

# Lois' Natural MARKETPLACE

Local & Organic Food from Maine farms

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

## SCARBOROUGH

152 US ROUTE 1

207-885-0602

Follow us on Facebook to see our daily choices of Soups, Entrees & Daily Specials

## coffee, tea & espresso drinks

Our Fair Trade Coffee & Teas are made with your choice of organic milk or non-dairy almond, coconut or soy beverages.

Espresso - Single \$1.50  
- Double \$3.00  
- Triple \$4.50



	12oz.	16oz.	20oz.
Organic Coffee	\$1.99	\$2.29	\$2.49
Hot Tea	\$1.69	\$1.99	\$2.19
Cappuccino	\$3.29	\$3.99	\$4.79
Latte	\$3.29	\$3.99	\$4.79
Mocha Latte	\$3.49	\$4.49	\$5.29
Chai	\$3.49	\$4.49	\$5.29
Hot Chocolate	\$3.29	\$3.99	\$4.79
Iced Coffee		\$2.99	
Iced Tea		\$2.79	
Iced Latte		\$4.49	
Iced Mocha Latte		\$4.49	
Iced Chai		\$4.49	
Iced Lemonade		\$2.79	

## made to ORDER breakfast sandwiches

Available Monday-Saturday until 11am & Sunday until noon  
See complete menu & other choices online

Breakfast Sandwich	\$4.99
Breakfast Burrito Vegan	\$5.99
Breakfast Burrito	\$6.49
Breakfast Bowl	\$5.49

## signature sandwiches

made to ORDER

Available Monday - Saturday until 5pm & Sunday until 4pm  
All sandwiches can be made into a salad upon request.

- Smoked Turkey & Cheddar** whole \$8.49 / half \$4.79  
all natural turkey breast, lettuce, carrots, cucumber & cheddar with housemade russian dressing
- Black Forest Ham & Brie** whole \$8.49 / half \$4.79  
all natural Black Forest ham, lettuce, tomato & brie with honey mustard
- Curry or Herbed Chicken Salad** whole \$8.49 / half \$4.79  
all natural chicken salad, lettuce, carrots, tomato & cucumber w/ vegenaïse
- All Natural BLT** whole \$8.99 / half \$4.99  
nitrate free bacon, lettuce & tomato with vegenaïse
- Traditional or Curry Tuna Salad** whole \$8.49 / half \$4.79  
yellow fin tuna salad, lettuce, cabbage, carrot & cucumber with russian dressing
- Thai Peanut Chicken** whole \$8.49 / half \$4.79  
all natural grilled chicken breast, lettuce, cabbage, carrots & cucumber with housemade Thai peanut sauce
- Old Port Chicken Caesar Wrap** whole \$8.49 / half \$4.79  
all natural grilled chicken breast, lettuce, tomato, red onions, parmesan & housemade croutons with housemade caesar dressing (egg free)
- Tuscan** whole \$8.49 / half \$4.79  
fresh mozzarella, lettuce, tomato & cucumber with pesto with grilled chicken add \$2 for whole or \$1 for half
- Hummus (Vegan)** whole \$7.49 / half \$4.29  
Lois' organic hummus, lettuce, cabbage, carrots, tomato & cucumber
- Thai Tofu (Vegan)** whole \$7.49 / half \$4.29  
spicy tofu, lettuce, cabbage, carrots & cucumber with housemade Thai peanut sauce
- Fakin' BLT (Vegan)** whole \$8.99 / half \$4.99  
organic tempeh fakin' bakin', lettuce, tomato & cucumber with vegenaïse
- Homemade Egg Salad** whole \$7.49 / half \$4.29  
free range egg salad, lettuce & tomato with vegenaïse
- Vegan Tofu Salad** whole \$7.99 / half \$4.49  
tofu salad, lettuce, carrots, tomato & cucumber with vegenaïse
- Ham & Swiss on Rye** whole \$8.49 / half \$4.79  
all natural Black Forest ham, swiss, lettuce, cabbage, tomatoes & onions with horseradish mustard
- Peanut Butter & Apple** whole \$3.99 / half \$1.99  
organic peanut butter on whole grain bread with organic apples, honey & cinnamon

Lois' Natural deli uses Organic and Naturally sustainable ingredients from local sources. Supporting Local Maine Farmers & Growers for 25 years!

## from our grab & go freshly made salads

- Organic Garden Salad** \$5.99  
organic field greens, cabbage, carrots, cucumbers, & red onions, w/ balsamic vinaigrette or lemon herb dressing
- Caesar Salad** \$7.99  
all natural grilled chicken breast, organic green leaf lettuce, red onions, parmesan & housemade croutons with caesar dressing
- Cranberry Pecan** \$7.99  
organic mixed field greens, spiced roasted pecans, gorgonzola cheese & cranberries with balsamic vinaigrette
- 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  
organic green leaf lettuce, cabbage, almonds, apple & goat cheese with balsamic vinaigrette dressing
- Lois' Chef Salad** \$8.29  
organic field greens, carrots, cabbage, cucumbers, cheddar cheese, gouda, smoked turkey with lemon herb dressing



## our bakery

Muffins & Scones Made Fresh Daily

Cookies, Cakes & Bar selections vary day to day and include many Gluten Free & Vegan options. Call for daily choices.

## SCARBOROUGH

152 US ROUTE 1  
(207) 885-0602

Mon.-Sat. 8am-7:30pm  
Sun. 10am-6pm

LOISNATURAL.COM