



AUGUST MENU



August 2 – New! Chicken or Tofu Shawarma

Our version of this Middle Eastern classic. Your choice of chicken or tofu roasted with a blend of cumin, coriander, cinnamon and other spices

SIDES: Tomato cucumber salad, yellow rice and taratour sauce.

All made without gluten ingredients.

August 9 – Chicken or Seitan BBQ

BBQ chicken drumsticks or our housemade seitan BBQ

SIDES: Texas Caviar and Lively Carrots & Beets.

Made without gluten ingredients, except for seitan which contains gluten.

August 16 – Baked Potatoes with Turkey or Tempeh Chili

Baked potato topped with turkey or tempeh chili. Tempeh is from local Flying Tempeh Brothers!

SIDES: Veggie toppings and Baja slaw.

All made without gluten ingredients.

August 23 – Beef or Mushroom Pasta Bolognese

Bowtie pasta with beef or vegan mushroom Bolognese sauce.

SIDES: Garlic bread and organic green salad.

Contains gluten.

August 31 – Cuban Chicken or Tofu

Chicken or tofu cubes simmered in a citrusy Cuban mojo sauce.

SIDES: Mango black bean salad and cilantro lime rice, made with organic black beans & rice.

All made without gluten ingredients.

EVERY THURSDAY 5-8pm

1. Buy a \$5 Dinner TOKEN

Grab a drink and dessert while you're at it.

2. Bring your token to the DELI HOT BAR

3. Dinner is served!

You get one entrée portion and as much of our \$5 Dinner sides that will fit on your plate or takeout box.



Menu subject to change without notice. No substitutions

\$5 Dinners are a Co+op Basics item and no further discounts may be taken. Price is already as low as we can go.