



LUNCH 11am-2:30 pm

AVOCADO TOAST (13) v

smashed avocado /organic hemp seeds
heirloom cherry tomatoes / arugula /red pepper flakes
lola's lemony dressing /pink himalayan salt + lox (7)

Choice of Bread:

rustic artisan/ multi-grain / french baguette/ gluten free (+1)
add a poached egg (1.75)

LOX, MASCARPONE & FRENCH BAGUETTE ** (12.5)

house cured lox/capers/red onions/mascarpone
w/ toasted artisan french baguette // gluten free (+1)

SUZY'S ICELANDIC BREAKFAST ** (12)

house cured lox/capers/red onions/lettuce/egg salad
mascarpone / on rustic artisan // gluten free (+1)

EGG & BACON SANDWICH (10)

free range eggs/turkey bacon/ aged cheddar
organic roma tomatoes / garlic aioli / warm brioche bun
gluten free (+1) +avocado (2)

ORGANIC GRANOLA & FRESH BERRIES (10.5) gf / va

organic ancient grain granola/fresh berries
choice of milk // organic greek yogurt (+ 1) / steamed milk available

FRESH BERRIES & ORGANIC GREEK YOGURT (9.5)

drizzled with honey +

TOAST (5) va

butter and organic strawberry preserves / mascarpone cheese (+1)
brie cheese (+3) - vegan option - cashew cheese (+3)

Choice of Bread: rustic artisan/french baguette
multi-grain (+.50) /gluten free (+1)

FLATBREADS, etc // gf (+1)

RUSTICO (12.5)

goat cheese/caramelized onions/figs/wild arugula
balsamic reduction

MARGHERITA (12.5)

mozzarella/parmesan/organic roma tomatoes /organic basil
house-made pesto

MIXED BERRY FLATBREAD (12.5)

berries/mascarpone/fresh organic mint/drizzle of honey

BBQ CHICKEN (13.5)

free range BBQ chicken/red onions/fresh cilantro/
smoked gouda & mozzarella cheeses/jalapeno rings

CURRIED CHICKEN FLATBREAD (13.5)

curried chicken/white cheddar/wild arugula

LOX & MASCARPONE ** (14.5)

house cured lox /mascarpone /capers /red onions,
& organic roma tomatoes

QUINOA BUTTERNUT POWER BOWL (12) (gf/va)

organic quinoa/ roasted butternut squash/ egg whites/ fresh basil
toasted almonds/ scallions/ arugula/ Lola's lemony vinaigrette
add roasted rosemary chicken (4.5)
sub avocado (1.5) for egg whites
vegan apple sausage - sub (2.75) add (3.5)

MAC N' CHEESE + SIDE SALAD (11)

KIDS MENU

w/mini tangerines, berries or sweet potato tater tots

SUN BUTTER & ORGANIC STRAWBERRY PRESERVES (6.5)

EGG & CHEESE SANDWICH (6.5)

CHEESE PIZZA (6.5)

NUTELLA & BANANA PIZZETTE (6.5)

MAC N' CHEESE (6.5)

TURKEY n' CHEESE SANDWICH (6.5)

GRILLED CHEESE (6.5)

SANDWICHES breads are lightly toasted

+ **SIDE SALAD to any dish:** organic mixed greens & heirloom cherry tomatoes
house citrus vinaigrette (2)

TUSCAN CHICKEN (11) served hot

organic chicken/fresh mozzarella/sun-dried tomatoes/fresh basil
house-made pesto aioli/grilled on french artisan baguette

ITALIAN STYLE TUNA SALAD SANDWICH (10.5)

wild planet albacore tuna/extra virgin olive oil/red onions/capers/kalamata olives/
sun-dried tomatoes/basil/celery/lettuce/on toasted multigrain (no mayo)

TUNA MELT (12.5) served hot

Italian Style Tuna Salad / aged cheddar cheese on multigrain
avocados/organic mixed greens (no mayo)

CAPRESE (10) (hot or cold)

house-made pesto/fresh mozzarella/organic roma tomatoes/fresh basil
balsamic reduction & EVOO/on a french artisan baguette

GRILLED CHEESE & TOMATO BASIL SOUP (11)

+avocado (2) +turkey bacon (2) +onions or tomatoes (.50 each)
(sub vegan cheese for vegan option) va

LOUIS' GRILLED CHEESE (10.5)

brie cheese/fig jam/thinly sliced organic green apples/on rustic artisan

NUTELLA, RASPBERRIES & BRIE GRILLED CHEESE (10.5)

brie cheese/nutella/fresh raspberries/grilled on rustic artisan

CURRIED CASHEW CHICKEN SANDWICH (10.5)

organic chicken/mild curry/cashews/mayo with white wine marinade
mango chutney/dates/chopped celery/scallions/lettuce/on rustic artisan

EGG SALAD SANDWICH (10.5)

organic eggs/fresh dill/scallions/celery/dijon & mayo/ wild arugula /on brioche or rustic

OVEN ROASTED TURKEY CLUB (13)

diestel turkey/gruyere cheese/turkey bacon/avocado/lettuce
garlic aioli / organic roma tomatoes/on rustic artisan

RAW VEGAN WRAP (13) paleo /gf / v

avo smash/ /organic mixed greens / arugula/ sweet bell peppers /
persian cucumbers/ organic roma tomatoes/ fresh organic basil /watermelon radishes/scallions
in a gluten-free, paleo wrap / add cashew cheese (+1)

SALADS, etc

Add Protein: curried cashew chicken, rosemary chicken, Italian style tuna,
egg salad (4.5) 2 hard boiled organic eggs (4) cashew cheese (3)

LOLA'S HOUSE SALAD (11) va

organic mixed greens / arugula/ watermelon radishes/heirloom cherry tomatoes
scallions/ toasted pine nuts/goat cheese
lightly tossed in house-made citrus champagne dressing

QUINOA TABOULI (11) gf / v

organic persian cucumbers/heirloom cherry tomatoes/organic quinoa /fresh organic mint
italian parsley/scallions /garlic/fresh squeezed lemon juice & EVOO

KALE & SHAVED BRUSSELS SPROUTS (12.5)

organic kale/shaved brussels sprouts/medjool dates/parmesan
toasted hazelnuts/fresh garlic/house lemon dressing

STRAWBERRY, GOAT CHEESE & CANDIED WALNUTS SALAD (12.5) va

organic mixed greens & baby spinach/ organic strawberries/ goat cheese/ candied walnuts
house made red blush vinaigrette

SPIRALED ZUCCHINI (12.5) v

organic spiraled zucchini/bell peppers/rocket lettuce/avocados/hemp seeds
organic mangos/heirloom cherry tomatoes/fresh berries/mango sesame dressing

MEDITERRANEAN SALAD (12.5) va

organic mixed greens & baby spinach/lentils/organic persian cucumbers/olives/red onions
sun-dried tomatoes /feta /Lola's herb vinaigrette

v - vegan va - vegan available

gf - gluten free GF bread (1)

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.

