



Sip. Share. Connect.

Lunch

served daily from 11am-3pm 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.

Mushroom Flatbread 24

sherry mushrooms, roasted garlic confit, and asiago cheese, finished with fresh green onion and garlic oil — earthy, savoury, and irresistibly rich

Flatbread Of The Moment 26

rotating chef-crafted flatbread featuring seasonal ingredients and fresh flavors, thoughtfully created to showcase what's inspiring our kitchen today.

Chicken Cheddar Quesadilla 17.5

roasted chicken, cheddar, peppers, and red onion with hummus and aioli. warm, melty, and full of flavor

Pear & Brie Quesadilla 16.5

warm brie, fresh pear, banana, and pear jam, finished with honey, whipped cream, cinnamon, and fresh mint — perfectly indulgent

Classic Grilled Cheese 12

golden sourdough, melted cheese, and candied prosciutto (pork)

Ask your server if you prefer it vegetarian

Core Bowl 19.5

quinoa, greens, hummus, feta, carrot, pickled red cabbage and your choice of chicken or beans with fresh toppings. created with “The Pilates Corner”

Yogurt Bowl 16.5

creamy yogurt with fresh, seasonal toppings — light, balanced, and naturally sweet

Salad Of The Moment 19

fresh seasonal salad featuring thoughtfully selected ingredients, prepared with the freshest flavours of the moment.

LoLi Beet Salad 17

roasted beets over mixed greens with feta, toasted almonds, and dried cranberries, tossed in vinaigrette — fresh, tangy and perfectly balanced

Garden Salad 16.5

fresh mixed greens with cherry tomatoes, shredded carrots, feta, dried cranberries, and roasted almonds, finished with vinaigrette — crisp and colourful

LoLi

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Smoked Salmon Toast 18

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, green onion, fried onion, and honey

Avocado Toast 17

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

Toast Of The Moment 18

A rotating artisan toast featuring seasonal ingredients and house-made touches, perfect for any time of day.

Dip Of The Moment 13

Our chef's featured house-made dip, served with crisp kettle chips and inspired by the flavours of the season. Ask about our sweet and savory options

Add a protein option to any item
(Salmon, Chicken, Prosciutto)
\$3/half size \$6/full size

LoLi Lunch Special

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

18

Half Flatbread *or* Grilled Cheese & Half Salad

choose your lunch pairing

Carbs

mushroom flatbread
the LoLi flatbread
OTM flatbread
classic grilled cheese

Greens

roasted beet salad
garden salad
OTM salad