sprouted grain bread. **\$3.99**

Caprese Rustica (V) Fresh mozzarella, OG basil, OG olive oil, OG tomato, and OG baby spinach with salt and cracked black pepper on an OG rustic roll. **\$5.99**

Tantalizing Turkey Roasted turkey, OG avocado, OG green chile, OG lettuce, OG tomato, and OG onion on OG whole wheat bread. **\$7.49**

Club Sandwich Roasted turkey and bacon with Vegannaise, cheddar cheese, OG lettuce, OG tomato and OG onion on OG whole wheat bread. **\$7.49**

Ham & Swiss Maple ham with Jarlsberg Swiss cheese, OG lettuce, OG tomato and OG onion, dressed with OG mayo and OG mustard, on light rye. **\$5.99**

Egg Salad (V) Egg salad with OG mustard, OG lettuce, OG tomato, and OG onion on OG whole wheat bread. **\$6.99**

Rahlene's Beautiful (V) Raw hickory cheddar cheese, jalapeños, OG raw sunflower seeds, OG avocado, OG tomato, OG lettuce, OG red onion OG carrot, OG Vegenaise, OG cilantro on OG whole wheat bread. **\$5.99**

Kid Corner Sandwiches

The Little Monkey (V) OG peanut butter, OG banana slices, local honey, and OG strawberry jelly on OG wheat bread. **\$3.49**

Grilled Cheese (V) Cheddar on OG whole wheat bread. **\$2.99**

Turkey Trot Roasted turkey, cheddar cheese with OG mayo on OG whole wheat bread. **\$3.49**

Half Tuna Salad or Egg Salad With OG mayo or OG mustard on whole wheat bread. **\$2.99**

(V) Vegetarian or vegan option

OG means Organically Grown year-round. We use other organic ingredients seasonally. All the ingredients we use are natural: no artificial colors, flavors, preservatives, nitrates, antibiotics, added growth hormones, and other additives.

Coffees & Teas

100% ORGANIC 100% FAIR TRADE

8-OUNCE DRINKS

Espresso \$1.99
Americano 99¢
Macchiato \$2.29
Cappuccino \$2.69
Latté \$2.79
Steamer \$1.39

12-OUNCE DRINKS

Hot Chocolate \$1.69
 Kid Size (8-ounce) 99¢
Aztec Hot Chocolate \$1.89
Chai Latté \$2.99
Maté Latté \$2.99
Yerba Maté \$1.59
Golden Milk \$1.99
Hot Tea additional teabag 60¢ \$1.59

16-OUNCE DRINKS

Mocha \$3.79
Aztec Mocha \$3.99
 Extra shots 65¢ per shot
 Flavor syrup* 59¢
Brevé style add 99¢
Filtered Coffee \$1.59

ICED DRINKS, 16-OUNCE

Iced Coffee \$2.49
Iced Latté \$3.29
Iced Mocha \$3.79
Iced Tea \$1.99

Want a bigger cup?
Add 50¢ for each upgrade.

Milks: Cow, Soy, Rice, Almond, all organic

*Syrups: Peppermint, Hazelnut, Vanilla, Amaretto, Raspberry

Juices

100% ORGANIC 9 oz. \$3⁴⁹ • 16 oz. \$5⁴⁹
 Build your own 9 oz. \$3⁹⁹ • 16 oz. \$5⁹⁹

Crimson Earth tomato, beet, spinach, celery, jalapeño, carrot

Grass Valley Summertime carrots, apples, ginger, lemon

The Gold Rush carrots, celery, parsley

Beet Farmer carrots, beets, garlic

The Green Machine celery, cucumber, spinach, parsley

Spring Fling carrots, beets, celery, cucumber

Patch Juice wheatgrass, carrot, celery

Wheatgrass 1 oz. \$2.25 • 2 oz. \$3.99 • flat \$14.99+\$2 refundable flat deposit

Smoothies

99% ORGANIC 16 oz. \$4⁷⁵ • 24 oz. \$5⁹⁹
 Build your own 16 oz. \$4⁷⁵ • 24 oz. \$5⁹⁹

Shake, Chocolate or Vanilla ice cream, chocolate sauce or vanilla syrup, milk

Cailah's Tropical Cooler mango, strawberry, banana, orange juice, pineapple coconut juice

Orange Dreamsicle frozen orange juice conc., vanilla extract, agave, milk, ice

Classic Smoothie strawberry, banana, yogurt, apple juice, honey

Very Berry strawberry, raspberry, blueberry, apple juice

Mango Lassi mango, yogurt, milk, cardamom, honey, rosewater

Hawaiian Tropic mango, pineapple, coconut milk, a splash of pomegranate

Roadrunner blueberry, peach, mango, orange juice, honey

Citrus Slush orange juice, lemon juice, lime juice, ice

Goji Smoothie orange juice, goji berries, bananas, ice

Peanut Butter Cup peanut butter, chocolate ice cream, milk

Bean Tree Shake coffee, chocolate ice cream