

LOKAL

MEDITERRANEAN BISTRO

LUNCH

Monday-Friday 9AM-4PM

APPETIZERS & SALADS

Soup of the day ^{1A}

Tuscan Green Salad ⁸

Mixed field greens, raisins, pine nuts, black olives, hard boiled egg, shaved pecorino cheese, with white wine vinaigrette

Caesar Salad ⁷

romaine lettuce tossed with traditional caesar dressing, parmesan and homemade garlic croutons

Lokal House Salad ⁹

baby arugula, Israeli couscous, orange segments, hearts of palm, avocado, and citrus vinaigrette

Add chicken 3, add shrimp 3

Salad Niçoise ¹³

yellow fin tuna, hardboiled eggs, nicoise olives, roasted red peppers, red potatoes, and haricot verts with balsamic dressing

Hummus ⁷

puréed chickpeas with tahini, home-made crostini, baby arugula and sundried tomato salad

Fried Calamari ⁹

chipotle mayo and home-made tomato sauce

Grilled Steak Salad ¹¹

baby arugula, grilled sirloin steak, fried artichoke hearts and shaved parmesan cheese with balsamic-mustard vinaigrette

SANDWICHES, BURGERS & PIZZA

Grilled Portabello ¹¹

roasted red bell peppers, avocado yogurt, brie cheese, and avocado

Grilled Organic Chicken ¹⁰

sundried tomato pesto, basil mayo, mixed greens

Grilled Sirloin Steak ¹¹

caramelized onion, basil mayo, mixed greens, and sundried tomatoes

Bulgogi ¹¹

sesame oil and soy sauce marinated sirloin steak (or chicken) sautéed with red onions, crimini mushrooms, with mixed greens and basil mayo

Choice of cheese: cheddar, swiss or blue add 1, gruyere add 1.5

All sandwiches are served on grilled ciabatta bread with shoe string fries or mesclun salad

Tuna Salad Wrap ⁹

apricot chutney, swiss cheese, and mixed greens

Turkey Wrap ⁹

apricot chutney, basil mayo, and mixed greens

Grilled Pizza Margherita ¹⁰

Grilled Mediterranean Pizza ¹²

artichoke hearts, sun dried tomatoes, mozzarella and feta

Hamburger ¹⁰

served with lettuce, tomato and red onions on a grilled brioche bun with rosemary shoestring fries or mixed greens

Pinto Bean and Mushroom Burger ¹⁰

served with lettuce, tomato and red onions on a grilled brioche bun with hand-cut rosemary steak fries or mixed greens

Tuna Burger ¹³

hand chopped yellowfin tuna and wasabi aioli served with lettuce, tomato, and red onions on a grilled brioche bun with mixed greens or shoestring fries

Add-ons: applewood bacon 1.5, fried organic egg 2, avocado 2, mushrooms 2

Choice of cheese: cheddar, swiss or blue add 1, gruyere add 1.5

Lamb Burger ¹³

cucumber and dill relish, grilled red onion, tomato, and, feta cheese, served with hand-cut rosemary steak fries or mixed greens

MAIN COURSES

Steamed Mussels with Sea Urchin Butter ¹⁴

bell peppers, zucchini, tomatoes, red onions, capers, fennel seeds, and basil

Orecchiette Pasta with Spicy Eggplant Ragù ¹³

eggplant, tomatoes, crushed red pepper, ricotta cheese and toasted panko bread crumbs

Shrimp Fettuccine Pasta ¹⁵

shrimp, roasted red peppers, capers, shaved parmesan cheese, and thyme-saffron sauce

Apple Shrimp Risotto ¹⁶

applewood bacon, shrimp, white onions, caramelized tart apples, parsley and sharp gorgonzola crumble

Roasted Free Range Organic Chicken ¹⁵

roasted red beets, carrots, potatoes and crimini mushroom sauce

Slow Baked Salmon ¹⁵

parmesan encrusted gold bar squash, capers, tomato emulsion and herb oil

Pan Roasted Cod ¹⁸

sautéed asparagus, mashed potatoes, and lemon-butter dill sauce

Grilled Hanger Steak ¹⁷

coffee-spice marinated hanger steak served with roasted fingerling potatoes, cherry tomatoes, sautéed mushrooms, and grenache

SIDES

Grilled Seasonal Vegetables ⁶ \\ Sautéed Spinach ⁵ \\ Grilled Asparagus ⁵ \\ Sautéed Hericot-verts ⁵
\\ Rosemary Fries ⁴ \\ Mashed Potatoes ⁴ \\