SWEET WILLOW HERBAL CO-OP

STORE HOURS

Closed	**Sunday and Monday**
Tuesday	**10 - 4**
Wednesday	**10 - 4**
Thursday	**10 - 5:30**
Friday	**10 - 4**
Saturday	**10 – 4**

ASK ABOUT OUR SEASONAL GIFT BOXES

SOUPS - fresh homemade soups daily

Bowl $8 Quart $12

Bowl of Soup & 1/2 sandwich $13.75
Bowl of Soup & whole sandwich $15.75

SANDWICHES $8.50

Grilled cheese sandwich with our own pesto and apple slices. Vegan or dairy cheese

Grilled peanut butter with apple slices and/or elderberry jelly

Hearty vegetable hummus sandwich with hummus and roasted veggies

TTLA a hearty sandwich with Tempeh, Tomato, Lettuce and Avocado guacamole.

SEASONAL SPECIALS -

3 Cookies $5
Seasonal Drink and a cookie $5
Herbally infused hot cocoa and a cookie $5

ASK ABOUT OUR DAILY BAKERY SPECIALS!
(Many GF and/or vegan!)

Veggie Protein OR Salad Bowls $12

STEP 1) **SELECT A PROTEIN:**

*Marinated Tempeh *Marinated Tofu

*Black Beans

STEP 2) **SELECT RICE OR FARRO**

STEP 3) **SELECT YOUR UNIQUE BLEND:**

- **THE THAI**

roasted sweet potato, roasted carrot, sauteed greens, chopped peanuts, topped with our yummy peanut sauce

- **THE MEDITERRANEAN**

black olives, sundried tomatoes, roasted zucchini, roasted peppers, topped with our vegan citrus sauce

- **THE VEGGIE CRAZY**

roasted blend of sweet potato, peppers, carrot, beets, sauteed kale, chickpeas, topped with our tahini miso sauce

DRINK SPECIALS

Cup of our blended herbal tea	$3
Cup of herbal or mushroom chai	$4
Cup of herbal matcha, cocoa, coffee or mocha	$5

ADD EXTRA INGREDIENTS $1 TO ANY BOWL:

avocado guacamole, black olives, cashews, chia seeds, extra protein, hemp seeds, nutritional yeast, salsa, sunflower seeds, sun dried tomatoes, chopped tomatoes.