



**willy street co-op**

#CROSSFITGAMES

### BREAKFAST AT THE CO-OP

Stop by Willy East, Willy West, or Willy North delis for hot-and-ready, gluten-free, organic oatmeal. Find fresh, organic fruit on our salad bars to accompany it. Also available every day - farm fresh organic, cage-free eggs. At Willy East and Willy North, find them on the hot bar in scrambles or frittatas. At Willy West, order them any way you like from the breakfast menu!

**Oatmeal: \$2.99/lb.**

**Scrambled Eggs or Frittatas: \$8.49/lb. (Willy East & Willy North)**

### WHOLE ROASTED CHICKEN & ROASTED CHICKEN BREAST

Looking for protein that is clean, accessible, and ready to eat? Willy Street Co-op offers Whole Roasted Chicken, hot or cold, every day in our stores' delis! These birds are antibiotic-free, air-chilled, all-natural, and raised with the highest humane standards from Bell & Evans. We also have roasted chicken breast available in our deli service cases.

**Whole Roasted Chickens: \$9.99/ea.**

**Roasted Chicken Breast: \$9.99/lb.**

### ORGANIC FRUIT AND VEGETABLE JUICES AND SMOOTHIES

Stop by our juice bar at any store and build-your-own juice or smoothie from a wide selection of organic fruits and vegetables, organic milks (like oat and coconut), or try one of our favorites! Once you've crafted your juice or smoothie, don't forget to add a special supplement to it: CBD, whey protein, hemp protein, chia seed, elderberry, or spirulina. Great for breakfast or workout recovery!

**Made-to-order juice or smoothie (12 oz.): \$5.49    Made-to-order juice or smoothie (16 oz.): \$5.99    Nutritional Additives: \$1.25/ea.**

### MAKE-YOUR-OWN SALADS

**\$8.49/LB.**

All three of our stores feature fully stocked salad bars with fresh, organic produce and hearty greens, all-natural meats and cheeses, organic hard-boiled eggs, organic fruit, house-made dressings and much more. Perfect for a power-packed meal at the store or on the go.

### LOCAL GRASS-FED BONE BROTH

**\$3.99/LB.**

We make our own bone broth from just three ingredients: bones from local, grass-fed cattle, filtered water, and apple cider vinegar. Rich in collagen and amino acids. Find it in our meat department freezer.

**MADISON WELCOMES THE CROSSFIT GAMES**

FOR A FULL MENU VISIT:

[willystreet.coop](http://willystreet.coop)



[madisonsports.org/crossfit](http://madisonsports.org/crossfit)