

Loki's Lair Cafe

.... Food for the Soul
and Fit for the Gods



Early Bird Breakfast Options

Fruit n Yogurt Parfait

A refreshing way to start your morning. Fresh Fruit layered with Vanilla Yogurt and your Choice of Fat Free Kashi, or Granola, sprinkled with Candied Walnuts

Warm Georgian Peach Granola

A healthy version of Peach Cobbler. A deep dish filled with sliced Peaches. Topped with crunchy Granola, Served nice and warm, Garnished with a Dollop of Vanilla Yogurt, just perfect!

Mountain Medley Oatmeal

Cooked Rolled Oats combined with Chopped Almonds, Sweet Golden Raisins and Plump Cranberries, finished with a sprinkle of Brown Sugar. Personalize it with Shaves of Coconut, Maple Syrup or Flaxseed Meal, add .25 ea.

Breakfast Burrito

A Whole Wheat Tortilla filled with Scrambled Egg, Caramelized Onions, Salsa, Roasted Corn and Black Beans, finished with a Blend of Monterey Jack and Cheddar Cheese. Served "Empanada Style" Grilled and Seared, Comes with a Side of Fruit Salad.

Breakfast Sandwich

Build your own - Start with two eggs then choose one item from each category, for your perfect sandwich!

- Croissant, English Muffin, Whole Wheat or Protein Bagel
- Turkey Sausage or Turkey Bacon, Ham, Turkey
- Swiss, Provolone, Monterey Jack, Feta or Mozzarella

Omelets

2 Egg Omelets includes your choice of One Protein, and Two Vegetables, and choice of Cheese. Comes with Whole Grain Toast.

Breakfast sandwiches and Omelets served a side of Fruit

Lil Loki's Options

All Lil Loki options come with a side of Fruit Salad

Cheese Quesadilla 2 wedges or 4 wedges

A Grilled Whole Wheat Tortilla filled with a Blend of Monterey Jack and Cheddar Cheese. Cut and folded into perfect wedges. Served with Salsa.

- Add Ham, Bacon or Turkey
1/2 portion or full portion
- Add Red Roasted Peppers, Caramelized Onions, Tomatoes
1/2 portion or full portion

Chicken Sliders 1 slider or 2 sliders

Tender breaded chicken filets nestled on a toasted Roll, with Mixed Greens, topped with Ranch Sauce.

Mac & Cheese

Quick n easy and simply Yummy. Elbow Macaroni served in a Cheddar Cheese Sauce.



Creations from the Crock

What's the soup? Something new is always simmering in the kitchen! Check out our specials board for the creation of the week.

By the Cup or By the Bowl



Salad Options - Oarsman Tuna Salad and Loki's Chicken Salad make great Salad Toppers. Both are available by the pound for a "Take Home Snack." Don't forget about our refreshing Fruit Salad and robust Pasta Salads.



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Grilled Panini's & Flatbreads

Wraps

Loki's Chicken Salad Wrap

Our secret recipe "Waldorf Salad" is made with Red Grapes and Pecan Pieces and Golden Raisins with a Cranberry Citrus Twist Tossed with Non Fat Yogurt and Lite Mayo for a Refreshing taste! Served wrapped in a Whole Wheat Tortilla and surrounded by Mixed Greens a Romaine Lettuce

California Turkey Wrap

Smoked Turkey is paired with Avocado, Tomatoes, Bacon (turkey) and Monterey Jack Cheese, combined with Mixed Baby Greens and drizzled with a Light Ranch Dressing and wrapped in a Spinach Tortilla

Southwest Grilled Chicken Wrap

Our marinated Chicken is grilled and wrapped with Spicy Tomato Salsa, Avocado, Monterey Jack Cheese, fresh Cilantro and finished with a terrific Chipotle Sauce in a Whole Wheat Tortilla with mixed Baby Greens

Natures Garden Wrap

Your choice of Spinach or Tomato Tortilla, filled with Roma Tomatoes, Cucumbers, Roasted Red Peppers, Grated Carrots, Artichoke Hearts and Caramelized Onions, Surrounded by Baby Spring Greens, and finished with our own Basil Pesto Sauce and Feta Cheese

The Italian

An all around favorite! All wrapped up in a Whole Wheat Tortilla, enjoy a mix of Salami Peppered Ham, Capicola, and Provolone Cheese, on a bed of Mixed Spring Greens and Crisp Romaine. Topped with Tomatoes, Red Roasted Peppers and your choice of Sweet or Hot Pepper and Onions, finished with our own Basil Pesto Sauce

The Oarsman Tuna Salad Wrap

Our own House Recipe of Savory Tuna Salad, made with Albacore Tuna, Red Peppers, Fresh Herbs and Red Onions, encased in Baby Spring Greens with Roma Tomatoes and Swiss cheese, drizzled with a Lite Ranch Dressing, served in a Tomato Tortilla

Featured Salads from the Garden

Valhalla House Salad

Mixed Baby Greens and Crunchy Romaine Lettuce topped with Carrots, Cucumbers and Tomatoes. Finished with Grated Swiss cheese. Served with your choice of Dressing.

Classic Cobb Salad

An arrangement of Tomatoes, Bacon Crumbles, shreds of Carrots, wedges of Avocado and Hard Boiled Eggs, crumbles of Gorgonzola Cheese and Grilled Chicken. Served over a refreshing blend of Baby Spring Greens and Crunchy Romaine, Served with our Homemade Blue Cheese Dressing.

Hail Caesar Salad

Fresh Crisp Romaine Lettuce with wedges of Ripe Tomatoes, Homemade Seasoned Croutons and scattered with Mozzarella and shaves of Parmesan Cheese, topped with sliced Grilled Chicken and Caesar Dressing

Add Chicken to Any Salad

Monterey Chicken Grilled Panini

Grilled marinated Chicken is sliced and combined with Gorgonzola Cheese, Bacon, and Caramelized Onions and drizzled with a Lite Ranch Dressing. Served hot right off the Panini Press on a Whole Grain Ciabatta

Tuna Pizoli

A grilled Garlic Herb Flatbread draped in our Basil Pesto topped with our "Oarsman Tuna Salad" scattered with Swiss Cheese and finished with sliced of Grilled Roma Tomatoes, sprinkled with a unique blend of Italian Spices. Served Open Faced, Hot and Delicious.

South St. Special Grilled Panini

Served hot right off the grill, a new improved Italian Panini! Made with a Whole Grain Ciabatta, filled with a blend of sizzled Capicola, Peppered Ham and Hard Salami, combined with Roasted Red Peppers, Caramelized Onions, Tomatoes, and Sweet & Hot Peppers finished with our own Basil Pesto Sauce.

Roasted Vegetable Empanada

Roasted Corn & Black Beans, Roma Tomatoes, Caramelized Onions, and Roasted Red Peppers with Seared Garden Greens and Monterey Jack Cheese fill this Spanish Tortilla. Served Pressed, Hot and Crispy, the perfect pocket!

Sicilian Grilled Cheese

A Garlic Herb Flatbread, layered with Mozzarella, Asiago and Provolone Cheeses, combined with Roasted Red Peppers and Grilled Roma Tomatoes, scattered with Fresh Basil
Add your choice of Ham or Bacon

Chicken Parm Empanada

A Whole Wheat Tortilla filled with lightly breaded Chicken, smothered in Marinara Sauce, topped with a blend of Italian Cheeses. Served Pressed, Hot and Crispy, the perfect pocket!

Italian Chef Salad

House Greens topped with Pinwheels of Italian Meats, scattered with Roasted Red Peppers, wedges of Roma Tomatoes, and a nice balance of Hot Banana Peppers and Sweet Peppers. Shaves of Red Onions and Manzanilla stuffed Green Olives finish this delight off with a blend of Provolone and Mozzarella Cheese. Served with Roasted Garlic Balsamic Dressing

Mediterranean Chop Salad

Kalamata Olives, Tomatoes, Roasted Red Peppers, Cucumbers, Artichoke Hearts and Garbanzo Beans topped with crumbles of Feta Cheese. Served with Roasted Garlic Balsamic Dressing

Salad Dressing Selection: Fat Free Ranch, Italian and Sun-Dried Tomato, Lite Caesar and Roasted Garlic Balsamic

Loki's House Dressings: Bleu Cheese, Lemon Poppy Seed, Chipotle Ranch, Tropical Isle Vinaigrette, Fat Free Berry Patch Ranch