





Ingredients

ALL NATURAL MEATS:

 Niman Ranch® Corned Beef
 Niman Ranch® Nitrite-Free Bacon
 Niman Ranch® Nitrite-Free Ham
 Niman Ranch® Roast Beef
 Applegate Farms® Smoked Turkey
 Chicken Almond Salad
 Jerk Chicken Breast
 Garlic-lemon Chicken Breast

VEGETARIAN:

Blackened Organic Tofu
 Cashew-Jalapeño Spread
 Organic Baked Tempeh
 Portabella Mushroom
 Spiced Organic Tofu
 Tofooled Ya! Salad
 Vegan Gardenburger®

SEAFOOD:

Roasted Salmon
 Tuna Salad

CHEESES:

Brie
 Shullsburg Cheddar
 Chèvre (goat cheese)
 Shullsburg Pepper Jack
 Smoked Provolone
 Soy Cheese (vegan)

Shullsburg Swiss
 Veggie Neufchâtel


BREADS:



Cracked Wheat
 Marble Rye
 Pain au Levain
 Durum
 Sourdough
 Multi-grain Bun

CONDIMENTS:

Boetje's® Stone Ground Mustard
 Dijon Mustard
 Honey Mustard
 Yellow Mustard
 Vegenaise® (eggless mayonnaise)
 Vinaigrette with Italian herbs
 Muir Glen® Organic Ketchup
 Russian Dressing

TOPPINGS:

Avocados
 Caramelized Onions
 Carrots
 Cucumbers
 Green Onions
 Green Peppers
 Lettuce
 Mushrooms
 Pepperoncinis
 Red Onions
 Roasted Red Peppers
 Sauerkraut
 Spiced Fruit Chutney
 Spinach
 Spinach Pesto (no nuts!)
 Sun-Dried Tomato Spread
 Sunflower Sprouts
 Tomatoes
 Vegan Spinach-Walnut Pesto

 contains added nitrites
 contains nuts

Our sandwiches feature all natural, antibiotic and hormone-free meats, including Niman Ranch® nitrite-free ham and bacon, Niman Ranch® beef, Maverick Ranch® free-range chicken, Applegate Farms® turkey, and farm raised salmon. Vegan and vegetarian sandwiches are available using tofu, tempeh, or Gardenburger®, plus a wide assortment of delicious nuts and veggies. Try all 34 unique sandwich creations and pick your favorites.

To order a lunchbox with a half or whole sandwich, a deli salad, cookie, napkin, and fork, please call our catering department in Coralville at (319) 358-5513. Lunchbox orders require 24 hours minimum notice. Please order 72 hours in advance for lunchbox orders of 20 or more.

Sandwich trays including meat, cheese, spread, veggies, and bread are available for parties of 10 or more. Orders must be placed at least 48 hours in advance.

The deli is open daily at both New Pioneer locations 7AM until 9PM. For orders of 10 or more, please call the deli before 10AM.

 Printed on alternative fiber, no new trees.
 50% recycled paper
 30% post consumer waste

breakfast

SERVED 7–10:30AM

Burritos

VEGETARIAN BREAKFAST BURRITO \$3.99

Two Farmers' Hen House organic free-range eggs, Stacy's Organic tortilla, potatoes, green peppers, red onions, mushrooms, Italian herbs, and Cheddar cheese.

 vegetarian
 vegan

VEGAN BREAKFAST BURRITO \$4.49

Stacy's Organic tortilla, tofu or tempeh, potatoes, green peppers, red onions, mushrooms, Italian herbs, and soy cheese.

BREAKFAST BURRITO WITH MEAT \$4.99

Two Farmers' Hen House organic free-range eggs, Stacy's Organic tortilla, Niman Ranch® bacon or ham, potatoes, green peppers, red onions, mushrooms, Italian herbs, and Cheddar cheese.

Croissants

VEGETARIAN BREAKFAST CROISSANT \$3.99

Two Farmers' Hen House organic free-range eggs, croissant, and Cheddar cheese.

BREAKFAST CROISSANT WITH MEAT \$4.99

Two Farmers' Hen House organic free-range eggs, croissant, Niman Ranch® bacon or ham, and Cheddar cheese.

Toast

TOAST WITH CASHEW SPREAD \$1.99

Choice of New Pioneer Food Co-op Bakehouse Bread. One slice of bread and cashew-jalapeño spread.

À la carte

Side orders of: Farmers' Hen House organic free-range eggs, Niman Ranch® bacon, or cheese.

2 EGGS \$1.49

1 SLICE OF BACON \$1.29

2 EGGS AND 2 SLICES OF BACON \$3.99

1 SLICE OF CHEESE 30¢

Great coffee and cappuccino available at the coffee bar!

22 S. VAN BUREN ST.
 IOWA CITY, IA 52240
 (319) 338-9441
 OPEN 7AM–11PM DAILY

CITY CENTER SQUARE HWY. 6 W.
 CORALVILLE, IA 52241
 (319) 358-5513
 OPEN 7AM–10PM DAILY

all shoppers welcome
www.newpi.com



NEW
PIONEER
food co-op

deli

The definitive guide to New Pioneer Food Co-op's award winning sandwiches.

Hot Sandwiches

Please allow at least 8–10 minutes preparation time if you like it hot.
All sandwiches served with a pickle spear.

HOT SALMON ROAST **WHOLE \$7.99**

Roasted farm raised salmon steamed with caramelized onions, cucumbers, sunflower sprouts, lettuce, and tomatoes on durum bread.

HOT HAM & CHEESE **WHOLE \$6.99**

Nitrite-free ham steamed with red onions, veggie Neufchâtel, smoked provolone cheese, lettuce, and tomatoes on grilled sourdough bread.

ANGUS & ANDY'S PHILLY FINALE **WHOLE \$6.99**

The classic Philly! All natural roast beef with sautéed red onions and peppers, topped with herbs, melted smoked provolone and pepper jack cheeses on grilled sourdough bread.

THE BRIE BEAST **WHOLE \$7.99**

All natural roast beef with melted Brie cheese, roasted sweet peppers, lettuce, and tomatoes on Pain au Levain.

WEINBERG'S WISEGUY REUBEN **WHOLE \$7.49**

Corned beef, sauerkraut, Swiss cheese, and Russian dressing steamed together and served on grilled marble rye bread with veggie Neufchâtel.

THE JERK **WHOLE \$6.99**

Sweet and spicy grilled all natural jerk chicken breast, steamed with melted pepper jack cheese and served with spiced fruit chutney, cucumbers, red onions, sprouts, and lettuce on a grilled multi-grain bun.

THE SKY IS FALLING IN PHILLY **WHOLE \$6.99**

Grilled and sliced all natural garlic-lemon chicken breast sautéed with red onions, peppers, and Italian herbs, topped with melted smoked provolone and pepper jack cheeses on grilled sourdough bread.

TURKEY REUBEN **WHOLE \$6.99**

Thinly sliced smoked turkey steamed with sauerkraut, roasted red peppers, Swiss cheese, and Russian dressing on grilled marble rye bread.

TURKEY MEATLOAF **WHOLE \$7.99**

Our stuffed turkey meatloaf filled to the brim with spinach and red peppers with smoked provolone cheese on sourdough bread.

VEGAN CAJUN TOFUWICH **WHOLE \$5.99**

🌿 Blackened organic tofu and pepperoncinis steamed and served on grilled sourdough bread with Vegenaïse®, avocados, and tomatoes.

BRAD'S POTENT PESTO TOFUWICH **WHOLE \$7.99**

🌿 Organic spiced tofu steamed with caramelized onions and smoked provolone cheese, topped with organic sunflower sprouts and tomatoes, and served on grilled sourdough bread with sun-dried Roma tomato spread and spinach pesto. (Substitute soy cheese and spinach-walnut pesto for vegan option.)

GRILLED VEGGIE-CHÈVRE **WHOLE \$5.99**

Steamed carrots, red onions, green peppers, pepperoncinis, chèvre and smoked provolone cheeses, topped with sunflower sprouts, spinach, and tomatoes on Pain au Levain.

GARDEN CHEESEBURGER **WHOLE \$4.99**

Grilled Gardenburger® with your choice of cheese and condiments on a multi-grain bun. Topped with red onions, spinach, and tomatoes. (Substitute soy cheese for vegan option.)

STEVE'S ROCKIN' REUBEN **WHOLE \$6.99**

Marinated baked organic tempeh with sauerkraut, Russian dressing, caramelized onions, and Swiss cheese on grilled marble rye bread. (Substitute soy cheese for vegan option.)

LA DOLCE VITA **WHOLE \$6.99**

Balsamic roasted portabella mushroom, roasted sweet peppers, spinach, and red onions with chèvre and smoked provolone cheeses on grilled durum bread. (Substitute soy cheese for vegan option.)

PAPAGAYO **WHOLE \$5.99**

Grilled sourdough bread with our own cashew-jalapeño spread, topped with steamed green peppers, pepperoncinis, tomatoes, mushrooms, and Cheddar and smoked provolone cheeses. Finished with spinach and sunflower sprouts. (Substitute soy cheese for vegan option.)

Cold Sandwiches

SALMON CLUB **HALF N/A** **WHOLE \$7.99**

Roasted farm raised salmon with lettuce, tomatoes, red onions, cucumbers, and sunflower sprouts, served on sourdough bread with Vegenaïse®.

THE BIG TUNA **HALF \$2.99** **WHOLE \$4.99**

Handmade tuna salad with fresh tomatoes and lettuce on sourdough bread.

COLD HAM & CHEESE **HALF \$3.99** **WHOLE \$6.99**

Nitrite-free ham with Swiss cheese, green peppers, tomatoes, and lettuce. Served on marble rye bread with Vegenaïse® and stone ground mustard.

THEE ROAST BEAST **HALF \$3.99** **WHOLE \$6.99**

All natural roast beef with Swiss cheese, lettuce, and tomatoes on Pain au Levain with your choice of condiments.

SURFER TURKEY **HALF \$4.99** **WHOLE \$7.99**

All natural smoked turkey breast with avocados, sunflower sprouts, tomatoes, spinach, and vinaigrette with Italian herbs on durum bread.

CLASSIC TURKEY **HALF \$3.99** **WHOLE \$6.99**

All natural smoked turkey breast, smoked provolone cheese, spinach, and tomatoes on Pain au Levain with your choice of condiments.

CHICKEN CLUB **HALF \$4.59** **WHOLE \$7.49**

Grilled and sliced all natural garlic-lemon chicken breast with nitrite-free bacon, red onions, lettuce, and tomatoes on Pain au Levain with your choice of condiments.

CHICKEN ALMOND SALAD **HALF \$3.99** **WHOLE \$6.99**

Our own handmade all natural chicken almond salad with lettuce and tomatoes on Pain au Levain.

TOFOOLED YA! **HALF \$3.49** **WHOLE \$5.99**

Our own savory mock chicken salad made with organic tofu, marinated tomatoes, and pecans, topped with sunflower sprouts, red onions, and lettuce on sourdough bread.

CASHEW ON A HOT TIN ROOF **HALF \$3.49** **WHOLE \$5.99**

New Pi's spicy cashew-jalapeño spread topped with green peppers, tomatoes, red onions, and fresh spinach on sourdough bread.

ROCK & ROLL AVOCADO TOFUWICH **HALF \$3.49** **WHOLE \$5.99**

Baked spiced organic tofu, avocados, green onions, cucumbers, sunflower sprouts, lettuce, and tomatoes on sourdough bread.

MEDITERRANEAN MARKET BASKET **HALF \$3.49** **WHOLE \$5.99**

Chock-full of vegetably goodness! Green onions, cucumbers, carrots, green peppers, tomatoes, lettuce, sunflower sprouts, with chèvre and smoked provolone cheeses on cracked wheat bread. (Substitute soy cheese for vegan option.)

EGG SALAD **HALF \$2.99** **WHOLE \$4.99**

New Pi's own tangy handmade egg salad, prepared using Farmer's Hen House organic free-range eggs, topped with fresh tomatoes and lettuce on Pain au Levain.

Kids Sandwiches

\$3.99

Also for the kid at heart! Served with a pickle spear.

SIMPLY TURKEY & CHEESE

SIMPLY HAM & CHEESE

SIMPLY CHEESE, TOMATOES, & LETTUCE

GRILLED CHEESE

PEANUT BUTTER & RASPBERRY JELLY

vegetarian
vegan
contains nuts