

# FIKA / BREAKFAST

THE PERFECT START

**YOGURT PARFAIT WITH FIKA GRANOLA**  
honey/raspberry 5

**NAKED OATMEAL**  
nothing but oats 4  
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

**BOILED EGG**  
individual hard-boiled egg 1.50

**HAM & VÄSTERBOTTEN CROISSANT**  
plain croissant, Västerbotten cheese 5

BREADS

**OPEN FACE EGG SANDWICH**  
FIKA kavring, Kalles Kaviar 5

**VISBY WRAP**  
egg salad, spinach wrap 5

BUILD YOUR brEGGfast

**YOUR BREAKFAST, YOUR WAY 10**  
served with small toast and mixed greens. Select from the following:

**BASE**  
eggs/egg whites

**FINISH**  
omelet/scrambled

**TOPPINGS (3 INCLUDED)**  
**PROTEIN;** cherry smoked ham/  
jarlsberg cheese/västerbotten  
cheese  
**GREENS;** spinach, mushroom,  
tomato

## FRESHLY BAKED PASTRIES

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

# FIKA / LUNCH

## SANDWICHES

**SKAGEN**  
shrimp salad, red onion, dill  
FIKA sourdough 10

**GÖTEBORG**  
Swedish meatballs, red beet salad  
FIKA rye 10

**ÖVERKALIX**  
house-cured salmon, arugula, cucumber  
sweet mustard dipping sauce  
Whole wheat wrap 11

**TORSBY**  
chicken salad, cranberries, tarragon  
FIKA rye 10

**LYSEKIL**  
tuna salad, celery, green apple, red onion  
pomegranate, sweet relish, chives  
FIKA sourdough 10

**UPPSALA**  
roasted zucchini, mushrooms, spinach  
sundried tomato, red pepper, artichoke spread  
spinach wrap 9

## SOUPS

**SOUP OF THE WEEK 6**

**SOUP OF THE DAY 6**

**SOUP & HALF SANDWICH**  
combine your favorites 10

## SPECIALS

**ASK US ABOUT OUR DAILY  
& WEEKLY SPECIALS!**

## ENTREES

**MEATBALL PLATTER**  
Swedish meatballs, mashed potatoes  
creamy gravy, pickled cucumbers,  
lingonberries 14

**GRAVLAX PLATTER**  
house-cured salmon  
creamy cold potato salad  
mustard sauce 15

## SALADS

**SWEDISH CEASAR**  
Västerbotten cheese, croutons 10

**MIXED GREENS**  
goat cheese, tomatoes, watercress  
radishes, spring onions, goji berries  
sunflower seeds 10

**COUS COUS**  
Israeli cous cous, carrots, bell pepper  
zucchini, asparagus, chives, scallions 11

**MELON & PEAR**  
elderberry soaked melon & pear  
jarlsberg cheese, roasted pecans  
arugula, spinach  
honey & chili marinated onions 10

## ADD A PROTEIN

GRAVLAX/HERB MARINATED CHICKEN/MEATBALLS 4

## CHOOSE YOUR DRESSING

GOOSEBERRY VINAIGRETTE

CEASAR DRESSING

LIME & STRAWBERRY VINAIGRETTE

MAPLE VINAIGRETTE

DILL & MUSTARD DRESSING

Full lunch menu served at select locations only - please call us for more info!

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almonds, apples, dried cranberries  
cinnamon, brown sugar 5

**BOILED EGG**  
individual hard-boiled egg 1.50

**OPEN FACE EGG SANDWICH**  
FIKA kavring, Kalles Kaviar 5

## SALADS

**SWEDISH CEASAR**  
Västerbotten cheese, croutons 10

**MELON & PEAR**  
elderberry soaked melon & pear  
jarlsberg cheese, roasted pecans  
ruccola, spinach, honey & chili marinated  
onions 10

**ADD A PROTEIN**  
GRAVLAX/HERB MARINATED CHICKEN/MEATBALLS 4

### CHOOSE YOUR DRESSING

GOOSEBERRY VINAIGRETTE

CEASAR DRESSING

LIME & STRAWBERRY VINAIGRETTE

MAPLE VINAIGRETTE

DILL & MUSTARD DRESSING

## BUILD YOUR BRÉGGFAST

**YOUR BREAKFAST, YOUR WAY 10**  
served with small toast and mixed  
greens. Select from the following:

**BASE**  
eggs/egg whites

**FINISH**  
omelet/scrambled

**TOPPINGS (3 INCLUDED)**  
**PROTEIN;** cherry smoked ham/  
jarlsberg cheese/västerbotten  
cheese  
**GREENS;** spinach, mushroom,  
tomato

## SWEDISH CLASSICS

**MEATBALL PLATTER**  
Swedish meatballs, mashed  
potatoes creamy gravy, pickled  
cucumbers, lingonberries 14

**GRAVLAX PLATTER**  
house-cured salmon creamy cold  
potato salad mustard sauce 15

**"SMÖRGÅSTÅRTA"**  
classic layered sandwich cake  
shrimp salad, egg salad, tuna  
salad, ham, dill 10

**SWEDISH PANCAKES**  
traditional thin pancakes, FIKA jam,  
whipped cream 10

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OF HOME MADE COOKIES & PASTRIES, DELIVERED  
FRESH DAILY FROM OUR OWN FIKA BAKERY