

Food For The Soul...

♥ HEART HEALTHY ITEMS

Eating a healthy balance of nutritious foods is a central point in the Dietary Guidelines for Americans. The following menu items limit the intake of fat, saturated fat, trans fats, cholesterol, and salt (unless otherwise noted). The ingredients have been nutritionally assessed and calculated using the Nutrition Facts Label (US Food and Drug Administration) to determine which food choices will contribute to a healthy eating plan. These menu items aid in promoting good dietary choices to be included in a nutritionally balanced diet (2005 Dietary Guidelines).

All items with a heart ♥ next to them are heart healthy (the salads that are heart healthy do not include the dressings).

About the mythological character **LOKI**

Loki is probably the most fascinating and complex of all the characters in Norse mythology. An offspring of two giants-the enemy of the Vikings gods- Loki swore an oath and became a blood brother of Odin. This act allowed Loki into Asgard and gave him some of the same powers and privileges possessed by Odin and the other gods. Loki quickly tested these new powers, wavering in his love of their good side and their dark side. Before long, the powers of the dark side won and Loki became sinister.

In most Norse myths, Loki is portrayed as a prankster and a trickster. His misadventures often involve creating great problems for the Norse gods and for the inhabitants of the other worlds. When things seemed at their very worse, Loki often provided the remedy to save the day. His loyalty was often torn between the giants and the gods of Asgard and in trying to please both, he often found himself in deep trouble. Because of his wit and his cunning and mischievous character, Loki earned the name "God of Mischief." He was also considered the "God of Fire."



4970 DeMoss Road
Reading, PA 19606
Phone: 610.779.6006
Fax: 610.779.6008

Café Hours:
Monday-Thursday 7:00 AM - 8:00 PM
Friday 7:00 AM - 3:00 PM
Saturday 8:00 AM - 2:00 PM
Sunday Closed

Call Ahead For Carryout
610-779-6006

WE HAVE BOX LUNCHES
&
CATERING TRAYS AVAILABLE!

ASK ABOUT DELIVERY OPTIONS

menu

LOKI'S LAIR
café

COFFEES

Coffee	Liten	Stor	Ekstra
Coffee	1.50	1.75	2.00
Espresso	1.65	1.90	2.40
Cappuccino	3.00	3.55	3.85
Cafe Americano	1.90	2.20	2.60

Tea	Liten	Stor	Ekstra
Hot Tea	1.45	1.95	2.45
Hot Chai Tea	3.20	3.70	4.10
Organic Iced Tea	1.00		

Latte	Liten	Stor	Ekstra
Cafe Latte	3.00	3.55	3.85
Caramel Latte	3.30	3.90	4.15
Chai Latte	3.50	3.90	4.20

Mocha	Liten	Stor	Ekstra
Cafe Mocha	3.25	3.80	4.05
White Chocolate	3.75	4.30	4.55
Hot Chocolate	2.75	3.00	3.25

Blended Iced Coffee	Liten	Stor	Ekstra
Iced Coffee	1.90	2.20	2.60
Iced Cafe Latte	3.00	3.55	3.95
Iced Cafe Mocha	3.25	3.80	4.20
Iced Chai	3.20	3.60	3.85
Iced Chai Latte	3.60	4.00	4.30
Iced Caramel Latte	3.35	3.90	4.30

Add Flavored Syrup	.50
Additional Espresso Shot	.75
Sub Soy Milk	.50

Syrup Flavors: Caramel, Irish Cream, Vanilla, Hazelnut, Chocolate, White Chocolate, Raspberry, Almond, Sugar Free Vanilla, Sugar Free Hazelnut



EGG BEATER SANDWICHES

Build Your Own Sandwich \$4.95
All sandwiches include scrambled eggs.

Choose one: Protein Bagel or English Muffin

Choose one: Portabella Mushroom, Turkey Sausage, Roasted Vegetables, Fit and Trim[®] Roast Turkey, Bacon

Choose one: Swiss, Gorgonzola, Monterey Jack, Feta, Mozzarella

YOGURT PARFAITS

Tropical Fruit \$3.95
Fat free vanilla yogurt is layered with peaches, mango, banana, pineapple, almonds, and toasted coconut.

Low Fat Kashi \$3.95
Fat free vanilla yogurt is layered with blueberries, strawberries, Kashi GoLean cereal and honey drizzled on top.

Mixed Berry Granola \$3.95
Fat free vanilla yogurt is layered with hearty granola, strawberries, blueberries, raspberries, and blackberries.

COMBO MEALS

Choose Two: \$6.95
Small House Salad, Small Soup, 1/2 Wrap, or 1/2 Panini

HOMEMADE SOUPS

Regular \$4.95
Small \$3.50

SALADS

Thai-Style Chicken Salad \$6.95
Grilled Asian marinated chicken tossed with Julianne carrots, fresh bean sprouts, chopped peanuts, and wonton noodles, served over baby greens with a refreshing chili lime dressing.

Mediterranean Chop Salad* \$4.95
Kalamata olives, tomatoes, roasted peppers, cucumbers, artichokes, feta cheese, and garbanzo beans served over baby mixed greens.

Grilled Salmon Cobb Salad \$6.95
Grilled salmon is served with hard boiled egg, avocado, bacon crumbles, and tomatoes with your choice of dressing, served over baby mixed greens.

Loki's Chicken Caesar Salad \$6.95
Grilled chicken is served over fresh crisp romain lettuce tossed with diced tomatoes, shredded parmesan, and our homemade croutons.

Vaihalla House Salad \$4.95
Mixed baby greens with Swiss cheese, carrots, tomatoes, cucumbers, bean sprouts and your choice of dressing.

Small Vaihalla House Salad \$2.95

* Add grilled chicken, steak, salmon, or marinated portabella mushroom \$2.50

Heart Healthy Dressings
Chili Lime, Fat Free Italian, Fat Free Sun Dried Tomato, Fat Free Raspberry Vinaigrette

GRILLED PANINI

Monterey Grilled Chicken Panini \$6.95
Grilled marinated chicken is sliced and combined with Gorgonzola, crumbled bacon, caramelized onion, and ranch dressing warmed on our Panini grill with Ciabatta bread.

Steak Fajita Panini \$6.95
Tender grilled filet is combined with caramelized onions, roasted peppers, Monterey Jack cheese, fresh tomato salsa, red onion, chopped cilantro and warmed on our Panini grill with Ciabatta bread.

Marinated Portabella Mushroom Panini \$6.95
A meaty Portabella mushroom is marinated in our secret vinaigrette, combined with roasted peppers, Swiss cheese and warmed on our Panini grill with Ciabatta bread.

Turkey Swiss Panini \$6.95
Fit and Trim[®] smoked turkey is layered with roasted peppers, caramelized onions, swiss cheese, honey mustard, and warmed on our Panini grill with Ciabatta bread.

Classic Italian Panini \$6.95
Hard salami, ham capicola, peppered ham, provolone cheese, roasted red peppers, and extra virgin olive oil are warmed on our Panini grill with our Ciabatta bread.

Tuna Salad Panini \$6.95
Tuna salad, diced tomatoes, provolone cheese, and bacon melted on our Panini grill with our Ciabatta bread.

SANDWICH WRAPS

Salmon Salad Wrap \$5.95
Fresh grilled salmon is crumbled over mixed baby greens, cucumber, dressed with a creamy pesto sauce and rolled in a spinach tortilla.

Black and Blue Steak Wrap \$5.95
Dry rubbed with Cajun spice, our filet is grilled and combined with diced tomatoes, caramelized onions, Gorgonzola crumbles, mixed baby greens and wrapped in a flour tortilla.

Southwestern Grilled Chicken Wrap \$5.95
Our marinated chicken is grilled and wrapped with spicy tomato salsa, avocado, Monterey Jack cheese, chipotle sauce, cilantro and mixed baby greens in a flour tortilla.

Roasted Vegetable Wrap \$5.95
Oven roasted zucchini, yellow squash, eggplant, roasted peppers, and black beans are mixed with mozzarella, mixed baby greens, and balsamic vinegar then rolled with hummus in a sun dried tomato tortilla.

California Turkey Wrap \$5.95
Fit and Trim[®] smoked turkey is combined with avocado, diced tomatoes, bacon, Monterey Jack cheese, light ranch dressing and our baby greens on a spinach tortilla.

Tuna Salad Wrap \$5.95
Our classic tuna salad, made with a light mayonnaise and celery with baby greens and carrots in a whole wheat tortilla.