

# LoLi

Sip. Share. Connect.

## Lunch

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served daily from 11-3 a healthy recharge, or something sharable with friends.

- The LoLi Flatbread** 25  
our house icon. sweet fig jam, roasted chicken, crispy prosciutto, melted cheese, green onion, finished with chili flakes — sweet, salty, unforgettable.
- Roasted Veggie Flatbread** 24  
garlic confit, tomato jam, butter, and asiago layered with roasted vegetables, fresh herbs, and a balsamic glaze — warm, vibrant, full of flavor
- Salmon and Asparagus Flatbread** 26  
butter, cream cheese, and summer savory layered with sautéed salmon, tender asparagus, and soft egg. fresh and effortlessly elevated
- Chicken Cheddar Quesadilla** 16.5  
roasted chicken, cheddar, peppers, and red onion with hummus and aioli. warm, melty, and full of flavor
- Blueberry and Brie Quesadilla** 14.5  
melted brie with warm blueberries in a golden tortilla, finished with honey and blueberry compote — sweet, savory, irresistibly indulgent
- Tropical Chicken Wrap** 15.5  
roasted chicken with mango, avocado, greens, carrot, and red onion with a creamy lemon and passion fruit dressing. bright, juicy, and refreshing
- Core Bowl** 19.5  
quinoa, greens, hummus, and your choice of chicken or mixed beans with fresh toppings. created with “The Pilates Corner” — nourishing and balanced
- Yogurt Bowl** 16.5  
creamy yogurt with fresh toppings — light, balanced, and naturally sweet
- Berry Bliss Salad** 19  
fresh berries, feta, and roasted almonds over crisp greens with house vinaigrette. sweet and fresh
- LoLi Beet Salad** 17  
a LoLi classic — sweet, earthy roasted beets over crisp greens with a bright vinaigrette. colorful, refreshing, and unforgettable
- Garden Salad** 16.5  
our take on a timeless classic. crisp greens, cherry tomatoes, fresh carrot, light vinaigrette, and a clean, refreshing flavor that never goes out of style

ask about our protein add on's  
please mention allergies or sensitivities

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## Smoked Salmon Toast 17

silky smoked salmon with fresh toppings on golden sourdough — light, savoury, and beautifully balanced

## Chili “TOWER” Toast 16.5

croissant layered with quinoa, avocado, cherry tomato, melted cheese, chili oil, aioli, and green onion — bold, stacked, and full of flavor

## Avocado Toast 15

creamy avocado, aioli, tomato, mixed spice, sprouts, and crispy chickpeas — fresh, bright, and satisfying

## Classic Grilled Cheese 11

golden sourdough, melted cheese, and candied prosciutto — a warm, elevated take on a classic

## Chips & Dip 11.5

crispy, salty kettle chips with a rotating house-made dip, always fresh, always something new

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## LoLi Lunch Special

because lunch should never be boring or bland  
served from 11am-3pm

# 16

## Half Flatbread *or* Grilled Cheese & Half Salad

choose your lunch pairing

### Carbs

roasted veggie flatbread  
the LoLi flatbread  
salmon & asparagus flatbread  
classic grilled cheese

### Greens

roasted beet salad  
garden salad  
berry bliss salad