



# Ever'deli

We offer the freshest organic lunch around! Stop in today for one of our famous stir fry's , Thai tuna burger, or one of our homemade hot soups. We have everything you need for a delicious and nutri-

We accept cash, checks, and all major credit/debit cards. Look for our buy one get one free entrée coupons in your local coupon book!

Menu subject to change without notice. Original publish date 11/26/2009.

**Ever'man Natural Foods Co-Op**  
315 West Garden Street  
Pensacola, Florida  
32502  
850.438.0402

**Fax your orders directly to the deli!**  
850.429.9074

Store hours:  
M-S 7am-9pm, Sun 10am-7pm  
Deli Hours:  
M-F 7am-7pm S 7am-6pm  
Sun 10am-6pm

**Come home to Ever'man  
Natural Foods Co-Op.**

Come and dine in style at the largest natural foods co-op between Jacksonville and New Orleans.

Our deli is something to brag about! Home cooked meals, made in small batches from the freshest organic ingredients available. You'll truly be glad you came.

## BREAKFAST

Breakfast items are pre-made daily and available in our grab and go cooler section. Pick one up with a cup of fair trade organic coffee for the perfect breakfast on the go!

### FILLERUP \$ 3.99

English muffin, veggie bacon, egg and cheese. Look out fast food!

### MINI QUICHES \$ 3.99

In assorted flavors

### TOFU BURRITO \$ 2.99

Sautéed tofu with celery and onions in a wheat tortilla.

## SOUPS

Every day we offer 1 vegetarian or vegan soup, as well as 1 meat soup. All homemade and delicious.

CALL FOR DAILY SELECTIONS

### 8OZ SOUP CUP \$ 2.89

### 12OZ SOUP BOWL \$ 3.99

## WHEATGRASS, FRESH JUICES AND SMOOTHIES

Don't forget to pick up a refreshing and healthy beverage while you're here!

## SANDWICHES

We offer a variety of sandwiches that are made fresh daily and served on sprouted bread or a tortilla. Below are our staple sandwiches that we have every day. Additional selections vary.

### TURKEY & SWISS \$ 6.49

### TUNA \$ 5.49

### AVOCADO & TOMATO \$ 5.99

### MOM'S CHEESE \$ 4.99

### JAMAICAN WRAP \$ 3.99

### ELLEN'S CRANBERRY WRAP \$ 7.99

## STIR FRY'S

Organic ingredients, made in house, freshest lunch around. Stir fry mix contains broccoli, cabbage, onions, carrots, and mushrooms.

### CHICKEN STIR FRY \$ 7.99

### VEGETABLE STIR FRY \$ 6.99

### TOFU STIR FRY \$ 6.99

## BURGERS

Offered fresh daily, try them "All The Way" with lettuce, tomato, onion, mayo and mustard.

### THAI TUNA BURGER \$ 6.99

OR  
GARDENBURGER

## HOT ENTREES

Every day we offer at least one vegetarian or vegan entrée as well as one meat entrée. All selections are served hot with a side salad and your choice of dressing.

LUNCH IS SERVED 1030AM-230PM

CALL FOR DAILY SELECTIONS

### ALL ENTREES \$ 6.99

### OR \$ 7.99

Salad dressing choices:

Annie's Goddess  
Annie's Ranch  
Drew's Balsamic  
Drew's Garlic Italian  
Drew's Poppyseed  
Drew's Raspberry Vinaigrette  
In House Greek Vinaigrette

Please note:

All hot entrees, soups and sandwiches are made fresh and served daily Monday through Saturday. The kitchen rests on Sundays.

## DESSERTS

Can't bake? Don't worry, we can! Baked fresh daily, we offer an extensive variety of fresh baked goods to finish off your meal perfectly.

### MUFFINS & BARS \$ 2.49

### COOKIES \$ 1.49