

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

BOILED EGG
individual hard-boiled egg 1.38

TURKEY & JARLSBERG CROISSANT
plain croissant, turkey, Jarlsberg cheese 5.05

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

OPEN FACE EGG SANDWICH
FIKA kavring, Kalles kaviar 4.59

FRESHLY BAKED PASTRIES

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

SOUP OF THE WEEK 5.51

SOUP & HALF WRAP 9.18

COMBINE YOUR FAVORITES

CHILLED "PRÄST OST" QUICHE
mushrooms, prast cheese, mixed greens 7.34

SOUPS & MORE

WRAPS

EGG
egg salad, celery, lemon, parsley
spinach wrap 9.18

CHICKEN
chicken salad, cranberry, tarragon, apple
scallions, Dijon mustard
spinach wrap 9.18

SALMON
house cured salmon, kohlrabi, apple
cream cheese, arugula, mixed greens
coffee infused mustard dipping sauce
whole wheat wrap 9.18

TUNA
herb mayonnaise, kohlrabi, celery
Dijon mustard, red grapes, mixed greens
whole wheat wrap 9.18

SANDWICHES

ROAST BEEF
house made roast beef
fennel & mustard slaw, horseradish
pickled cucumber, mixed greens
Jarlsberg cheese FIKA "fralla" 11.02

SHRIMP SALAD
shrimp salad, lemon, dill, horseradish
poppy seed FIKA "fralla" 11.94

SALADS

SWEDISH CAESAR
romaine, präst cheese, green beans
scallions, Kavring croutons 9.18
served with caesar dressing

FALL HARVEST
red & golden beets, chickpeas, parsley
spinach, arugula, feta cheese, almonds
sunflower seeds 10.10
served with balsamic dressing

ADD A PROTEIN (4OZ) +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

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

BOILED EGG

individual hard-boiled egg 1.38

TURKEY & JARLSBERG CROISSANT

plain croissant, turkey
Jarlsberg cheese 5.05

SALMON & CREAM CHEESE CROISSANT

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

OPEN FACE EGG SANDWICH

FIKA kavring, Kalles kaviar 4.59

EGG WRAP

egg salad, celery, lemon, parsley
spinach wrap 9.18

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/
Präst cheese

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

SALMON
house cured salmon, kohlrabi, apple cream cheese, arugula, mixed greens coffee infused mustard dipping sauce whole wheat wrap 9.18

CHICKEN
chicken salad, cranberry, tarragon, apple scallions, Dijon mustard spinach wrap 9.18

TUNA
herb mayonnaise, kohlrabi, celery Dijon mustard, red grapes, mixed greens whole wheat wrap 9.18

SANDWICHES

ROAST BEEF
house made roast beef fennel & mustard slaw, horseradish pickled cucumber, mixed greens Jarlsberg cheese FIKA "fralla" 11.02

SKAGEN ROLL
shrimp salad, lemon, horseradish served on a brioche bun with a Swedish style coleslaw & mixed greens" 9.18

SOUPS & MORE

SOUP OF THE WEEK 5.51

SERVED WITH HOUSEMADE KAVRING BREAD

SOUP & HALF WRAP 9.18

COMBINE YOUR FAVORITES

CHILLED "PRÄST OST" QUICHE
mushrooms, prast cheese, mixed greens 7.34

SWEDISH CLASSICS

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

GRAVLAX PLATTER
dill-stewed fingerling potatoes, gravlax served with mixed greens lemon & dill 13.77

BAKED POTATO
served with butter, sour cream, coleslaw Jarlsberg cheese & side salad 6.43

LOAD IT! (OPTIONAL)

- TUNA SALAD
- EGG SALAD
- CHICKEN SALAD
- SHRIMP SALAD

4oz EACH +3.67/ ADD ON

SALADS

SWEDISH CAESAR
romaine, Präst cheese, green beans, scallions, kavring croutons 8.26
served with caesar dressing

FALL HARVEST
red & golden beets, chickpeas, parsley spinach, arugula, feta cheese, almonds sunflower seeds 10.10
served with balsamic dressing

ADD A PROTEIN (4oz) +3.67

HOUSE CURED SALMON

HERB MARINATED CHICKEN

MEATBALLS

DRESS IT UP (1.5oz)

CAESAR DRESSING

COFFEE INFUSED DILL & MUSTARD DRESSING

BALSAMIC VINAIGRETTE

*ALL PRICES + TAX