BOWLS

**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

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SANDWICHES

**Ginger Peanut Tofu Wrap** $11 + add fries: $2 | hashbrowns: $3 | greens: $4
Marinated tofu, ginger-peanut sauce, cucumbers, red peppers, greens, scallions, cilantro, wheat tortilla

**Maple Buffalo Jackfruit** $12 + fresh fruit: $3
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

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CLASSICS

**Crab Cake** $14 + add two eggs: $2
Two fried crab cakes, arugula & tomato salad with olive and lemon, lemon aioli

**Seasonal Pasta** $14
(See special board) Rotating pasta, seasonal vegetable, housemade sauce, with choice of grilled chicken or tofu

**Seasonal Tacos** $10
(See special board) Rotating taco with rotating seasonal ingredients

**Biscuits & Gravy** $11
Turkey sausage gravy, housemade biscuits, seasonings, harissa

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SOUP & SALAD

**Soup of the Day** $5/$7
(Sub GF toast: $1)

**Farmer Salad** $8/$12
Ingredients from local farms & vendors

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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

**Two Eggs Your Way** $13
Hashbrowns, choice of bacon, housemade pork, chicken, or vegan sausage or hamburger patty, toast, butter and/or housemade jam

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**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 |

### BEER/CIDER

| On Tap From MN — pint // $6 half-pint // $4 |
| 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% |

### NON-ALCOHOLIC

#### COFFEE

| Bottomless Coffee (in-house only) 8oz 12oz 16oz |
| Coffee To-go 1.5 1.5 1.5 |
| Nitro Cold Press 1.5 1.5 1.5 |

#### ESPRESSO

| Espresso single shot 1.5 2.5 3.5 |
| Macchiato double shot 2.5 3.5 4.5 |

| Latte iced available 3.5 4.5 4.5 |
| Mocha iced available 3.75 4.25 4.75 |
| Cappuccino 2.5 3.0 3.5 |
| Americano iced available 1.5 2.5 2.5 |

#### TEA & MORE

| Tea Latte iced available chai, matcha, earl grey, tumeric-ginger (sweetened or unsweetened) 3.5 4.5 4.5 |
| Hot Tea 2 (any size) 1.2 2.5 2.5 |
| Iced Tea 2.5 3.0 3.5 |
| Lemonade 2.5 3.5 |
| Hot Cocoa 2.5 3.5 |
| Steamer 2.5 3.5 |
| Kombucha on Tap 3.25 4.25 |

#### EXTRAS:

| Non-Dairy Milk soy, almond or coconut |
| Flavor Shot vanilla, caramel, chocolate, seasonal 0.50 |

### DESSERTS

- **Ice Cream** $4.25/ $7.45
  Locally made ice cream and sorbet from Sonny’s Ice Cream. See cooler for today’s flavors.

- **Pie & Cheesecake** $4.5
  Seward-made from scratch. See cooler for today’s flavors.

- **Cream Puff** $2
  Seward-made from scratch.

- **Cookie** $1.5
  Seward-made from scratch. See counter for today’s flavors.

### 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

### 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**

### 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)

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.