



# 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

GF - GLUTEN FREE Gluten free items prepared on same equipment as gluten containing items. Not safe for those with Celiac Disease.

DF - DAIRY FREE

VO - VEGAN OPTION

**\*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.**

## 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 <sup>GF</sup>

### NOURISH BOWL 13 <sup>DF</sup>

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 <sup>GF</sup>

### 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

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

CHIPS AND GUACAMOLE 12 <sup>DF</sup> vo

CRISPY BAJA CHICKPEAS 3 <sup>DF</sup> <sup>GF</sup>

SWEET POTATO FRIES W/ CHIPOTLE AIOLI 6 vo

FALAFEL BALLS W/ TZATZIKI 8 <sup>GF</sup> vo

HUMMUS PLATE W/ KALAMATA OLIVES AND FETA 12 vo

WARM SOURDOUGH BREAD, DURANT OLIVE OIL AND SPICE BLEND 8 <sup>DF</sup>

\* 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