



2601 E. Franklin Ave, MPLS | coopcreamery.coop

**Hours:**

Sunday–Tuesday: 8 a.m. – 3 p.m.  
Wednesday–Saturday: 8 a.m. – 9 p.m.

**Happy Hour:**

Wednesday–Saturday: 2 – 6 p.m.  
(see reverse side for details)

**BOWLS**

all bowls are made without gluten

- Fried Sesame Tofu** \$12  
dredged and deep fried tofu, sesame ginger sauce, rice, red peppers, pickled veggies, cilantro, scallions
- Braised Lamb & Risotto** \$14  
Peterson’s lamb, sweet potato risotto, parmesan, parsley
- Chipotle Braised Chicken** \$12  
Wild Acres chicken, rice, black beans, rajas, pickled onions, corn salsa, avocado, cilantro, lime crema
- Fried Chicken Bowl** \$13  
fried chicken, rice, pickled veggies, scallions, side of sesame-ginger sauce, sunny-side-up egg, lemon aioli
- BBQ Pork** \$12  
Peterson’s pork, rice, black beans, corn salsa, jalapeños, cilantro, crispy onions, lemon aioli

**ALL-DAY BRUNCH**

- Chilaquiles** \$12  
two sunny-side up eggs, black beans, salsa, avocado, crispy corn tortilla, crema, cilantro
- Pancakes** \$7/\$11  
vegan pancakes, rotating toppings and housemade coconut whipped cream
- Veggie Hash** \$12  
seasonal veggies, hashbrowns, two sunny-side-up eggs, harissa
- Breakfast Burrito** \$12  
chorizo, black beans, scrambled eggs, pepper jack cheese, hashbrowns, guacamole, side of crema, wheat tortilla  
*MWOG as corn tortillas tacos*
- Two Eggs Your Way** \$13  
hashbrowns, choice of bacon, house-made pork, chicken, or vegan sausage or hamburger patty, toast, butter and/or housemade jam  
*sub GF toast: \$1*

**SANDWICHES**

sub GF bread or bun add fries: \$2 | hashbrowns: \$3 | greens: \$4  
on any sandwich for \$1 fresh fruit: \$3 | sautéed veggies: \$4

- Ginger Peanut Tofu Wrap** \$11  
marinated tofu, ginger-peanut sauce, cucumbers, red peppers, greens, scallions, cilantro, wheat tortilla
- Maple Buffalo Jackfruit** \$12  
buffalo jackfruit, greens, guacamole, cucumber, vegan aioli, housemade sweet potato bun
- Bahn Mi** \$12  
Peterson’s pork shoulder, pickled veggies, cilantro, harissa aioli, baguette
- Philly** \$13  
grilled chicken or roast beef, peppers, onions, pepper jack cheese, harissa, hoagie bun
- Lamb Melt** \$13  
roasted Peterson’s lamb, roasted red pepper feta spread, pesto, tomato, caramelized onions, greens, baguette
- Turkey Sloppy Jo** \$11  
Wild Acres ground turkey, pepper jack cheese, crispy onions, pickles, housemade sweet potato bun
- Seward Burger** \$14  
6 oz. Peterson beef patty, housemade sweet potato bun with rotating toppings
- Fried Chicken Sammy** \$13  
fried chicken, pepper jack cheese, bacon, ranch, guacamole, tomato, greens, housemade sweet potato bun

**CLASSICS**

- Crab Cake** \$14  
two fried crab cakes, arugula & tomato salad with olive and lemon, lemon aioli
- Seasonal Tacos** \$10  
(see special board) rotating taco with rotating seasonal ingredients
- Seasonal Pasta** \$14  
(see special board) rotating pasta, seasonal vegetable, housemade sauce, with choice of grilled chicken or tofu
- Biscuits & Gravy** \$11  
turkey sausage gravy, housemade biscuits, scallions, harissa  
*add two eggs: \$2*

**SOUP & SALAD**

- Soup of the Day** \$5/\$7  
(see specials board)  
*sub GF toast: \$1*
- Farmer Salad** \$8/\$12  
ingredients from local farms & vendors  
(see specials board)

= Made Without Gluten = Vegan = Vegan Upon Request

Please alert us if you have any food allergies or dietary restrictions.

# WINE

|                              |     |
|------------------------------|-----|
| White —                      |     |
| House White VERDEJO          | \$6 |
| From The Tank CHARDONNAY     | \$6 |
| Cline FARMHOUSE WHITE        | \$7 |
| Red —                        |     |
| House Red TEMPRANILLO        | \$6 |
| From The Tank CÔTES DU RHONE | \$6 |
| Altos MALBEC                 | \$7 |
| Sparkling —                  |     |
| Don Arturo CAVA              | \$7 |
| Rosé —                       |     |
| From The Tank GRENACHE       | \$6 |

## HAPPY HOUR

Wed.–Sat. from 2–6 p.m.

**\$1 off**  
beer, cider & wine

**\$10 burger special**  
burger + fries + pint of beer or kombucha  
(choose between Peterson beef or jackfruit sandwich)

**\$6 snacks** check the happy hour menu  
for what we're cooking up today

# BEER/CIDER

|  |      |            |
|--|------|------------|
| On Tap From MN —<br>pint // <b>\$6</b> half-pint // <b>\$4</b> |      | <b>ABV</b> |
| Indeed Flavorwave // IPA                                       | 6.2% |            |
| Bad Weather Hopcromancer // IPA                                | 7.0% |            |
| Fair State Co-op Pils // PILSNER                               | 4.9% |            |
| Steel Toe Dissent Dark Ale // STOUT                            | 7.0% |            |
| Fulton Lonely Blonde // BLONDE ALE                             | 4.8% |            |
| Sweetland Scrumpy Original // CIDER                            | 7.0% |            |
| Rotating Taps see specials board                               |      |            |
| Bottles & Cans —   |      | <b>ABV</b> |
| <b>\$6</b> each  |      |            |
| Bent Paddle Cold Press Black // ALE, 12 OZ.                    | 6.0% |            |
| Surly Furious // IPA, 16 OZ.                                   | 6.2% |            |
| Indeed Day Tripper // AMERICAN PALE ALE,<br>12 OZ.             | 5.4% |            |
| Burning Brothers Pyro // GLUTEN-FREE ALE,<br>16 OZ.            | 4.6% |            |
| Sweetland Orchard Cherry Rhubarb Cider,<br>12 OZ.              | 7.0% |            |

## OWNER APPRECIATION DAY

Every Thursday

**15% Off!**  
All Seward Co-op Owners receive 15% off  
their entire order.

*Interested in becoming an owner? Ask one of our  
friendly staff to learn more or visit  
seward.coop/become-an-owner*

# NON-ALCOHOLIC

|  |                |             |        |
|--|----------------|-------------|--------|
| COFFEE   | 8oz            | 12oz        | 16oz   |
| Bottomless Coffee (in-house only)  |                |             | \$2.5  |
| Coffee To-go   | \$1.5          | \$2         | \$2.5  |
| Nitro Cold Press   |                | \$3.5       | \$4    |
| ESPRESSO   | single shot    | double shot |        |
| Espresso <small>decaf available</small>  | \$1.5          | \$2.5       |        |
| Macchiato  | \$2.5          | \$3.5       |        |
|  | 8oz            | 12oz        | 16oz   |
| Latte <i>iced available</i>  | \$3.5          | \$4         | \$4.5  |
| Mocha <i>iced available</i>  | \$3.75         | \$4.25      | \$4.75 |
| Cappuccino   | \$2.5          | \$3         | \$3.5  |
| Americano <i>iced available</i>  | \$1.5          | \$2.5       | \$2.5  |
| TEA & MORE   |                |             |        |
| Tea Latte <i>iced available</i><br>chai, matcha, earl grey, tumeric-ginger<br>(sweetened or unsweetened) | \$3.5          | \$4         | \$4.5  |
| Hot Tea  | \$2 (any size) |             |        |
| Iced Tea   |                | \$2         | \$2.5  |
| Lemonade   |                | \$2.5       | \$3    |
| Hot Cocoa  | \$2.5          | \$3         | \$3.5  |
| Steamer  | \$2.5          | \$3         | \$3.5  |
| Kombucha on Tap<br><i>ginger-berry, black cherry vanilla,<br/>or mint, lime &amp; cayenne</i>            |                | \$3.25      | \$4.25 |

## EXTRAS:

|   |   |               |
|---|---|---------------|
| Non-Dairy Milk<br><i>soy, almond or coconut</i> | Flavor Shot<br><i>vanilla, caramel, chocolate,<br/>seasonal</i> | <b>\$0.50</b> |
|---|---|---------------|

# DESSERTS

|  |                       |
|--|-----------------------|
| Ice Cream  | <b>\$4.25/ \$7.45</b> |
| Locally made ice cream and sorbet from<br>Sonny's Ice Cream. See cooler for today's flavors. |                       |
| Pie & Cheesecake   | <b>\$4.5</b>          |
| Seward-made from scratch. See cooler for today's<br>flavors.                                 |                       |
| Cream Puff   | <b>\$2</b>            |
| Seward-made from scratch.  |                       |
| Cookie   | <b>\$1.5</b>          |
| Seward-made from scratch. See counter for today's<br>flavors.                                |                       |



## THANK YOU TO OUR FEATURED PRODUCERS:

- Bread – *Baker's Field (Minneapolis, MN)*
- Pork and Beef – *Peterson Craftsman Meats (Osceola, WI)*
- Poultry – *Wild Acres (Pequot Lakes, MN)*
- Maple Syrup – *Maple Valley Co-op (Cashton, WI)*
- Eggs – *Larry Schultz (Owatonna, MN)*

Small. Local. Cooperative.  
Inclusive. Sustainable.

Community Foods is a Seward Co-op  
labeling program featuring producers  
that best align with our cooperative  
values and mission to sustain a healthy  
community.