



Bay View

Just South of California Street

2826 S. Kinnickinnic Avenue
Bay View, Wisconsin
414.755.3202

Open daily

www.outpost.coop

Outpost Catering

We offer a full range of party and meeting food from trays to entrées.

Contact our catering manager
414.755.3202 ext. 452
aviec@outpost.coop

Appetizers

Pan-seared Tofu Wontons \$5.99

Seasoned organic herb tofu, scallions, red pepper, mushrooms and basil pan-seared in wonton skins and served with sweet chili sauce.

Nachos \$4.99

Organic blue corn tortilla chips covered in melted pepper jack and smoked gouda cheeses, organic scallions, organic tomato and black olives, served with our homemade Salsa del Norte.

Garlic Cheese Ciabatta Bread \$3.99

Crusty ciabatta bread smothered in garlic butter, mozzarella and Parmesan cheese.

Entrées

Baked Penne with Marinara Sauce..... \$6.59

Brown rice penne pasta tossed with our homemade marinara sauce, topped with mozzarella, Parmesan and fresh basil, then roasted to a golden brown.

Coconut Basil Curry Stir Fry

We sauté our mildly spicy coconut basil curry sauce with organic broccoli, organic carrots, red pepper and organic onions, then serve over organic brown basmati rice.

Tofu \$5.99

Chicken \$7.99

Beef \$7.99

Quiche du Jour..... \$4.99

A generous slice of our quiche of the day served warm with a fresh organic side salad and your choice of dressing.

Four Cheese Pasta..... \$4.29

We combine sharp cheddar, mozzarella, Gruyere and Parmesan with pasta, top with golden panko garlic crumbs and bake to perfection.

Dessert

Mouth-watering homemade desserts are available from our bakery counter.

Char-Grilled Pizzas..... \$4.59

Individually sized for one and deliciously smoky from the char-grill!

Classic Margherita

Fresh mozzarella, fresh basil, organic tomato, olive oil, garlic & Parmesan

Grilled Vegetable

Organic vegetable medley (broccoli, yellow squash, mushrooms & zucchini), zesty tomato sauce, mozzarella & Parmesan

Pepperoni

Natural pepperoni, zesty tomato sauce, mozzarella & Parmesan

Chicken and Grilled Eggplant

Grilled eggplant, naturally raised chicken, goat cheese, olive oil, garlic, fresh basil, mozzarella & Parmesan

Coffee & More

Any hot drink can be iced!
Soy milk available upon request.

Organic Espresso \$1.09 single
\$1.49 double

Organic Coffee..... \$1.49 \$1.79

Organic Café Latte \$2.49 \$3.99

Hot Café Breve \$2.49 \$3.99

Organic Café Mocha \$2.49 \$3.99

Organic Chai..... \$2.99

Hot Tea or Iced Tea \$1.79

Hot Cocoa \$1.99

Add a flavor shot or whipped cream to any drink 50¢

Smoothies

Our smoothies are made with real frozen fruits and juices, and wholesome and organic ingredients.

Plus, we don't add ice or fillers!

16 oz.
Strawberry Supurb \$3.59
Strawberries, banana, apple & orange juice

Monkey Shake \$3.59
Banana, cocoa, tofu, soymilk & honey

Mauí Wauí Crush..... \$4.59
Mango, banana, pineapple juice & soy protein powder

Peach Ginger \$4.59
Peaches, ginger, green tea, lemon sorbet & white grape juice

Blue Moon \$4.59
Blueberries, banana & pineapple

Carribbean Dreaming \$3.59
Strawberries, banana, pineapple, coconut and lemon sorbet

Cranberry Sunrise \$4.89
Cranberries, raspberries, banana and apple juice

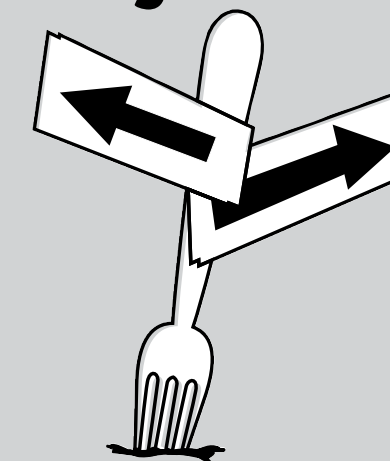
Growing Power
Wheatgrass Shot (1 oz.)..... \$2.59
served with a 1 oz. shot of organic orange juice

Nature created these succulent fruits; we just put our spin on it when we blend them up especially for you! Nothing added and overflowing with fresh flavor.

Menu

Fork in the Road
Café

Bay View



Your healthy road map to exciting new flavors!

OUTPOST
NATURAL FOODS

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Breakfast Served All Day!

Breakfast Burrito..... \$4.99
Scrambled organic eggs, organic onion, organic cilantro and tomato with Monterey jack cheese all tucked into an organic sprouted wheat tortilla and served with our homemade Salsa del Norte.

Tofu Breakfast Burrito.....\$4.99
A savory egg-free combination of locally made Simple Soyman® tofu, organic tomatoes, organic fresh cilantro and organic scallions, combined with black olives and savory herbs and spices. Tucked into an organic sprouted wheat tortilla and served with our homemade Salsa del Norte.

Sunrise Sandwich.....\$3.99
Fast food made fabulous! An organic egg, Gimme Lean® vegetarian sausage and Colby cheese layered on a sprouted whole-grain English muffin.

Omelet\$5.29
An organic egg omelet made your way. Select one meat/vegetarian option, one cheese and two vegetables from the list below. Served with organic toast.

Meat/vegetarian option

- ham • bacon
- vegetarian sausage

Cheese

- Colby • smoked baby Swiss
- Gruyere • goat cheese

Vegetables

- organic mushroom • organic onion
- organic tomato • black olives
- roasted red pepper • organic cilantro
- fresh basil

Additional toppings 75¢ each

French Toast.....\$4.59
Your choice of organic bread, dipped in fresh sweetly spiced egg batter and grilled to a golden brown. Served with 100% pure maple syrup.

Organic Steel Cut Oatmeal\$2.59
Amazingly simple, astoundingly delicious! A bowl of organic steel cut oats topped with dried cranberries and dusted with a hint of cinnamon. Served with steamed organic milk and organic sugar. **Add organic ground flax seed 35¢**

Organic Toast and Jam\$1.99
Your choice of bread or a whole-grain English muffin. Served with locally made Madam J's Jam and butter or soy margarine.

Organic Potato Home Fries with Balsamic\$1.49
Organic russet and organic jewel sweet potatoes tossed with balsamic vinegar, olive oil and our Bay View seasoning mix then pan-seared to a golden brown.

Bacon\$1.99
Three slices of tasty, all-natural Beeler's Bacon.

Vegetarian Sausage.....\$2.59
Two patties of grilled Gimme Lean® 'sausage'.

Taste the Difference!

We make our menu items from scratch using fresh natural and organic ingredients including seasonal produce, whole grains and other wholesome foods. Our eggs are local and organic, our coffee is locally roasted organic fair trade and even our tofu is produced locally in small batches. We guarantee you'll taste the difference!

Build Your Own Sandwich

#1 • The Whole Shebang\$6.99

Choose 1 of these –

- Black Forest ham • smoked turkey • bacon
- marinated chicken breast • beef burger
- curry mango chicken salad • tofu steak
- falafel • tofu burger • Greek Lentil burger

Choose a bread –

- Rye • Whole Wheat • Multi-grain • French
- Whole Wheat Pita • Sprouted Wheat Tortilla
- Gluten-free Flatbread

Choose 1 cheese –

- smoked baby Swiss • goat cheese
- shredded Parmesan • fresh mozzarella
- Colby • Gruyere

Choose up to 3 organic vegetables –

- baby greens • baby spinach • tomato
- roasted organic tomatoes • carrot slaw
- sprouts • red onion • cucumber

And top with 1 sauce –

- mayonnaise • Veganaise mayo
- Dijon mustard • yellow mustard
- cucumber cream cheese
- lemon tahini • spinach artichoke spread

#2 • Cheese Lovers\$5.99

Choose 1 cheese –

- smoked baby Swiss • goat cheese
- shredded Parmesan • fresh mozzarella
- Colby • Gruyere

Choose a bread –

- Rye • Whole Wheat • Multi-grain • French
- Whole Wheat Pita • Sprouted Wheat Tortilla
- Gluten-free Flatbread

Choose up to 3 organic vegetables –

- baby greens • baby spinach • tomato
- roasted organic tomatoes • carrot slaw
- sprouts • red onion • cucumber

And top with 1 of the sauces listed above

Sandwiches

All sandwiches served with our homemade potato salad and dill pickle spear.

Mozzarella, Tomato & Basil.....\$6.99
Fresh Wisconsin mozzarella and our homemade walnut basil pesto with organic tomatoes and shredded fresh basil. Served warm. Vegetarian

Golden Temple\$5.99
Avocado slices, organic tomatoes, organic red onions and Parmesan cheese lightly drizzled with balsamic vinegar and topped with organic sprouts. Served on grilled multi grain bread. Vegetarian - contains gluten

Falafel\$5.99
Three generous falafel, organic tomatoes, organic red onions, organic cucumbers and organic sprouts topped with tahini lemon sauce in a warm, whole wheat pita. Big enough to share! Vegan - contains gluten.

Joey's Fabulous Tofu Steak\$5.99
Marinated local tofu is tossed in a cornmeal breading and fried then served with caramelized organic onions, Veganaise mayo and red chili sauce. Best on toasted Italian Flat bread. Vegan – contains gluten

Veggie Stack\$5.99
Organic baby spinach, organic carrot slaw, creamy cucumber spread topped with organic tomatoes, organic red onions and organic sprouts. Vegan

Artichoke Chicken Breast\$6.99
Marinated and grilled all-natural Amish chicken breast and melted smoked baby Swiss topped with spinach artichoke spread, organic baby greens and organic tomato slices. Served warm.

Curried Mango Chicken Salad....\$6.99
Outpost's Own Curried Mango Chicken Salad is topped with organic baby spinach, organic tomatoes and organic sprouts.

Smoked Turkey with Goat Cheese and Fig\$6.99
All-natural smoked turkey breast and melted goat cheese topped with Outpost's Own mission fig preserves, organic red onions, organic baby greens and organic tomatoes. Served warm.

Turkey Club.....\$6.99

All-natural smoked turkey breast and nitrate-free bacon topped with oven-roasted organic tomatoes, Swiss cheese, organic baby greens and smoked paprika mayonnaise. Served warm.

BLT\$5.99
Oven-roasted organic tomatoes, nitrate-free bacon, organic baby greens with smoked paprika mayonnaise.

The Cuban\$6.99
All-natural Black Forest ham and all-natural smoked turkey, topped with Swiss cheese, mustard and dill pickles then grilled. Our twist on a Miami classic. Served warm.

Char-Grilled Burger
Pick your burger and add organic tomato, organic baby greens, organic red onion and your choice of cheese — Colby, smoked baby Swiss, Gruyere or goat cheese. Served on a bun.

All Natural Beef Burger\$6.99
Tofu Burger\$5.99
Greek Lentil Burger\$5.99

For the kid in all of us!

Served with a dill pickle spear.

Grilled Cheese Sandwich\$3.29
Colby cheese on bread of choice.

Peanut Butter and Jam Sandwich\$3.99
Organic smooth peanut butter and Madam J's locally made jam on bread of choice.

Hot Dog\$3.99
All-natural beef hot dog on a bun.