

Support Your Community-Owned Co-op

A member-owned store since 1976 offering healthy lifestyle choices for both members and non-members. We support the regional economy by purchasing from many local farmers and producers.

A community resource, known as the place to go for educational offerings, café-style meetings and the latest information. Ask any of our staff to learn more about a product or if you have a health or nutrition question.

Mission Statement

The Belfast Co-operative Store is a membership owned and controlled organization that operates a retail outlet for whole natural foods and other goods and provisions. We strive to offer and promote the continued availability of a wide selection of products organically produced and locally sourced whenever available, at reasonable prices, to support healthy lifestyle choices for both our members and the general public.

Our intent is to be a resource for information and action concerning health, nutrition, and the source of our products, as well as for building community.

The Belfast Co-op accepts
credit cards, checks and cash.
We also have gift cards available.



123 High Street
Belfast, Maine 04915
(207) 338-2532
belfast.coop

CATERING MENU

We are happy to help you with your next party or event. Please give us 48 hours notice so we can be sure to serve you well. Call (207) 338-2532 or stop by the Co-op to place an order.

Vegetable Crudité Platter

A seasonal variety of fresh, organic vegetables such as broccoli, cauliflower, carrots, cucumbers and bell peppers. Choice of two dressings: Ranch or Italian
Serves 20: \$45.99

Seasonal Fruit Platter

Nature's freshest seasonal selections, such as assorted melons, citrus, grapes and strawberries. Served with a yogurt honey dip.
Serves 20: \$49.99

Meat and Cheese Platter

Top quality natural, preservative and additive free Garrett County meats with your favorite cheeses: roast turkey, roast beef, Virginia ham, provolone, Swiss and cheddar. Served with organic lettuce, tomato and onion, natural mayonnaise and mustard.
Serves 20 people: \$65.99

Mediterranean Platter

A cornucopia of old world favorites, including dolmas, tabouli, feta cheese, mixed Greek olives, pita bread, hummus and garnished with organic tomato and cucumber.
Serves 20: \$62.99



DELI TAKE-OUT MENU



*Fresh Soups, Salads
& Sandwiches Daily*

Deli Hours

7:30 am - 7 pm Daily

Co-op Hours

7:30 am - 8 pm Daily

To order, please call

(207) 338-2532

GRILLED SANDWICHES

- Made on your choice of Maine's own Barowsky's organic bread, Rudy's rye or white or wheat wrap.
- All veggies are organic.
- Additive and preservative free deli meats from Garrett County.

MAINE MADE REUBEN \$8.29
 Corned beef, Morse's sauerkraut, Co-op 1000 Island dressing, swiss cheese on Rudy's rye bread

PORTABELLA CAPRESE \$7.95
 Roasted portabella, marinara, pesto, provolone, choice of bread

ROAST BEEF AND BOURSIN \$7.95
 Roast beef, Boursin cheese, red onion, sprouts, lettuce, choice of bread

GRILLED CHICKEN PESTO \$7.95
 Seasoned chicken breast, pesto, tomato, red onion, provolone, choice of bread

GOURMET GRILLED CHEESE \$5.95
 Cheddar, swiss, provolone, tomato, red onion, choice of bread

OTHER GRILLED CHOICES

QUESADILLA
 Black bean, grilled chicken, or bacon and scallions, queso, salsa, sour cream add 2 or more items \$1.50

Whole \$7.95
 Half \$4.95

NACHOS \$5.95
 Organic yellow corn chips, queso, tomato, organic black beans, salsa, sour cream

BURGERS \$6.50
 Local natural ground beef, Barowsky's wheat bun, lettuce, tomato, onion, pickle, cheese

ADD BACON \$1.50

VEGAN WALNUT OAT BURGER \$4.95
 with lettuce, tomato, onion, Barowsky's wheat bun

SALADS

Organic veggies, Newman's dressing, additive and preservative free Garrett County meats. housemade croutons

GREEN SALAD
 Lettuce, tomato, cucumber, bell pepper, red onion, carrot, sprouts, croutons

Small \$2.95
 Large \$4.99

CHEF'S SALAD
 Lettuce, tomato, cucumber, bell pepper, red onion, carrot, sprouts, turkey, ham, swiss, cheddar, egg, kalamata olives, croutons

Small \$4.99
 Large \$6.99

VEGAN CAFÉ SALAD
 Lettuce, tomato, cucumber, bell pepper, red onion, carrot, sprouts, marinated baked tempeh, vegan cheese, kalamata olives

Small \$3.95
 Large \$6.95

GREEK GODDESS \$7.50
 Lettuce, tomato, cucumber, roasted artichoke hearts, bell pepper, red onion, feta, mushrooms, kalamata olives

COBB SALAD \$7.95
 Lettuce, tomato, bell pepper, red onion, egg, cukes, grilled chicken breast, bacon, avocado

CO-OP CAESAR SALAD \$5.19
 Romaine lettuce, Co-op caesar dressing, parmesan cheese, croutons Option: grilled chicken \$7.99

COLD SANDWICH CHOICES

Garrett County Meats
 Virginia ham, roast beef, roast turkey, corned beef, bacon, smoky tempeh, hummus, tuna

Organic Veggies
 Lettuce, tomato, onion, carrot, sprouts, bell pepper, cucumbers

Cheese
 Provolone, cheddar, swiss, Veganrella

Condiments
 Canola mayonaise, yellow mustard, dijon mustard, honey mustard, vegenaise, horseradish

Sandwich Prices

Veggie and cheese **\$5.25** with meat **\$6.95**
 Tuna or hummus **\$5.95**
 Extras: Meat **\$1.50** Cheese **\$1.00** Veggies **\$0.75**

The Deli also makes vegetarian, vegan, and wheat free salads. Please ask about availability.

Some of Our Best Selling Dishes

*Emerald kale salad
 Lemon parmesan tortellini
 Carrot ginger raisin salad
 Orange ginger tofu
 Sweet & sour meatballs
 Spinach barley salad
 Tofu quinoa salad
 Springy quinoa salad
 Chicken salad with cranberries
 Curried mango chicken salad
 Potato salads
 Persian rice salad
 Spicy baked tempeh salad
 Broccoli raisin & cashew salad
 Three bean salad
 Southwest sweet potato salad
 Greek pasta salad
 Mediterranean tortellini salad*



Monday thru Friday Breakfast

Bagel & cream cheese
 Bagel & egg sandwich
 Bagel, egg & meat sandwich
 Breakfast burritos
 Scones & muffins

Weekend Brunch Selections

Huevos rancheros
 French toast
 Pancakes & waffles
 Breakfast sandwiches
 Breakfast burritos
 Tofu scramble
 Omelets
 Eggs & more