

## **LOLA PODS - \$12.5 SERVED FROM 11AM**

Lola Pods are designed to be a wholesome meal made of locally sourced fresh quality ingredients providing you with a choice of two bases and then a generous serve of protein such as lamb, salmon, chicken or falafel and, if you choose, add some delicious sides.

### **STEP 1.**

#### **CHOOSE TWO BASES:**

All Gluten Free

- Sweet potato roasted in coconut oil
- Organic brown fried rice
- Grilled polenta
- Spanish onion fritatta
- Leafy green salad mix

Add another base \$3

### **STEP 2.**

#### **CHOOSE YOUR PROTEIN:**

All Gluten Free

- Lamb Kofta
- Seared Nichols chicken w/ lemon & thyme
- Pulled Ziggy's pork - slow cooked
- Grilled Tassal salmon
- Vegetarian falafel (GF)
- Organic buckwheat noodle

Add another protein \$4

### **STEP 3.**

#### **CHOOSE YOUR SIDE (EXTRA):**

- Smashed Avocado w/ lime & coriander \$4
- Corn salsa \$3
- Walnut & rocket pesto \$3
- Kale & green olive tapenade \$4
- Minted yoghurt \$2
- Boiled egg \$2
- Ziggy's Bacon \$5



**PLEASE ENJOY WITH US**  
**GLUTEN FREE, DAIRY FREE, VEGAN & PALEO OPTIONS**

## LOLA LUNCH

<b>Seasonal Lola Salads</b> - See cabinet for GF & Veg options.	\$9.5
- add a protein (lamb, chicken, salmon, falafel)	+ \$4
<b>Savoury Tart GF</b>	\$9.5
- add a side of seasonal salad	+ \$3.5
<b>Hot Press Sandwiches</b>	\$10.5
Ruben - corned beef, Swiss cheese & sauerkraut	
Chicken Frankie, Spanish escabesh style	
Braised Lamb and Babaganoush on Turkish Pide	
Oh-My Vego	
Side of sweet potato crisps	\$3
Soup of the day served with GF or Rye toast	\$12.5

## **SOMETHING SWEET** At Lola, have your cake & eat it too!

GF goodies | Paleo Snacks | Selection of cakes, slices, biscuits

## **SMOOTHIES**

\$8

**Green Alkaliser** - kale, avocado, pear, ginger, mint, coconut water, LSA

**Berry Refresh** - raspberry, blueberry, raw cashews, organic Greek yogurt, almond milk, chia seeds

**Banana & Salted Caramel Energiser** - banana, medjool dates, sea salt, cashew butter, raw cacao, coconut milk, maca

**Choc Mocha Antioxidant** - espresso shot, raw cacao, pecans, maple syrup chocolate whey protein

**Add a protein whey (chocolate or vanilla) GF**

\$2

## **FRESH JUICE**

Orange | Orange, Ginger & Mint | Watermelon, Apple & Berry | Carrot, Apple & Mint

\$7.5

## **MILK SHAKES**

Chocolate, Strawberry, Vanilla, Caramel

\$5.5

Our coffee is exclusively blended and sourced ethically from crop to cup.

All coffees can be made with Full Cream Milk, Bonsoy, Almond Milk or Coconut Milk.

All of our teas are loose leaf with black, green, red, herbal and iced available to suit your preference.



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## BREAKFAST IN A RUSH

Seasonal fruit salad w/ citrus vanilla syrup	\$6
Gluten Free Granlola w/ honey yoghurt & berries	\$6.5
Chia & raspberry pots w/ toasted coconut & yoghurt	\$6.5
Lola toast w/ home preserves (GF or Rye)	\$8
Breakfast toastie, BLT w/ fried egg	\$10
B'fast piadina w/ - Egg & Bacon	\$9
- Mushroom & Spinach (GF option +\$1)	\$9
Grilled banana bread (GF option +\$0.50)	\$6
Brekkie Paleo Pod, Eggs soft scrambled w/ bacon or smoked salmon served with spinach & kumara hash-brown	\$15.5

## SIT AND ENJOY

Poached eggs w/ sweet potato fritters, seared spinach & smashed avocado	\$19.5
Ricotta & buckwheat pancakes, w/ crispy maple spec, orange & cardamom butter	\$18.5
Omelette w/ medley of Huon Valley mushrooms, rocket & creamy Persian feta	\$19
Corn fritters w/ smoked salmon, soft scrambled eggs & grilled asparagus	\$20.5
Vegan stack - kumara, mushroom, egg plant, avocado & seared spinach w/ GF toast	\$18
Lola's cornbread served with smashed avocado w/ lime, coriander & chilli jam - w/ poached eggs	\$16 + \$3

### Build your own Breakfast:

Eggs as you like w/ toast (GF or Rye)	\$9.5
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### Choose your sides:

Coconut hollandaise   Smashed Avocado w/ lime & coriander	\$4ea
Mushroom medley   Confit tomato salad	
Smoked Salmon   Bacon (Ziggy's)   Bratwurst sausage (GF)   Double Smoked Ham	\$5ea

Breakfast served from 7am to 11am.



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