

SANDWICHES

Served with a bag of potato chips or potato salad side, and a dill pickle spear!

CLASSIC GRILLED CHEESE { \$5.99 }

Local Cedar Grove Mild Cheddar Cheese | Organic Butter | Multi-grain Bread | **vegetarian**

GRILLED HAM & CHEESE { \$7.99 }

Beeler’s Uncured Natural Ham | Local Cedar Grove Cheddar Cheese | Local Ron’s Herbed Cream Cheese | Organic Baby Spinach | Organic Tomato | Multigrain Bread

FALAFEL WRAP { \$9.99 }

Local Aladdin falafels | Co-op Made Tahini Lemon spread | Co-op Made Hummus | Organic Tomato | Organic Cucumber | Organic Red Onion | Whole Wheat Tortilla | **vegan**

JOEY’S FABULOUS TOFU { \$9.99 }

Marinated Tofu | Cornmeal Breading | Caramelized Organic Onions | Vegenaïse | Red Chili Sauce | Ciabatta Roll | **vegan**

CHICKEN & ARTICHOKE { \$10.99 }

Marinated Grilled All-Natural Chicken Breast | Local Chalet Smoked Baby Swiss | Co-op Made Spinach Artichoke Spread | Organic Baby Greens | Organic Tomato | Ciabatta Roll

SMOKED TURKEY WITH GOAT CHEESE { \$10.99 }

Ferndale Natural Smoked Turkey Breast | Local Montchevre Goat Cheese | Co-op Made Mission Fig Preserves | Organic Red Onion | Organic Baby Greens | Organic Tomato | Multi-grain Bread

FRESH MOZZARELLA TOMATO & BASIL { \$10.99 }

Local Grande Fresh Mozzarella | Co-op Made Walnut Basil Pesto | Organic Tomato | Fresh Basil | Ciabatta Roll | **vegetarian**

Our delicious homemade wheat-free flatbread is available for any sandwich by request.

TURKEY CLUB WITH BACON { \$11.99 }

Ferndale All-Natural Smoked Turkey Breast | Beeler’s Uncured Natural Bacon | Co-op Made Oven Roasted Organic Tomatoes | Local Chalet Smoked Baby Swiss | Organic Baby Greens | Smoked Paprika Vegenaïse | Ciabatta Roll

BREAKFAST SANDWICHES  
{ available all day }

SUNRISE SANDWICH { \$5.29 }

Organic Egg | Choice of Vegan Sausage Patty or Beeler’s Uncured Natural Bacon | Local Cedar Grove Mild Cheddar Cheese | English Muffin

BAGEL BACON SANDWICH { \$5.29 }

Organic Egg | Beeler’s Uncured Natural Bacon | Local Cedar Grove Mild Cheddar Cheese | Bagel

BREAKFAST BURRITO { \$6.29 }

Scrambled Organic Eggs | Organic Onion | Organic Spinach | Organic Tomato | Local Cedar Grove Mild Cheddar Cheese | Whole Wheat Tortilla

DAILY SPECIALS  
{ selection changes daily }

MADE FROM SCRATCH SOUPS

Our homemade soup selection changes daily. Pick up a monthly soup calendar in stores.

MADE FROM SCRATCH BAKERY

We use all-natural ingredients like local eggs and butter, and we make it organic whenever we can. Plus we have a full selection of wheat-free and dairy-free items so everyone can join in the fun!



Mequon  
7590 W. Mequon Road  
Mequon, Wisconsin  
262.242.0426 • Open daily

Don’t forget our other convenient locations!

Wauwatosa  
7000 W. State Street

Bay View  
2826 S. Kinnickinnic Avenue

Riverwest  
100 E. Capitol Drive

[www.outpost.coop](http://www.outpost.coop)

Potential Allergen Information

Our prepared foods, bakery and ready-to-cook meats are made in a facility that also processes milk, eggs, fish, shellfish, tree nuts, wheat and gluten, peanuts, soybeans, and sesame. While we adhere to good safety and cleanliness practices that help to ensure ingredients do not cross-contaminate other items, we cannot guarantee it.

{ Menu prices subject to change. }



SMOOTHIES  
{ 16 OZ. }

- MONKEY SHAKE { \$5.29 }**  
Banana | Cocoa | Tofu | Honey | Milk of Choice
- GOLDEN MONKEY SHAKE { \$4.39 }**  
Banana | Honey | Milk of Choice | Golden Milk Mixture (turmeric, cinnamon, cardamom, ginger, pepper)
- CHEEKY MONKEY SHAKE { \$6.49 }**  
Banana | Cocoa | Tofu | Honey | Milk of Choice | Espresso
- TROPICAL PARADISE { \$5.59 }**  
Mango | Peaches | Strawberries | Kefir | Pineapple Juice
- BLUE MOON { \$5.99 }**  
Blueberries | Banana | Pineapple Juice
- MAUI WAUI CRUSH { \$5.99 }**  
Mango | Banana | Pineapple Juice | Soy Protein Powder
- STRAWBERRY SUPERB { \$5.99 }**  
Strawberries | Banana | Apple Juice | Orange Juice
- CHERRY BERRY BLAST { \$5.99 }**  
Cherries | Strawberries | Raspberries | Apple Juice | Whey Protein Powder
- GINGER BERRY { \$5.99 }**  
Raspberries | Blueberries | Lemonade | Fresh Ginger
- PEACH GINGER { \$5.59 }**  
Peaches | Fresh Ginger | Lemon Sorbet | White Grape Juice
- PEACHY GREEN { \$5.59 }**  
Peaches | Orange Juice | Source of Life | Fresh Basil | Honey

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- KICK UP YOUR SMOOTHIE OR JUICE!**
- Blue Agave, Echinacea, or EmergenC Powder { 75¢ }
  - Spirulina, Soy or Whey Protein Powder, Source of Life Energy Supplement { \$1.99 }
  - CBD Oil { \$2.50 }
  - 1 oz. Wheatgrass Shot { \$3.99 }
  - 1 oz. Chaser: Pineapple, Apple, or Orange Juice { 50¢ }
  - Hemp Seeds or Chia Seeds { 50¢ }
  - Collagen Powder { \$1.00 }

ORGANIC JUICES  
{ 8 OZ. / 16 OZ. }

- CELERY JUICE { \$2.69 / \$4.99 }**  
Organic Celery
- CARROT JUICE { \$3.59 / \$6.79 }**  
Organic Carrots
- ORANGE JUICE { \$3.59 / \$6.79 }**  
Organic Oranges
- ORANGE & CARROT JUICE { \$3.59 / \$6.79 }**  
Organic Carrots | Organic Oranges
- BEETNIK { \$3.59 / \$6.79 }**  
Organic Carrots | Organic Beets | Organic Celery
- GINGER WABBIT { \$3.59 / \$6.79 }**  
Organic Carrots | Organic Apple | Organic Ginger
- HOT OFF THE PRESS { \$3.59 / \$6.79 }**  
Organic Carrots | Organic Apple | Organic Beets | Organic Lemon | Organic Ginger
- THE GREEN DREAM { \$5.69 / \$9.99 }**  
Organic Wheatgrass | Organic Cucumber | Organic Granny Smith Apple | Organic Lime
- KALE KIWI APPLE { \$5.99 / \$10.99 }**  
Organic Kale | Organic Granny Smith Apple | Organic Kiwi | Organic Lime
- VEGGIE MEDLEY { \$5.99 / \$10.99 }**  
Organic Wheatgrass | Organic Parsley | Organic Cucumber | Organic Carrot | Organic Spinach
- HOT TODDY 16 oz. only { \$6.39 }**  
Organic Apples | Organic Lemon | Organic Ginger | Honey | Cayenne
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- WHEATGRASS { \$4.29 }**  
1 oz. Wheatgrass | 1 oz. Orange Juice Chaser
- WELLNESS BOOST { \$5.99 }**  
Turmeric | Ginger | Lemon
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- 1 OZ GINGER SHOT { \$1.99 }**  
**1 OZ TURMERIC SHOT { \$3.99 }**  
**1 OZ CHASER { 50¢ }**
- .....
- Substitute any of the following liquids for the liquid listed in the smoothie menu:**
- Apple Juice | Orange Juice | Pineapple Juice | White Grape Juice | Iced Tea | Milk or Dairy Alternative
- { Sorry, other substitutions are not available. }

ORGANIC COFFEE  
{ HOT OR ICED }

Any hot drink  
can be iced!

- ESPRESSO 2 oz. { \$2.29 }**
- COFFEE 12 oz. / 16 oz. { \$1.99 / \$2.69 }**
- COLD BREW COFFEE 16 oz. { \$4.59 }**
- AMERICANO 12 oz. { \$2.29 }**
- CAFÉ AU LAIT 12 oz. / 16 oz. { \$2.29 / \$2.99 }**
- CAPPUCCINO 12 oz. / 16 oz. { \$3.29 / \$3.99 }**
- CAFÉ LATTE 12 oz. / 16 oz. { \$3.29 / \$3.99 }**
- CAFÉ BREVE 12 oz. / 16 oz. { \$3.79 / \$4.59 }**
- CAFÉ MOCHA 12 oz. / 16 oz. { \$3.79 / \$4.59 }**
- MILK OPTIONS**
- 2% | Oat | Almond | Coconut | Soy
- FLAVOR SHOT { 75¢ }**
- Vanilla | Lavender | Caramel | Hazelnut | Pistachio | Raspberry | Strawberry | Peppermint | Amaretto | Sugar-Free Vanilla

Ask about Seasonal Flavorings!

We are proud to feature local products from Rishi Tea & Anodyne Coffee Roasting!



**COFFEE SPECIAL**

Bring in your own travel mug:  
12 oz. / 16 oz. { \$1.79 / \$2.39 }

Use an Outpost mug { \$1.09 } Refill { 79¢ }

ORGANIC TEA  
& MORE

- CHAI LATTE 12 oz. / 16 oz. { \$3.29 / \$4.29 }**
- MATCHA GREEN TEA LATTE 12 oz. / 16 oz. { \$4.49 / \$5.49 }**
- HOT OR ICED RISHI TEA 16 oz. { \$2.49 }**
- SPORT TEA 16 oz. { \$3.59 }**
- HOT COCOA 12 oz. / 16 oz. { \$2.59 / \$2.99 }**
- ORGANIC MILK 12 oz. / 16 oz. { \$1.50 / \$2.00 }**
- GOLDEN MILK 12 oz. / 16 oz. { \$2.59 / \$3.59 }**  
Steamed Organic Milk | Honey | Golden Milk Mixture
- STEAMERS 16 oz. { \$3.59 }**  
Steamed Organic Milk | Flavor Shot of Choice

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 locally produced in small batches.



We are proud to offer a changing selection of grab-and-go pasta salads, wraps, burritos, pizzas, entrées and sides, hot soups and fresh salads.