

Lois' Natural MARKETPLACE

Local & Organic Food from Maine farms

Hot Entrees, Side Dishes & Soups are Made from Scratch in our Kitchen Daily

LOCAL SPOT

Portland Farmers Markets

Deering Oaks Park
Saturdays, 7am-1pm

Monument Square
Wednesdays, 7am-1pm

espresso drinks & coffee, tea

Our Coffee & Tea are Organic and/or Fair Trade

Espresso
(Single/Double)

Cappuccino

Latte

Mocha Latte



Hot Coffee

12oz.	16oz.	20oz.
\$1.75	\$1.95	\$2.25

Hot Tea

12oz.	16oz.	20oz.
\$1.45	\$1.75	\$1.95

Iced Coffee (20oz.) \$2.79

regular, decaf, unsweetened

Iced Mocha Latte (20oz.) \$4.25

Iced Tea (20oz.) \$2.79

unsweetened, blueberry hibiscus & ginger peach unsweetened*

Iced Chai \$4.25

Organic Lemonade \$2.49

sweetened with Maine maple syrup

made to ORDER breakfast sandwiches

Served on an English Muffin or Wrap

Basic Breakfast \$4.99

two free range eggs with cheddar or swiss cheese

Power Breakfast \$5.99

Black forest ham or bacon, two free range eggs, with cheddar or swiss cheese

Extras options .50/each

organic spinach, tomato, red onion

signature sandwiches

made to ORDER

See our daily bread board for fresh breads & wrap.
Wraps: wheat spinach or tomato. Always a gluten free option.

Smoked Turkey & Cheddar whole \$7.99 / half \$3.99

all natural turkey breast, lettuce, carrots, cucumber, and cheddar, with housemade Russian dressing

Classic Ham & Swiss whole \$7.99 / half \$3.99

nitrate free Black Forest ham, tomato, and swiss cheese, with honey mustard

Curried Chicken Salad whole \$7.99 / half \$3.99

all natural chicken, lettuce, carrots, tomato, and cucumber, with vegenaise

All Natural BLT whole \$7.99 / half \$3.99

nitrate free bacon, lettuce, and tomato, with vegenaise

Traditional or Curry Tuna Salad whole \$7.99 / half \$3.99

yellow fin tuna, artichokes and capers, red pepper, lettuce, cabbage, carrots & with vegenaise

Thai Peanut Chicken whole \$7.99 / half \$3.99

all natural grilled chicken breast, lettuce, cabbage, carrots, and cucumber, with housemade Thai peanut sauce

Old Port Chicken Caesar Wrap whole \$7.99 / half \$3.99

Bell & Evans grilled chicken breast, lettuce, tomato, organic red onions, housemade croutons, parmesan, housemade Caesar dressing (egg free)

Tuscan whole \$7.99 / half \$3.99

fresh mozzarella, pesto, lettuce, tomato, and cucumber (with grilled chicken add on \$1)

Hummus (Vegan) whole \$6.99 / half \$3.49

Lois' organic hummus, lettuce, cabbage, carrots, tomato, and cucumber

Thai Tofu (Vegan) whole \$6.99 / half \$3.49

spicy tofu, lettuce, cabbage, carrots, and cucumber, with housemade Thai peanut sauce

Fakin' BLT (Vegan) whole \$7.99 / half \$3.99

organic tempeh fakin' bacon, lettuce, tomato, and cucumber, with vegenaise

Homemade Egg Salad whole \$6.99 / half \$3.49

free range eggs, lettuce, tomato, with or without pickles

Vegetable Tofu Salad (Vegan) whole \$6.99 / half \$3.49

tofu salad, lettuce, carrots, tomato, and cucumber, with vegenaise

Peanut Butter & Apple whole \$3.99

organic peanut butter on whole grain bread with organic apples, honey, and cinnamon

Extras: bacon, cheese or meat add \$1.00

panini sandwiches

Not Available in Scarborough Location

made to ORDER

Served on sourdough bread

Classic Grilled Cheese whole \$6.99

Vermont cheddar cheese with dijonnaise (add ham \$1)

Vegetarian Reuben on Rye whole \$7.99

fakin' bacon, sauerkraut, swiss cheese, and tomato with housemade Russian dressing

Classic Ham & Swiss whole \$7.99

nitrate free Black Forest ham, swiss cheese, and roasted tomato, with dijonnaise

Roasted Chicken & Vermont Cheddar whole \$7.99

all natural chicken, cheddar cheese, tomatoes, organic spinach, sriracha mayo

freshly made salads from our grab & go

Organic Garden Salad \$5.99

organic field greens, cabbage, carrots, cucumbers, & red onions, w/ balsamic vinaigrette or lemon herb dressing

Caesar Salad \$7.99

free range chicken, green leaf lettuce, parmesan cheese, and homemade croutons, with caesar dressing

Cranberry Pecan \$7.99

organic mixed field greens, spiced roasted pecans, gorgonzola cheese and cranberries

Be Fit \$7.99

organic field greens, cabbage, carrots, cucumbers, sunflower/ sesame/pumpkin seeds, roasted cashews, free range hard boiled egg, with lemon herb dressing

Beet, Arugula & Goat Cheese Salad * \$8.29

with almonds, organic apple chips and balsamic vinaigrette dressing

Lois' Chef Salad \$8.29

organic field greens, carrots, cabbage, cucumbers, sliced cheddar/ gouda, sliced smoked turkey, with lemon herb or balsamic vinaigrette dressing

bakery

Vegan Spelt Muffins (Sugar Free)

Spelt Fruit Scones

Gluten Free Chocolate Chip Cookies

Vegan Lemon Ginger Cookies

Gluten Free Banana Walnut Bread

Vegan Chocolate Cake

Protein Bars (sweetened with honey)

Gluten Free Coffee Cake

We make cakes for any diet:

GLUTEN FREE & VEGAN

* Not Available in Scarborough

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LOISNATURAL.COM