

## SMOOTHIES

### Classic

Orange juice, strawberry, banana, silken tofu  
**\$4.95**

### Bad Boys

Blueberry, blackberry, yogurt, maple syrup, cinnamon  
**\$4.95**

### Big Boca Banana

Milk, bananas, honey, vanilla  
**\$4.95**

### Tropical Teaser

Pineapple, mango, banana, orange juice, yogurt, coconut  
**\$4.95**

### The Antioxidant Infusion Smoothie

South American Acai, Pomegranate, Blueberry and Skim milk. Nature's super foods unite to your delight.  
**\$4.95**

### Mango Mania

A full ½ pound of fruit goes into this smoothie. You won't be disappointed!  
**\$4.95**

## PROTEIN POWER SHAKES

### Choose Flavor

*Chocolate*  
*French Vanilla*  
*Strawberry*  
*Peanut Butter Banana*  
*Peanut Butter Mocha*  
*Banana*  
*Berries & Cream*  
*Chocolate Covered Banana*  
*Chocolate Peanut Butter*  
*Strawberry Banana*

**\$4.95**



4970 DeMoss Road  
 Reading, PA 19606  
 P: 610.779.6006  
 F: 610.779.6008

### Having a meeting or an event?

We now have box lunches!

### CAFE HOURS

M - F 7:00 AM - 8:00 PM  
 S - S 7:00 AM - 2:00 PM

# LOKI'S LAIR

## CAFE MENU



## COFFEE

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

## HOT TEA

	Liten	Stor	Ekstra	Stor
Tea	1.45	1.95	2.45	
Tazo Chai Tea	3.20	3.70	4.10	

## LATTE

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

## MOCHA

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

## BLENDED ICE COFFEE

	Liten	Stor	Ekstra	Stor
Iced Coffee	1.90	2.20	2.60	
Iced Café Latte	3.00	3.55	3.95	
Iced Café Mocha	3.25	3.80	4.20	
Iced Tazo 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, and Almond

**ASK ABOUT DELIVERY & CATERING OPTIONS!**

For deliveries and carry out, call 610.779.6006 or fax order to 610.779.6008.

## PARFAITS

### Tropical Fruit

Low fat yogurt is layered with oranges, mango, banana, pineapple, almonds, and toasted coconut.

**\$3.95**

### Mixed Berry Granola

Low fat yogurt is layered with hearty granola, strawberries, blueberries, raspberries, and black berries.

**\$3.95**

### Zero Fat Kashi

Non-fat yogurt is layered with blueberries, strawberries, Kashi GoLean cereal with a honey drizzle on top.

**\$3.95**

## EGG BEATER SANDWICHES

### Build Your Own Sandwich

*All sandwiches include scrambled eggs*

Choose one:

*Protein Bagel  
English Muffin*

Choose one:

*Portabella Mushroom  
Turkey Sausage  
Roasted Vegetables  
Fit & Trim Roast Turkey*

Choose two:

*Swiss  
Gorgonzola  
Monterey Jack  
Chipotle Mayo  
Creamy Pesto*

**\$4.95**

## SALADS

### Thai-Style Chicken Salad

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.

**\$6.95**

### Farfalle Walnut & Gorgonzola Salad

Farfalle pasta is chilled and tossed with chopped toasted walnuts, crumbled Gorgonzola, sliced pears, golden raisins, and red onion. Served over baby greens with a light, nutty vinaigrette.

**\$6.95**

### Mediterranean Chop Salad \*

Kalamata olives, tomatoes, roasted peppers, cucumbers, artichokes, feta cheese, and garbanzo beans. Served over baby mixed greens.

**\$4.95**

### Grilled Salmon Cobb Salad

Grilled salmon is served with hard boiled egg, avocado, bacon crumbles, and tomatoes with your choice of dressing. Served over baby mixed green.

**\$6.95**

### Valhalla House Salad \*

Our mixed baby greens with Swiss cheese, carrots, tomatoes, cucumbers, bean sprouts and your choice of dressing.

**\$4.95**

### Loki's Caesar Salad \*

Fresh crisp romaine lettuce is tossed with diced tomatoes, shredded parmesan, and our homemade croutons.

**\$4.95**

\* Add grilled chicken, steak, salmon or marinated portabella

**\$2.00**

## SANDWICH WRAPS

### Salmon Salad Wrap

Fresh grilled salmon is crumbled over mixed baby greens and cucumber. Dressed with a creamy pesto sauce ad rolled in a spinach tortilla.

**\$5.95**

### Smoked Turkey Wrap

Fit & Trim smoked turkey is combined with crisp bean sprouts, shredded Swiss cheese, sliced avocado, an olive tapenade and wrapped in a flour tortilla.

**\$5.95**

### Black & Blue Steak Wrap

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.

**\$5.95**

### Southwestern Grilled Chicken Wrap

Our Tequilla Lime marinated chicken is grilled with spicy tomato salsa, avocado, Monterey Jack cheese, chipotle sauce, cilantro and mixed baby greens.

**\$5.95**

### Roasted Vegetable & Mozzarella Wrap

Oven roasted zucchini, yellow squash, eggplant, and roasted peppers are mixed with Mozzarella, mixed baby greens, olive oil, and balsamic vinegar then rolled with hummus in a sun dried tomato tortilla.

**\$5.95**

## GRILLED PANINI

### Monterey Grilled Chicken Panini

Grilled marinated chicken is sliced and combined with Gorgonzola, crumbled bacon, caramelized onion, and ranch dressing warmed on our Panini grill with herb Focaccia.

**\$6.95**

### Steak Fajita Panini

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 herb Focaccia.

**\$6.95**

### Tuscan Vegetable Panini

Olive tapenade, artichoke hearts, sun dried tomatoes, feta, and fresh basil are drizzled with a light olive oil and warmed on our Panini grill with herb Focaccia.

**\$6.95**

### Marinated Portabella Panini

A meaty Portabella mushroom is marinated in our secret vinaigrette, combine with roasted peppers, Swiss cheese and warmed on our Panini grill with herb Focaccia.

**\$6.95**

### Turkey Swiss Panini

Fit & Trim smoked turkey is layered with roasted peppers, caramelized onions, swiss cheese, honey mustard, and warmed on our Panini grill with herb Focaccia.

**\$6.95**