

FRESH • LOCAL • CASUAL

DOWNTOWN CHARLESTON
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LUNCH MENU

WE UNDERSTAND AND TAKE DIETARY RESTRICTIONS AND FOOD ALLERGIES VERY SERIOUSLY. PLEASE INFORM YOUR SERVER OF ANY INTOLERANCES.

RUFFAGE

- WITH - CHOICE OF DRESSING

• ALL DRESSINGS GLUTEN FREE •

balsamic roasted garlic sweet basil & honey
avocado ranch white balsamic vinaigrette
creamy blue cheese lemon thyme vinaigrette

| | half | ~ | whole |
|--|------|---|-------|
| ARUGULA | 6 | | 10 |
| goat cheese, beets, candied walnuts, carrots | | | |
| CHILLED SMOKED SALMON | 8 | | 14 |
| artisan greens, roasted corn, grilled green onions, capers | | | |
| SPINACH SALAD | 6 | | 10 |
| strawberries, blueberries, goat cheese, pecans | | | |
| EGGPLANT FRITTERS | 6 | | 10 |
| artisan greens, grilled asparagus, goat cheese | | | |
| TOMATO & FRESH MOZZARELLA | 6 | | 10 |
| artisan greens, roasted sweet peppers, fresh mozzarella, asparagus, tomatoes | | | |
| CAROLINA GRAIN SALAD | 6 | | 10 |
| artisan greens, tri-colored quinoa, Carolina gold rice, marinated mushrooms, cherry tomatoes, golden raisins | | | |
| FLC CAESAR* | 5 | | 8 |
| artisan greens, warm three cheese tortellini, parmesan, croutons | | | |
| CHICKEN COBB | 7 | | 12 |
| artisan greens, diced chilled chicken, avocado, smoked bacon, blue cheese, eggs, tomatoes | | | |

ADD PROTEIN TO SALADS

| | | | |
|----------------|---|-----------------------|---|
| sautéed shrimp | 6 | all natural chicken | 5 |
| pan fried tofu | 4 | north Atlantic salmon | 5 |

REFRESHMENT

| | |
|--------------------------------------|------|
| BOTTLED BEVERAGES | 2.75 |
| FOUNTAIN DRINKS | 2.50 |
| ICED TEA | 2.50 |
| RASPBERRY TEA (unsweet) | 2.50 |
| HOT TEA | 2.50 |
| mandarin spice lemon-ginger green | |
| green earl gray breakfast | |
| chamomile (decaf) mint (decaf) | |
| COFFEE | 2.50 |



BETWEEN THE BREAD

SERVED ON YOUR CHOICE OF...

multigrain | sourdough | rye | baguette | spinach tortilla | croissant | Udi's Gluten free

| | half | ~ | whole |
|---|------|---|-------|
| HOT HAM & BRIE | 6 | | 11 |
| green tomato jam, mustard vinegar slaw | | | |
| PEPPERCORN & CORIANDER RARE ROAST BEEF* | 7 | | 12 |
| horseradish mayonnaise, honey grain mustard, smoked provolone, artisan greens, tomatoes, onions | | | |
| PORTOBELLO GOAT CHEESE BURGER | 5 | | 9 |
| baby spinach, tomatoes, sweet basil, mayonnaise, onions | | | |
| ROASTED TURKEY | 6 | | 11 |
| cranberry spread, herb cream cheese, artisan greens, tomatoes, onions | | | |
| MARINATED CHICKEN BREAST | 6 | | 11 |
| fresh mozzarella, tomatoes, basil pesto, artisan greens, onions | | | |
| CHICKEN SALAD CLUB | 6 | | 11 |
| avocado, smoked bacon, red grapes, artisan greens, tomatoes, onions | | | |
| BLACK BEAN BURGER | 5 | | 9 |
| artisan greens, tomatoes, onion, red pepper jam | | | |
| CHICKEN FETA OREGANO BURGER | 6 | | 11 |
| tzatziki feta sauce, artisan greens, tomatoes, onion | | | |
| REUBEN | 5 | | 9 |
| turkey pastrami, 1000 island dressing, sauerkraut, melted provolone, served on rye bread | | | |
| ULTIMATE BLT | 5 | | 9 |
| smoked bacon, sharp cheddar, sweet basil mayonnaise, artisan greens, tomatoes, onions | | | |

All sandwiches may be made Gluten free (except portobello burger)

Please check specials board for a list of our house made soups.

SOUPS

MADE FRESH DAILY.

8oz CUP • 12oz BOWL • SOUP SAMPLER OF 3 POURS

YOU ARE IMPORTANT TO US

At Five Loaves Cafe, we go to great lengths to create a healthy, sustainable and more responsible menu and restaurant for our customers.

- ✓ Locally Sourced Vegetables
- ✓ Antibiotic Free Chicken
- ✓ Antibiotic Free Turkey
- ✓ Hormone Free Pasture Raised Beef
- ✓ Nitrate Free Bacon
- ✓ Cage free, Pasteurized Eggs
- ✓ Bio-Degradable To-Go Ware



www.FiveLoavesCafe.com • www.SesameBurgersAndBeer.com • www.EmberKitchen.com

Lunch 5.21.18

Please inform server of any dietary restrictions. (gluten free) (vegan) (vegetarian)
* (could contain undercooked meats, egg or seafood)



\$2 split plate charge. Please take note of our menu icons to help inform your dining choices

*Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.