



LOLA'S

CAFE - BAR - SUSTAINABLE MARKET
A LOCALLY OWNED LAKE OSWEGO BUSINESS

SMOOTHIE BAR ALL DAY DF

LOLA'S BERRY BOWL 12

Strawberry, blueberry, blackberry, banana, chia, almond milk, orange juice. Topped with sliced banana, blueberries, strawberries, coconut, granola, local honey

TROPICAL BOWL 12

Mango, pineapple, banana, coconut milk, orange juice, hemp seeds. Topped with granola, sliced banana, bee pollen, coconut, local honey

LOLA'S BERRY SMOOTHIE 10

Strawberry, blueberry, blackberry, banana, chia, almond milk, orange juice

TROPICAL SMOOTHIE 10

Mango, pineapple, banana, coconut milk, orange juice, hemp seeds

GREEN SMOOTHIE 10

Kale, cucumber, banana, pineapple, ginger, lemon juice, coconut milk, coconut water, hemp seeds

PRETTY IN PINK SMOOTHIE 10

Banana, strawberry, almond milk, orange juice, hemp seeds

COLD BREW SMOOTHIE 10

Cold brew, banana, cocoa, peanut butter, honey, coconut milk

ADD plant based protein +1, kale +1, avocado +2.5, extra granola +1.5

BREAKFAST BOWLS GF

All bowls served over tri-color quinoa

Add sautéed kale +2, an additional egg* +2, avocado +2.5, bacon, chicken sausage or vegan sausage +4

ROASTED HASH BREAKFAST BOWL 12

House roasted potato medley, free range egg*, sautéed kale, feta cheese, microgreens, aji verde sauce

BAJA BREAKFAST BOWL 13

House roasted potato medley, black beans, pico de gallo, purple cabbage, jalapeno, cilantro, avocado, free range egg*, aji verde sauce, pepitas, cotija cheese

TOASTS ALL DAY

Served open faced on our house toast
gluten free toast +2, free range egg +2,
bacon, chicken sausage or vegan sausage +4

THE HONEYBEE TOAST 8 DF

A generous spread of almond butter topped with sliced bananas, local honey, bee pollen, coconut

CLASSIC AVOCADO TOAST 11

Butter leaf lettuce, sliced avocado, cherry tomato citrus salad, radish, crumbled feta, microgreens, aji verde sauce

SMOKED SALMON AVOCADO TOAST 15

Smoked salmon, sliced avocado, pickled onion, microgreens, aji verde sauce. Served w/ side salad

BRAISED BEEF TOAST 14 DF

Mexican beer braised Painted Hills Beef, horseradish apple dressing, radish, microgreens. Served w/ side salad

BREAKFAST ALL DAY

SUPERFOOD HOT GRAIN OATMEAL 10

Scottish oats, quinoa, and flax seed. Enjoy it classic w/ brown sugar and pecans or add fresh berries +3

FRUIT & YOGURT GRANOLA BOWL 13 DF

Fresh berries, house-made coconut yogurt, chia almond granola, local honey. Add a slice of banana bread +2

SUPERFOOD WAFFLE 13 GF

Gluten free waffle made with chia and hemp seeds, topped w/ bee pollen and coconut served with maple syrup. Add fresh blueberries +2

SPICED CARROT PANCAKES 14

Whole wheat pancakes, fresh carrot, cinnamon, nutmeg, maple cream cheese topping, chopped pecans

LOLA'S BREAKFAST PLATE 15

Two free range eggs*, bacon, chicken sausage or vegan sausage, roasted house potato medley, toast, house jam. Sub gluten free toast +2

BAJA BREAKFAST WRAP 12

Roasted house potato medley, scrambled free range eggs, black beans, feta cheese, spicy aji verde, spinach tortilla, side of pico de gallo
Add avocado +2.5, bacon, chicken sausage or vegan sausage +4, braised beef +5

LUNCH 11 AM TO 6 PM

All sandwiches served with a fresh green salad; sub sweet potato fries +2
Sub gluten free bread +2, sub falafel patty

LOLA'S CHEESEBURGER 15

House made 8oz grass fed beef patty*, top secret sauce, Tillamook cheddar, butter lettuce, tomato, red onion, toasted brioche bun. Add bacon +2, free range egg* +2, avocado +2.5

AJI CHICKEN BURGER 15

Marinated and grilled chicken breast, aji verde sauce, Tillamook white cheddar, butter lettuce, tomato, pickled red onion, toasted brioche bun

HAVARTI APPLE TURKEY SANDWICH 14

Sliced roasted turkey breast, havarti, bacon onion jam, arugula, apple slices, pesto, served warm on toasted ciabatta

THREE CHEESE VEGGIE MELT 13

Roasted broccoli, roasted pepper, white and yellow Tillamook cheddar, provolone, pesto, served warm on toasted ciabatta

FRIED GREEN TOMATO SANDWICH 13

Panko breaded fried green tomato, chipotle aioli, cotija cheese, tomatillo salsa, avocado, served on toasted rustic wheat

GREEK WRAP 14 vo

Romaine lettuce, feta cheese, red onion, tomato, kalamata olives, pepperoncini, Greek vinaigrette, spinach tortilla. Choice of grilled chicken breast or falafel balls

BOWLS ^{GF}

NOURISH BOWL 13 ^{DF}

Roasted sweet potato, broccoli, sautéed kale, purple cabbage, crispy Baja chickpeas, tri-color quinoa, Thai almond sauce

BAJA TACO BOWL 13 vo

Roasted sweet potatoes, sautéed kale, onions, black beans, pico de gallo, purple cabbage, jalapeno, avocado, tri-color quinoa, aji verde sauce, cotija cheese, pepitas, cilantro

GREEN BOWL 14 vo

Garlic herb lentils, tri-color quinoa, roasted asparagus, cucumber, celery, feta, microgreens, tahini dressing.
Served cold

ROASTED HASH BOWL 13

House roasted potato medley, tri-color quinoa, sautéed kale, feta cheese, microgreens, aji verde sauce

ADD

Chicken +5, Braised Beef +5, Falafel Balls +4, Crispy Baja Chickpeas +2, Avocado +2.5, Sautéed Kale +2

SALADS ^{GF}

GREEK SALAD 14 vo

Romaine lettuce, kalamata olives, chickpeas, cucumber, cherry tomatoes, red onion, pepperoncini, feta cheese, Greek vinaigrette

TUNA NIÇOISE SALAD 16

Mixed greens, Albacore tuna, cherry tomato, green beans, baby red potatoes, hard boiled egg, capers, kalamata olives, pesto dressing

SWEET AND SAVORY SALAD 14 vo

Kale, quinoa, green beans, fresh blueberries, orange segments, toasted pecans, crumbled feta, sweet dijon vinaigrette

CLASSIC CAESAR 13

Romaine lettuce, house made caesar dressing, lemon, crispy Baja chickpeas

TUESDAY - FRIDAY 3PM TO 6PM **HAPPY HOUR** \$1 OFF DRAFT BEER \$2 OFF WINE

CHIPS AND GUACAMOLE 12 ^{DF} vo

CRISPY BAJA CHICKPEAS 3 ^{DF} ^{GF}

SWEET POTATO FRIES W/ CHIPOTLE AIOLI 6 vo

FALAFEL BALLS W/ TZATZIKI 8 ^{GF} vo

HUMMUS PLATE W/ KALAMATA OLIVES AND FETA 12 vo

WARM SOURDOUGH BREAD, DURANT OLIVE OIL AND SPICE BLEND 8 ^{DF}

* BURGERS AND EGGS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEAT OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.



LIL LOLAS

KID'S WAFFLE 8

Served with maple syrup. Add blueberries and whipped cream +2

SCRAMBLED EGG PLATE 8

Scrambled egg, bacon, toast, homemade jam. Upgrade to cheesy eggs +1

FRUIT BOWL 6

Fresh seasonal fruit

MINI QUINOA BOWL 9

Quinoa, roasted broccoli, grilled chicken breast, Tillamook cheddar

QUESADILLA 6

Tillamook cheddar in a green spinach tortilla. Add grilled chicken +3

ALMOND BUTTER PB&J 6

Almond butter with house made jam on crustless rustic wheat

SMOOTHIE 5

Strawberry, banana, almond milk, orange juice

HOT CHOCOLATE 4

Hot chocolate with whipped cream and marshmallows