

FIKA / MENU

THE PERFECT START

YOGURT PARFAIT WITH FIKA GRANOLA
our signature granola, low fat yogurt
raspberry/honey 6

NAKED OATMEAL
nothing but oats 4.50
optional toppings: FIKA lingonberry spread/
FIKA strawberry & vanilla spread/shaved
almonds/walnuts +0.50/each

CHIA & PUMPKIN OATMEAL
almonds, apples, dried cranberries
cinnamon, brown sugar 5.50

OVERNIGHT OATS
ask about our selection 5.50

TURKEY & CHEESE CROISSANT
plain croissant, turkey, Jarlsberg cheese
honey mustard, mixed greens 5.75

SALMON & CREAM CHEESE CROISSANT
plain croissant, house cured salmon
arugula, dill cream cheese 7

SOUPS

SOUP OF THE WEEK 6

SOUP & HALF WRAP 11

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 11

TUNA
tuna salad, celery, green apple
red onion, pomegranate, chives
whole wheat wrap 11

CHICKEN
chicken salad, cranberries, tarragon, apple
mustard whole wheat wrap 11

SANDWICHES

OPEN FACE SHRIMP
classic Swedish style "Hönökaka" bread
shrimp salad, coleslaw, red onions
lemon, horseradish 8

OPEN FACE EGG
FIKA kavring bread, Kalles kaviar 6.50

OPEN FACE SALMON
classic Swedish style "Hönökaka" bread
house cured salmon, dill cream cheese
pickled onion, arugula, lemon
cucumber, horseradish 8

SALADS

PEAR & PICKLED BEET
pear, pickled red beets, red radishes
wax beans, feta cheese, corn
red onions, pickled lemons
arugula, spinach 11
served with tarragon dressing

BRUSSEL SPROUT CAESAR
charred brussel sprouts
romaine, Präst cheese
"Hönökaka" bread croutons 11
served with Caesar dressing

ADD A PROTEIN +5

HOUSE CURED SALMON

HERB MARINATED CHICKEN

*ALL ITEMS SUBJECT TO AVAILABILITY

*ALL PRICES INCLUDE TAX