

Desserts

Cookies-Chocolate Chip, Peanut butter, Cowboy
White Chocolate Chip \$1.99
Dessert Bars-Lemon, Chocolate Chip Banana, Zen \$1.99
Brownies-Blondies-Etc \$2.49
Cakes-Carrot, Chocolate, Gluten Free 1/4 Sheet \$24.99
1/2 Sheet \$39.99 Full Sheet \$59.99 6" Layer \$15.99
Cupcakes any flavor \$3.99 Cheesecake any flavor \$19.99
Wedding Cakes Call for appointment

Ordering Info

No Minimum required

Delivery & Set up Charges

Up to 25 \$15 Up to 50 \$30 100 or more \$50

Call for out Middlebury charge

Payment Due day of event

48 hour notice recommended

Same day Ordering available Call for choices

Prices do not include tax

**We process nuts, wheat, dairy, soy, etc.
at our facility**

Additional Menu options available

Prices include plates, cups, etc.

We use compostable products when possible

Prices subject to change

Middlebury Natural Foods Co-op

*We always use Natural
Ingredients free of Artificial
stuff. When possible we use
Local & Organic Ingredients.*

*We offer Vegan, & Vegetarian
Fare as well as Gluten Free
and any Special Menu needs.*

*We do
Breakfast, Lunch, Dinner, Snacks
Pick up, Delivery, Set up*

*Chocolate/Nacho Cheese Fountain
Organic all Fruit Smoothie Bar.*

*Book your Holiday, Office,
Birthday Party or Reception today.*

*Same day service available for
Salads, Sandwiches & Party Trays.*



Middlebury Natural
Foods Co-op

Catering Menu



**Middlebury Natural
Foods Co-op
9 Washington Street
Middlebury Vermont 05753**

Phone 802.388.7276
Fax 802.388.4817
Middleburycoop.com

Chocolate Fountain



Appetizers & Party Platters

Fresh Vegetable Platter seasonal vegetables with choice of dip S \$25 M \$45 L \$65

Fresh Fruit Platter S \$30 M \$50 L \$75

Mediterranean Platter hummus, dolmas, olives, tabbouleh, and tapenade. Served with pita chips. S \$35 M \$65 L \$90

Vermont Cheese Platter Variety of local artisan cheeses, served with fresh apples, crackers & fresh baked baguettes. S \$60 M \$100 L \$140

Shrimp Cocktail S \$55 M \$90 L \$125

Asian Dumplings Thai & Hunan dumplings served on a bed of veggie lomein with dipping sauce. S \$30 M \$50 L \$75

Garlic Steak Skewers \$27.95 / Dozen

Thai Chicken Drumettes \$19.95 / Dozen

Shrimp Skewers \$24.94 / Dozen

Spring Rolls Chicken or Veggie \$17.95 / Dozen

Chips & Salsa S \$20 M \$40 L \$65

Artichoke Dip served with fresh baked baguette S \$30 M \$50 L \$75

Samosas \$24 / Dozen

Small serves 12

Medium serves 24

Large serves 36

Breakfast

The Bakery Tray: Scones & Muffins

Served with butter & jam \$3.50

Bagel Basket with cream cheese \$2.50

Granola and Yogurt. \$3.50

Breakfast Burritos or Breakfast Sandwiches. \$5.99

Quiche any style \$20 each

Lunch

Barnyard Dance - Turkey, Cheese, Bacon & Veggie

Turkey on the Cape - Turkey, Cheese & Veggies.

Middlebury Panther - Roast Beef, Cheese & Veggies

Portobello Supremo - Mushrooms & lots of Veggies

Veggie Combo - Every Veggie we can find.

Build your own -Choose from Ham, Beef, Turkey,

Salami, Cheddar, Swiss, Mozzarella & Jack.

\$9.99 Includes Fresh fruit & a cookie

1/2 Sandwiches & 1/2 Wraps available

Bag / Box Lunches available.

Soup

We offer a selection of our own Soups. Some choices include: Chicken Noodle, Gypsy Soup, Minestrone & Turkey Chili. Includes a roll & butter. S \$3.95 L \$5.95

Salads

Caesar Salad, Chicken Caesar, Cobb Salad, Chef Salad, Chinese Chicken, Turkey Cranberry, Spinach, Garden Salad, Shrimp Louie. \$8.95

Deli Salads

Cous Cous - Potato - Pasta - Orzo - Veggie Lomein

Sweet Ginger Tofu - Sesame Peanut Noodles

Beet & Carrot - Thai & Hunan Dumplings - Slaw

Chickpea Masala - Deviled Eggs - Fiesta Chicken

Curry Chicken - Macaroni - Tabbouleh - Tuna

Tempeh Chicken Style -Tortellini -Greek Salmon

Call for current prices

Dinner

Dinners include two side dishes

Poultry

Grilled Chicken Breast choice of style

Fried Chicken

Seafood

Grilled Salmon choice of style

Shrimp Scampi

Pork

Roasted Tenderloin

Pork Roast choice of style

Beef

Pot Roast

Meatloaf

Pasta

Penne Primavera

Chicken Broccoli Alfredo

Sides

Rice Pilaf-Brown Rice-Garlic Mashed Potatoes

Roasted Red Potatoes-Baked Sweet Potatoes

Sautéed Greens-Honey Ginger Carrots

Vegetable Medley-Mixed Roots

Specialty Dishes

Served with choice of salad

Lasagna

Beef Stew

Stir-Fry

Pork Chili Verde

Enchiladas

Pot Pies

Shepherds Pie

Beverages

Coffee/Tea served with cream & sugar \$1.50

Lemonade/Ice Tea \$1.95

Spritzer/Bottled Tea \$1.95