



# Lonas Lil Eats

home of the original Giant Rice Paper Wrap

## STARTERS

### FRESH SPRING ROLLS (3)

three spring rolls made fresh with your choice of chicken, steak, veggie or one of each  
\$5.75

### HANDMADE DUMPLINGS (6)

six award-winning dumplings made fresh daily in your choice of steak-mushroom or mushroom   
\$7.00

## SALADS

### CHOPPED VINAIGRETTE

a blend of lettuce, carrot, fresh herbs and purple cabbage with our smoked vinaigrette  
SIDE \$3.00 FULL \$6.50

### SPICY CUCUMBER

a mix of persian cucumber prepared in an authentic village fashion  
SIDE \$3.00 FULL \$6.50

### LIME-GINGER PEANUT

a mix of cabbage, carrot, cilantro and red onion with a lime-ginger peanut dressing.  
SIDE \$3.00 FULL \$6.50

### ADD A PROTEIN:

- +\$3.00 grilled chicken, pulled turkey or spicy tofu
- +\$3.50 grilled steak
- +\$4.00 sauteed shrimp

**ALL PLATES AND WRAPS COME WITH A SIDE SALAD OR SIDE**

## FAVORITE PLATES

### #1 FIVE-STAR PLATTER

all 5-PROTEINS ● any 2-STAPLES ● SAUCE  
● soft drink  
\$15.00

### #1- A VEGGIE SAMPLER

spicy eggplant ● stir-fried veggies ● Lime-ginger peanut salad ● cucumber salad ● chopped salad ●  
spicy tofu  
\$15.00

### #2 SAUTEED SHRIMP PLATE

sauteed shrimp ● spicy stir-fried glass noodles ●  
lemongrass pesto  
\$11.25

### #3 LONA-Q CHICKEN

grilled chicken ● stir-fried glass noodles ●  
Lona-Q sauce  
\$9.25

### #4 PULLED TURKEY SALAD

pulled turkey ● chopped salad mix ● smoked vinaigrette  
\$9.25

## FAVORITE WRAPS

all wraps come with lettuce medley inside

### #5 BIG THAI CHICKEN WRAP

grilled chicken ● stir-fried rice ● lime-ginger peanut sauce in a FLOUR TORTILLA  
\$9.25

### #6 GRILLED STEAK WRAP

grilled steak ● jasmine rice ● smoked vinaigrette in a giant rice paper  
\$10.25

### #7 SPICY TOFU WRAP

spicy tofu ● stir-fried rice ● smoked vinaigrette in a giant rice paper  
\$9.25

### #8 LEMONGRASS TURKEY WRAP

pulled turkey ● jasmine rice ● lemongrass pesto wrapped in a giant rice paper  
\$9.25

### #9 SMOKEY CHICKEN WRAP

chicken ● jasmine rice ● smoked vinaigrette wrapped in a giant rice paper  
\$9.25

- indicates spicy dish

- indicates vegan dish

# CREATE UR OWN

1.

Choose: **GIANT RICE PAPER WRAP** | **PLATE** | **FLOUR TORTILLA**

each meal comes with a side of your choice

2.

## CHOOSE UR PROTEIN

**GRILLED CHICKEN, PULLED TURKEY OR SPICY TOFU** 🔥✔

\$9.25 | +2.00 extra portion

**GRILLED STEAK**

\$10.25 | +2.50 extra portion

**SAUTEED SHRIMP**

\$11.25 | +3.00 extra portion

3.

## CHOOSE UR STAPLE

**CHOPPED SALAD MIX** ✔

**STIR-FRIED WHOLE GRAIN RICE** ✔

**STIR-FRIED GLASS NOODLES** (PLATES ONLY PLEASE) 🔥

**JASMINE RICE** ✔

**COLD GLASS NOODLES** (PLATES ONLY PLEASE) ✔

4.

## CHOOSE UR SAUCE

**SPICY SESAME** 🔥✔

an extremely rare mix of sesame and roasted spices from Lona's village

**LONA-Q SAUCE** ✔

an asian bbq sauce infusing caramelized ginger and rice wine with a smoky finish

**LEMONGRASS PESTO**

a smooth citrus infused lemongrass and cilantro pesto

**SMOKED VINAIGRETTE** ✔

a white balsamic base pureed with a complex mix of smoked and roasted spices

**LIME-GINGER PEANUT SAUCE** ✔

a citrusy lime and ginger peanut sauce with a hint of cilantro

**SODA**

\* flavors subject to change \*

**CANE SUGAR SKI PRODUCTS**

ginger, lemonade, cherry, root beer and cola  
\$2.50

**ADD A  
BOTTOMLESS  
DRINK  
TO ANY MEAL  
FOR \$1.50**

**ICE TEA**

**IMPORTED GREEN TEA**

delicate green tea imported directly from Lona's village and brewed fresh daily  
\$2.50

## CHOOSE A SIDE!

### SIDES

all sides are \$3.00

**SPICY EGGPLANT** 🔥✔

stir-fried eggplant with Lona's secret spice blend and green onions

**STIR-FRIED GLASS NOODLES** 🔥

a spicy blend of stir-fried glass noodles, egg and vegetables

**VILLAGE BAMBOO STEW** 🔥✔

fresh greens stewed with pickled bamboo, tomato and chile

**STIR-FRIED RICE** ✔

whole-grain rice stir-fried with vegetables

**STIR-FRIED VEGGIES** ✔

leafy green veggies

**JASMINE RICE** ✔

fragrant long-grain rice from Thailand

🔥 - indicates spicy dish

✔ - indicates vegan dish

# COOKIES

## HOMEMADE

baked daily | \$2.50

- ▶ PINEAPPLE-COCONUT BUTTER
- ▶ GINGER-MOLASSES
- ▶ SPECIALS



# ICE CREAM

## CLEMENTINE'S

local and delicious | \$5

- ◀ BASIL -GINGER
- ◀ STRAWBERRY-BALSAMIC

# KID'S MEAL

# \$5

# 1.

## CHOOSE UR PROTEIN

CHICKEN, TURKEY, TOFU ✓

**STEAK**

+\$1.00

**SHRIMP**

+\$2.00

# 2.

## CHOOSE UR STAPLE

- CHOPPED SALAD MIX ✓
- STIR-FRIED WHOLE GRAIN RICE ✓
- STIR-FRIED GLASS NOODLES ♣
- JASMINE RICE ✓
- COLD GLASS NOODLES ✓

# BEER

Busch

\$3

Bell's, Excel, 4Hands, Founders, Schlafly, Sudwerks

\$5

Urban Chestnut, Two Hearted Ale (16 oz.)

\$6

# HISTORIC PUNCH

Drawing from recipes dating as far back as 17th century, liquors used are all true to the punches historical epoch, often tea infused, always extraordinarily delicious, as well as strong. Price dependent upon mix.

# RED WINE

Sangiovese - Fantini (Italy) 2013  
GLASS \$7 BOTTLE \$26

Tempranillo - Tamaral (Spain) 2012  
Malbec - La Puerto (Argentina) 2012  
GLASS \$8 BOTTLE \$30

Red Zinfandel - Zin Phomaniac (Lodi, California) 2012  
\$33.00 a bottle

# WHITE WINE

Moscato - La Romantica (Italy) 2014  
Alto Paz - Alandra (Portugal) 2013  
Chardonnay - Rickshaw (California) 2013  
Rose - Le Heron (France) 2013  
Chasan - Sauvignon - ClaudeVal (France)  
GLASS \$7 BOTTLE \$26

Bordeaux Blanc - Sirius (France) 2013  
GLASS \$8 BOTTLE \$30



# HOT TEA

## GREEN TEA

### **SPRING NEEDLES**

\$3/pot

ORIGIN: Lona's friend in SiMao, Yunnan

DESCRIPTION: Bold but light, refreshing and calming without the dryness often associated with bold greens. This tea has a calming effect.

### **HEILOOM GREEN**

\$4/pot

ORIGIN: Lona's parents in BaLuo, Yunnan

DESCRIPTION: Bold, full-bodied, peaty and slightly bitter. Has a soothing sensation on the body, won't keep you up, and great health benefits.

### **HIGH MOUNTAIN**

\$4/pot

(certified organic)

ORIGIN: Friend in Fujian

DESCRIPTION: Velvety, slightly vegetal with a sweet finish. Very restorative, especially if a little under the weather.

### **LOOSE GREEN PU'ER**

\$4/pot

ORIGIN: Lona's brother

DESCRIPTION: Bold, richly fragrant, sweet earthiness. Drinking is accompanied with a very pleasant body sensation, is associated with fat-burning/weight-loss, as well as Chinese medicinal effects.

## OOLONG TEA

### **HIGH MOUNTAIN BENSAN**

\$4/pot

ORIGIN: Friend in Fujian

DESCRIPTION: Very floral and sweet with a slightly earthy backdrop. This tea is relaxing and yet simultaneously awakening.

### **ROASTED WUYI**

\$4/pot

(certified organic)

ORIGIN: Friend in Fujian

DESCRIPTION: This one is ideal for our coffee-loving comrades. Bold, heavily roasted sweet floral notes. Has a soothing effect, especially in the face and abdomen.

## WHITE TEA

### **WHITE PEONY**

\$3/pot

ORIGIN: Friend in Fujian

DESCRIPTION: Sweet with a silky, almost creamy sensation/flavor. This tea is accompanied with a jovial feeling.

### **LOOSE PU'ER**

\$4/pot

ORIGIN: Lona's cousin in Jinggu, Yunnan

DESCRIPTION: Bold, sweet earthy taste. Energizes the entire body while simultaneously grounding it. A tea you can sip on all day.

## BLACK (HONG) TEA

### **GOLDEN SNAIL**

\$3/pot

ORIGIN: Lona's friend in SiMao, Yunnan

DESCRIPTION: Robust, sweet with spicy undertones of cacao. This tea has a wakeful affect.

### **BLACK SPRING TIPS**

\$4/pot

ORIGIN: Lona's friend in SiMao, Yunnan

DESCRIPTION: This tea is closest to a strong Indian-style tea. Stiff, highly caffeinated, with the accompanying sweetness associated Yunnan.

### **BAI LIN GONG FU**

\$4/pot

(certified organic)

ORIGIN: Friend in Fujian

DESCRIPTION: Actually a full-oxidized white tea. Sweet, rejuvenating, hydrating. This tea is extremely energizing, yet jovial, and doesn't follow with a crash. One of my favorites.

### **GOLDEN NEEDLES**

\$5/pot

ORIGIN: Lona's Friend in SiMao, Yunnan

DESCRIPTION: Spring white tea tips, partially oxidized and rolled for aging. Filled with floral, honey notes with a richly smoky, chocolaty backdrop. This tea has an exciting, invigorating, and jovial sensation.