

CAFE MENU

(217) 239-4525

7:30am - 6pm

**300 S BROADWAY AVE
SUITE #166 URBANA, IL
61801**



COMMON GROUND
food co-operative • urbana, illinois

tea & more

| | 12 OZ | 16 OZ |
|---|--------|--------|
| HOT CHOCOLATE Co-op Made Chocolate Sauce + Steamed Milk | \$3.00 | \$3.50 |
| STEAMER Flavor Shot + Steamed Milk | \$2.50 | \$3.00 |
| GOLDEN MILK LATTE Turmeric Spice Blend + Steamed Milk | \$3.50 | \$4.00 |
| CHAI TEA LATTE Co-op Made Chai Concentrate + Steamed Milk | \$3.50 | \$4.00 |
| DIRTY CHAI Chai Latte + 2 Shots of Espresso | \$5.00 | \$5.50 |
| LONDON FOG LATTE Earl Grey + Vanilla + Steamed Milk | \$3.50 | \$4.00 |
| MATÉ LATTE Yerba Maté Tea + Ginger + Steamed Milk | \$3.50 | \$4.00 |
| GINGER MINT TEA LATTE Peppermint Tea + Ginger + Steamed Milk | \$3.50 | \$4.00 |
| VANILLA ASSAM LATTE Assam Black Tea + Vanilla Bean + Steamed Milk | \$3.50 | \$4.00 |
| HONEY BEE TEA LATTE Lemon Ginger Tea + Honey + Cinnamon + Steamed Milk | \$3.50 | \$4.00 |
| MATCHA HONEY LATTE Matcha Green Tea Powder + Honey + Steamed Milk | \$3.50 | \$4.00 |
| HOT TEA Assam, China Green, Yerba Maté, Jasmine Green, Chai, Earl Grey, Lemon Ginger, Hibiscus Mint, Peppermint | \$2.00 | \$2.00 |
| ICED TEA Green, Black, or Hibiscus Mint | | \$2.00 |
| FLAVORED ICED TEA Choice of Tea with Our Housemade Syrups choose from Cardamom Ginger Vanilla | | \$2.50 |

milk options

Local Kilgus Milk (Skim, 2%, Whole), Half & Half, Soy, Almond, Oat

co-op made flavor shots +50¢

Cardamom, Ginger, Vanilla Bean, Chocolate Sauce, Chai

monin syrups +50¢

Caramel, Salted Caramel, Raspberry, Amaretto, Hazelnut, Sugar-Free Hazelnut, Sugar-Free Caramel, Sugar-Free White Chocolate

add whipped cream +50¢

extra shot of espresso +\$1.50

coffee & espresso

| | | |
|--|--------|--------|
| ESPRESSO DOUBLE SHOT | | \$3.00 |
| CAFÉ CUBANO 2 Shots Espresso + Sugar | | \$3.00 |
| MACCHIATO 2 Shots Espresso + A Dollop of Milk Foam | | \$3.00 |
| | 12 OZ | 16 OZ |
| COLD BREW COFFEE | | \$2.00 |
| AMERICANO 2 Shots Espresso + Hot Water | \$3.00 | \$3.00 |
| CAPPUCINO 2 Shots Espresso + Milk Foam | \$3.50 | \$4.00 |
| RED EYE Drip Coffee + Shot of Espresso | \$3.50 | \$4.00 |
| CAFÉ MIEL 2 Shots Espresso + Honey + Cinnamon + Steamed Milk | \$4.00 | \$4.50 |
| SPICY CAFÉ MIEL Café Miel + Cayenne | \$4.00 | \$4.50 |
| LATTE 2 Shots Espresso + Steamed Milk | \$3.50 | \$4.00 |
| LUSCIOUS LATTE Latte + Cardamom + Ginger | \$4.00 | \$4.50 |
| SNICKERDOODLE LATTE Latte + Vanilla Bean + Cinnamon | \$4.00 | \$4.50 |
| CRÈME BRÛLÉE LATTE Latte + Caramel + Vanilla Bean | \$4.00 | \$4.50 |
| CARDAMOM LATTE Latte + Cardamom | \$4.00 | \$4.50 |
| GINGER LATTE Latte + Ginger | \$4.00 | \$4.50 |
| VANILLA BEAN LATTE Latte + Vanilla Bean | \$4.00 | \$4.50 |
| AMARETTO LATTE Latte + Amaretto | \$4.00 | \$4.50 |
| HAZELNUT LATTE Latte + Hazelnut | \$4.00 | \$4.50 |
| MOCHA 2 Shots Espresso + Co-op Made Chocolate Sauce + Steamed Milk | \$4.00 | \$4.50 |
| RED HOT MOCHA Mocha + Cayenne + Cardamom | \$4.50 | \$5.00 |
| RASPBERRY MOCHA Mocha + Raspberry | \$4.50 | \$5.00 |
| HAZELNUT MOCHA Mocha + Hazelnut | \$4.50 | \$5.00 |
| SALTED CARAMEL MOCHA Mocha + Salted Caramel | \$4.50 | \$5.00 |

all day breakfast

LOCAL BAGEL \$2.00

Bagel with Peanut Butter

Bagel with Arugula Pesto

Bagel with Hummus

Bagel with Cream Cheese

Bagel with Vegan Cream Cheese

+ cinnamon sugar or garlic herb topping available at no additional charge

TOASTED AVOCADO BAGEL \$5.00

Local Bagel + Avocado + Salt + Pepper +

Sesame Seeds

LOCAL BAGEL, EGG, & CHEESE \$6.00

Local Bagel + Local Cheese + Local Eggs

with Ham

with Breakfast Seitan

with Bacon

with Avocado

with Smoked Turkey

SUNRISE VEGGIE BAGEL \$8.50

Eggs + Cheddar + Arugula Pesto + Spinach

+ Caramelized Onions + Tomato + Avocado

FARMER'S BAGEL \$9.00

Ham + Eggs + Cheddar + Spinach

+ Caramelized Onions + Tomato

add-ons +75¢

Tomato, Onion, Carrot, Spinach, Basil, Cucumber, Bell Pepper, Sauerkraut, Jam, Pickle, Artichoke Hearts, Hot Peppers, Arugula Pesto, Honey, Caramelized Onions, Pizza Sauce, Hummus, Peanut Butter

premium add-ons +\$1.50

Ham, Smoked Turkey, Tuna Salad, Pepperoni, Bacon, Pastrami Seitan, Breakfast Seitan, Asian Baked Tofu, Tofu "Egg" Salad, Roasted Butternut Squash, Avocado

freebies

Mayonaise, Veganaise, Stone Ground Mustard, Vegan Thousand Island Dressing, Ranch, Red Wine Vinegar

signature sandwiches

PB & J

Peanut butter + Raspberry Jam + 7-Grain Bread

Toasted or cold, your choice!

\$3.00

TOASTED CHEESE

Local Cheddar + Sourdough Bread

\$5.00

HUM-MAZING HUMMUS

Co-op Made Hummus + Tomato + Spinach + Cucumber

+ Carrot + Onion + Rye Bread

Toasted or cold, your choice!

\$5.00

CO-OP SEITAN REUBEN

Co-op Made Pastrami Seitan + Sauerkraut + Swiss or Daiya

Vegan Cheese + Vegan Thousand Island Dressing + Rye Bread

\$7.00

ROASTED BUTTERNUT SQUASH

Roasted Butternut Squash + Caramelized Onions

+ Arugula Pesto + Choice of Cheese + 7-Grain Bread

\$7.50

GROWN-UP TOASTED CHEESE

Cheddar + Colby Jack + Swiss Cheese + Tomato

+ Avocado + Spinach + Ciabatta Bread

\$7.50

PIZZA BAGEL

Pepperoni or Seitan Sausage + Co-op Made Pizza Sauce +

Caramelized Onions + Basil + Mozzarella + Sourdough Bagel

\$7.50

TURKEY & BACON MELT

Smoked Turkey + Bacon + Colby Jack + Ciabatta Bread

\$9.00

TURKEY & PESTO

Smoked Turkey + Swiss Cheese + Arugula Pesto +

Caramelized Onions + Spinach + Ciabatta Bread

\$9.00

TOASTED TUNA MELT

Co-op Made Tuna Salad + Cheddar + Tomato +

Sourdough Bread

\$9.00

HOT HAM & CHEESE

Ham + Swiss Cheese + Stone Ground Mustard

+ Caramelized Onions + Rye Bread

\$9.00

CO-OP CLUB

Smoked Turkey + Ham + Pepperoni + Cheddar + Pickles +

Tomato + Onion + Spinach + Mayo + Stone Ground Mustard

+ Sourdough Bread

\$10.00

build your own sandwich

\$9.00 BASE

1 CHOOSE YOUR BREAD

7 Grain

Ciabatta

Deli Rye

Sourdough

Bagel

Gluten-Free Bagel

Gluten-Free Bread

2 CHOOSE ONE CHEESE (Add more for 75¢ each)

Swiss

Cheddar

Mozzarella

Colby Jack

Cream Cheese

Vegan Daiya Cheese

Vegan Cream Cheese

Vegan Miyoko's Mozz

3 CHOOSE ONE PREMIUM FILLING (Add more for \$1.50 each)

Ham

Bacon

Pepperoni

Tuna Salad

Smoked Turkey

Avocado

Pastrami Seitan

Breakfast Seitan

Tofu "Egg" Salad

Asian Baked Tofu

Butternut Squash

4 PICK UP TO 3 FILLINGS (Add more for \$0.75 each)

Basil

Onion

Tomato

Carrots

Spinach

Cucumbers

Bell Peppers

Pickles

Hummus

Sauerkraut

Hot Pepper

Pizza Sauce

Arugula Pesto

Artichoke Hearts

Caramelized Onion

5 ADD CONDIMENTS

Mayonaise

Veganaise

Ranch

Red Wine Vinegar

Stone Ground Mustard

Vegan Thousand Island

PIZZA MENU

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61801**



COMMON GROUND
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signature pizzas

VEGGIE

SPINACH, BASIL & GARLIC \$14.00

Red Sauce + Choice of Cheese + Spinach + Basil + Garlic

BROCCOLI & CAMELIZED ONION \$14.00

Red Sauce + Choice of Cheese + Broccoli + Caramelized Onion

LOCAL 3 CHEESE \$14.00

Red Sauce + Local Mozzarella + Local Colby Jack + Local Cheddar + Garlic & Herb Topping

MEDITERRANEAN \$15.00

Arugula Pesto + Sun-Dried Tomato + Greek Olives + Artichoke Hearts + Basil + Local Mozzarella + Parmesan + Garlic & Herb Topping

BUTTERNUT SQUASH \$15.00

Arugula Pesto + Caramelized Onions + Choice of Cheese + Roasted Butternut Squash

VERY VEGGIE \$15.00

Red Sauce + Garlic + Bell Peppers + Tomato + Olives + Mushrooms + Choice of Cheese

SAVORY SEITAN SAUSAGE \$15.00

Red Sauce + Seitan Sausage + Caramelized Onion + Spinach + Miyoko's Vegan Mozz

MEAT

PEPPERONI \$14.00

Red Sauce + Local Mozzarella + Pepperoni

ITALIAN SAUSAGE & MUSHROOM \$15.00

Red Sauce + Local Mozzarella + Italian Sausage + Mushroom

BACON, TOMATO & CAMELIZED ONION \$16.00

Red Sauce + Local Mozzarella + Bacon + Tomato + Caramelized Onion

build your own pizza

\$12.00 BASE

1 CHOOSE YOUR CRUST

New York Style Crust
Wheat-Free Crust

2 CHOOSE A SAUCE

Homemade Red Sauce
Homemade Arugula Pesto

3 CHOOSE YOUR CHEESE

Fresh Mozzarella
Local Three Cheese Blend (add \$2)
Vegan Daiya Cheese
Vegan Miyoko's Mozz (add \$1)

4 ADD VEGGIES

(\$1.00 each)

| | |
|---------------|--------------------|
| Onions | Basil |
| Spinach | Broccoli |
| Mushrooms | Hot Peppers |
| Bell Peppers | Artichoke Hearts |
| Greek Olives | Sun-dried Tomatoes |
| Roma Tomatoes | Caramelized Onions |

5 ADD PREMIUM TOPPINGS

(\$2.00 each)

| | |
|------------------|-----------------|
| Asian Baked Tofu | Italian Sausage |
| Butternut Squash | Baked Chicken |
| Seitan Sausage | Pepperoni |
| Pastrami Seitan | Bacon |
| | Ham |

6 ADD ON FREEBIES

Red Chili Flakes
Parmesan Sprinkle
Fresh Minced Garlic
Garlic & Herb Topping Blend