

FIKA / MENU

THE PERFECT START

YOGURT PARFAIT WITH FIKA GRANOLA
our signature granola, low fat yogurt
raspberry/honey 5.51

NAKED OATMEAL
nothing but oats 4.13
optional toppings: FIKA lingonberry spread/
FIKA strawberry & vanilla spread/shaved
almonds/walnuts +0.46/each

CHIA & PUMPKIN OATMEAL
almonds, apples, dried cranberries
cinnamon, brown sugar 4.59

OVERNIGHT OATS
ask about our selection 4.59

TURKEY & CHEESE CROISSANT
plain croissant, turkey, Jarlsberg cheese
honey mustard, mixed greens 5.05

SALMON & CREAM CHEESE CROISSANT
plain croissant, house cured salmon
arugula, dill cream cheese 6.43

SOUPS

SOUP OF THE WEEK 5.51

SOUP & HALF WRAP 10.10

COMBINE YOUR FAVORITES

- FRESHLY BAKED PASTRIES -

ASK YOUR BARISTA ABOUT TODAY'S
SELECTION OF OUR HOUSE MADE
COOKIES & PASTRIES

WRAPS

EGG
egg salad, celery, lemon
parsley, mixed greens
spinach wrap 10.10

TUNA
tuna salad, celery, green apple
red onion, pomegranate, chives
whole wheat wrap 10.10

CHICKEN
chicken salad, cranberries, tarragon, apple
mustard whole wheat wrap 10.10

SANDWICHES

OPEN FACE SHRIMP
classic Swedish style "Hönökaka" bread
shrimp salad, coleslaw, red onions
lemon, horseradish 7.35

OPEN FACE EGG
FIKA kavring bread, Kalles kaviar 5.51

OPEN FACE SALMON
classic Swedish style "Hönökaka" bread
house cured salmon, dill cream cheese
pickled onion, arugula, lemon
cucumber, horseradish 7.35

SALADS

PEAR & PICKLED BEET
pear, pickled red beets, red radishes
wax beans, feta cheese, corn
red onions, pickled lemons
arugula, spinach 10.10
served with tarragon dressing

BRUSSEL SPROUT CAESAR
charred brussel sprouts
romaine, Präst cheese
"Hönökaka" bread croutons 10.10
served with Caesar dressing

ADD A PROTEIN +3.67

HOUSE CURED SALMON

HERB MARINATED CHICKEN

*ALL ITEMS SUBJECT TO AVAILABILITY

*ALL PRICES + TAX

FIKA / BREAKFAST

served 7am-11am at select locations;

FIKA Bryant Park - 114 W 41st Street

FIKA Tower - 824 10th Avenue

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our signature granola, low fat yogurt
raspberry/honey 5.51

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almonds, apples, dried cranberries
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OVERNIGHT OATS

ask us about our selection 4.59

TURKEY & CHEESE CROISSANT

plain croissant, turkey, Jarlsberg cheese
honey mustard, mixed greens 5.05

SALMON & CREAM CHEESE CROISSANT

plain croissant, house cured salmon
arugula, dill cream cheese 6.43

OPEN FACE EGG SANDWICH

FIKA kavring bread, Kalles kaviar 5.51

EGG WRAP

egg salad, celery, lemon,
parsley, mixed greens
spinach wrap 10.10

BUILD YOUR brEGGfast

"YOUR BREAKFAST, YOUR WAY"

served with kavring & mixed greens 11.02
select from the following:

BASE

eggs/egg whites

FINISH

omelet/scrambled

TOPPINGS (3 INCLUDED)

PROTEIN; turkey/ Jarlsberg cheese / Feta

GREENS & MORE; spinach/mushroom/

tomato/ sauteed onions

FRESHLY BAKED PASTRIES

ASK YOUR BARISTA ABOUT TODAY'S SELECTION OF
HOMEMADE COOKIES & PASTRIES, DELIVERED FRESH
DAILY FROM OUR OWN FIKA BAKERY

*ALL PRICES + TAX



FIKA / LUNCH

served 11am-3pm at select locations;

FIKA Bryant Park - 114 W 41st Street
FIKA Tower - 824 10th Avenue

WRAPS

EGG

egg salad, celery, lemon
parsley, mixed greens
spinach wrap 10.10

TUNA

tuna salad, celery, green apple
red onion, pomegranate, chives
whole wheat wrap 10.10

CHICKEN

chicken salad, cranberries, tarragon
apple, mustard
whole wheat wrap 10.10

SWEDISH CLASSICS

MEATBALL PLATTER

Swedish meatballs, mashed potatoes
creamy gravy, pickled cucumbers
lingonberries 12.85

PYTT-I-PANNA

traditional Swedish hash of beef
and potatoes, served with red beets
and a fried egg 13.77

SANDWICHES

OPEN FACE EGG

FIKA kavring bread, Kalles kaviar 5.51

OPEN FACE SALMON

classic Swedish style "hönökaka" bread
house cured salmon, dill cream cheese
pickled onion, arugula, lemon
cucumber, horseradish 7.35

OPEN FACE SHRIMP

classic Swedish style "Hönökaka" bread
shrimp salad, coleslaw, red onions
lemon, horseradish 7.35

SALADS

LINGONBERRY & CHIPOTLE BUTTERNUT SQUASH

spicy butternut squash, apple
tomato, pickled golden raisins
cucumber, mixed greens 10.10
served with chipotle lingonberry dressing

PEAR & PICKLED BEET

pear, pickled red beets, red radishes
wax beans, feta cheese, corn
red onions, pickled lemon
arugula, spinach 10.10
served with tarragon dressing

BRUSSEL SPROUT CAESAR

charred brussel sprouts
romaine, Präst cheese
"Hönökaka" bread croutons 10.10
served with Caesar dressing

ADD A PROTEIN +3.67

HOUSE CURED SALMON

HERB MARINATED CHICKEN

MEATBALLS

SOUPS

SOUP OF THE WEEK 5.51

SERVED WITH HOUSEMADE KAVRING BREAD

SOUP & HALF WRAP 10.10

COMBINE YOUR FAVORITES

*ALL PRICES + TAX

FIKA / BRUNCH

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FIKA strawberry & vanilla spread/shaved
almonds/walnuts +0.46/each

CHIA & PUMPKIN OATMEAL
almonds, apples, dried cranberries cinnamon,
brown sugar 4.59

TURKEY & CHEESE CROISSANT
plain croissant, turkey, Jarlsberg cheese
honey mustard, mixed greens 5.05

SALMON & CREAM CHEESE CROISSANT
plain croissant, house cured salmon
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SWEDISH CLASSICS

MEATBALL PLATTER
Swedish meatballs, mashed potatoes
creamy gravy, pickled cucumbers
lingonberries 12.85

PYTT-I-PANNA
traditional Swedish hash of beef and
potatoes served with red beets and a fried
egg 13.77

SWEDISH PANCAKES
traditional thin pancakes, served with
FIKA house made jam & whipped cream 9.18

OPEN FACE EGG SANDWICH
FIKA kavring bread, Kalles kaviar 5.51

OPEN FACE SALMON SANDWICH
classic Swedish style "hönökaka" bread
house cured salmon, dill cream cheese
pickled onion, arugula, lemon, cucumber
horseradish 7.35

OPEN FACE SHRIMP SANDWICH
classic Swedish style "Hönökaka" bread
shrimp salad, coleslaw, red onions lemon,
horseradish 7.35

EGGS YOUR WAY

"YOUR BREAKFAST, YOUR WAY"
served with kavring & mixed greens 11.02
select from the following:

BASE
eggs/egg whites

FINISH
omelet/scrambled

TOPPINGS (3 INCLUDED)
PROTEIN; turkey/ Jarlsberg cheese / Feta
GREENS & MORE; spinach/mushroom/ tomato
sauteed onions

SALADS

PEAR & PICKLED BEET
pear, pickled red beets, red radishes
wax beans, feta cheese, corn
red onions, pickled lemons
arugula, spinach 10.10
served with tarragon dressing

BRUSSEL SPROUT CAESAR
charred brussel sprouts
romaine, Präst cheese
"Hönökaka" bread croutons 10.10
served with Caesar dressing

**LINGONBERRY & CHIPOTLE
BUTTERNUT SQUASH**
spicy butternut squash, apple, tomato
pickled golden raisins, cucumber
mixed greens 10.10
served with chipotle lingonberry dressing

ADD A PROTEIN +3.67

HOUSE CURED SALMON
HERB MARINATED CHICKEN
MEATBALLS

PRESSED SANDWICHES

AVOCADO & CURRANT PANINI
avocado, cream cheese, pickled black currants
on a pressed classic Swedish style
"hönökaka" bread 10.10

BRISKET & RED PEPPER PANINI
roast beef, carrot slaw with mustard & fennel
on a pressed classic Swedish style
"hönökaka" bread 10.10