

Feast Alternative The Best of the Kitchen

Special order options for
real food fanatics.



Redefining fast food... Feast Alternative

Our delicious offerings are produced in a full-sized commercial kitchen at First Alternative Co-op's South Store. We take pride in what we do, providing the community with fresh, locally-made food, using local, sustainable ingredients whenever possible.

We accept special orders for many different items, not just desserts. Take a look in the deli case at the South Store and Grab & Go cases at both stores for ideas on other mouth-watering, natural ingredient dishes that can be ordered for your special event.

Accommodation for special dietary needs may be available. Ask a cook or baker.

Please allow 48 hours for special orders.



*For more information & to place your order call either store or email:
feastspecialorders@firstalt.coop*



South Corvallis
1007 SE 3rd St
(541) 753-3115
Open 9-9 Daily

North Corvallis
29th & Grant
(541) 452-3115
Open 7-9 Daily

www.firstalt.coop

Perfect Platters

Fresh, local and packed with flavor!

Hummus Platter -

Our own Classic and/or Roasted Red Pepper Hummus with pocket bread triangles and fresh vegetables.

Small - 1 lb hummus, serves 10, \$15.99

Medium - 2 lbs hummus, serves 20, \$25.99

Large - 4 lbs hummus, serves 40, \$45.99

Falafel platter -

Falafel with pocket bread, tahini, tzatziki and veggies.

Small - 1 lb falafel plus trimmings, serves 10, \$14.99

Medium - 2.5 lbs falafel plus trimmings, serves 25, \$32.99

Large - 5 lbs falafel plus trimmings, serves 50, \$59.99

Tofu Platter -

Deviled Tofu with bread or crackers and veggies, Tofu Nuggets & Orange Marmalade Tofu.

Small - 1 lb of each tofu entree serves 10, \$20.99

Medium - 2 lbs of each tofu entree serves 20, \$64.99

Large - 6 lbs of each tofu entree, serves 30, \$79.99



Feast Alternative Delights

To place your order call (541) 753-3115 or email feastspecialorders@firstalt.coop

Special orders may be placed and picked up at either location. Bon Appetit!

Salad Pockets -

Many of our salads are delicious tucked into pocket bread wedges with sprouts. Choose from Tempeh Bang Bang, Chicken Bang, Amber's Chicken Salad, Deviled Tofu and Egg Salad

Small - 5 lbs salad, serves 15, \$45.99

Choose 1 salad

Large - 10 lbs salad serves 30, \$89.99

Choose up to 2 salads

Black Bean & Yam Quesadillas -

With salsa & sour cream.

Small - 3 lbs, serves 10, \$34.99

Medium - 6 lbs, serves 20, \$69.99

Large - 9 lbs, serves 30, \$94.99

Spankies -

Our version of the Greek classic spanakopita.

Small - 3 lbs, serves 10, \$24.99

Medium - 6 lbs, serves 20, \$46.99

Large - 9 lbs, serves 30, \$69.99

Feast Dip platter -

Choose from Spinach Artichoke, Roasted Garlic Spread, Feta Spread, or Deviled Tofu presented on a platter with sliced Essential Bread Co. organic multigrain bread and assorted vegetables.

Small - 1.5 lbs, choose one dip, \$19.99

Medium - 3 lbs, choose 3 dips, \$34.99

Large - 4 lbs, choose 4 dips, \$45.99

Quiches -

Our quiches are made with Shepherd's Grain wheat flour, Lochmead milk and cream, and Naturally Nested eggs. The classic Quiche Lorraine includes Niman Ranch bacon, swiss cheese, organic onions and mushrooms. We also have delicious Spinach Feta and Broccoli Cheddar quiches. One 9" quiche, serves 8, approx. 3 lbs, \$19.99

Additional Offerings -

Ask about our other sides to round out your meal! We offer deviled eggs, creole yams, and much more! Prices vary.

Feast Alternative Lunch Boxes

Each of our brown bag lunches comes with Blue Corn tortilla chips and a pickle, but we have lots of ways of customizing the order for your needs! Prices include four veggies.

Meat - \$7.49

Applegate Farms Turkey, Tofurky (vegan), Niman Ranch Uncured Ham, or Misty Isle Roast Beef

Cheese - \$6.99

Smoked Cheddar, Swiss, Monterey Jack, or Cheddar

Veggies - Select 4, additional veggies 50¢ each

Tomatoes, Cucumbers, Sprouts, Lettuce, Red Onions, Shredded Carrots

Extras (50¢ each per sandwich) -

Avocado, Roasted Red Pepper, Artichoke Hearts, Sliced Pickles or Cream Cheese

House Made Soups -

Call for the soup of the day! We have amazing soups available in vegan, vegetarian and non-vegetarian options available. At 16 cups/gallon, soups make a great side.

\$7.49/quart or \$29.99/gal

Seasonal Salads -

Check our case or request your favorite salad. Vegan, vegetarian and non-vegetarian options are available, as well as fruit in season. 1/4# per person as a side or 1/2# per person as a main dish. Prices range from \$4.99-\$8.99. Minimum order 5#.

Lasagna -

Vegetarian & non-vegetarian options available.

Carmelized Onion \$29.99

Beef & Pork Carmelized Onion \$36.99

Chicken Broccoli Lasagna \$49.99

Dave's Killer Bread

Cracked Wheat, Blues Bread, or Good Seed Spelt

Customize it!

Make it a lunch to remember with these great options.

Seasonal fruit, 99¢ ea

Large cookie, \$1.29

Cupcake, 69¢

