

Soups and Sides

Soup de jour/ \$3.25 cup \$4.50 bowl
Ask our servers for the homemade soups of the day!

Classic French Fries/ \$1.50
Hand-cut, in-house made French fries

Sweet Potato Fries/ \$1.75
Substitute for fries in Global Sammies: \$1.00

Onion Rings/ \$2.50
Substitute for fries in Global Sammies: \$2.00

Breakfast Sides

Breakfast Potatoes / \$2.00

Oatmeal/ \$2.00 cup \$4.25 bowl
With nuts, dried fruit, and brown sugar toppings

Grits / \$1.50 cup \$2.50 bowl

Add-ons

Pineapple Chutney / \$1.00

Grilled Chicken / \$2.00

Ham / \$2.50

Portobello Mushroom / \$2.00

Vegan Protein/ \$2.00
Breaded chick'n strips, Boca veggie patty

Blackened Chicken / \$3.00

Jerk Chicken / \$3.00

Blackened Salmon / \$4.00

Steak / \$4.50

Gluten Free? Vegan? Allergies?

Let us know if you have any dietary restrictions and we will happily do what we can to accommodate you!

Don't forget!

Taco Tuesday

Join us on Tuesdays for everybody's favorite street inspired tacos with a global flair built to order by our own Chef Frank.
Prices vary

How to Order:

Order in person, or call us at
(773) 256-0702 with your order.

**Interested in having
The Refectory cater your next event?**

Contact us by emailing refectory@lstc.edu
to begin planning your next event!

Menu Pricing:

Prices listed are cash prices.
A 3.99% card processing fee is applied to all
debit and credit card purchases.



**Lutheran School of
Theology at Chicago**

Like us on Facebook:
LSTC Refectory and Sola Cafe
or check us out on yelp!

The Refectory & Sola Cafe

The Refectory and Sola Cafe is passionate about serving globally inspired dishes, making most of our ingredients in house at the Lutheran School of Theology at Chicago. We love to serve our Hyde Park neighbors delicious and fresh food to make all people feel at home. You can find good food, new art, and great friends!

Take Out Menu

Open Monday thru Friday

7am – 2pm

1100 East 55th Street
Chicago, IL 60615

Breakfast

Global Breakfast served all day

BiBimBap (South Korea) / \$7.50

Rice, spinach, portobello mushrooms, peppers, two eggs, pickled onions, finished with a sriracha soy drizzle

Shakshuka (North Africa/Israel) / \$6.50

Savory tomato pepper broth, two eggs, served with a side of pita

El Jefe (Latin Fusion) / \$8

Steak, egg, pickled onion, salsa, avocado, cheddar cheese, served with on a pita

Classic Breakfast served until 11:00

Full Breakfast / \$7.50

Two eggs any style, your choice of meat (or vegan alternative), breakfast potatoes, two slices of toast
Add cheese: \$1.00

3 Egg Omelet/ \$6.50

Your choice of cheese, plus 2 more: peppers, onions, spinach, mushrooms, avocado, bacon, sausage, ham, salsa, served with two slices of toast
Additional ingredients: \$0.50 each

French Toast / \$6.50

Two slices of homemade French toast, with fresh berries and choice of meat

Pancakes / \$5.00

Two buttermilk pancakes (choice of plain, chocolate chip, or blueberry), choice of meat

Allison's Breakfast Burrito / \$6.00

Scrambled eggs, chihuahua cheese, turkey chorizo, avocado, salsa, wrapped in a tortilla

Breakfast Sandwich / \$3.25

Two eggs any style, choice of cheese and toast
Add choice of meat: \$1.75

Salads

House Salad / \$2.50 half \$5.00 whole

Chopped romaine, cucumber, tomato, red onion, croutons, choice of ranch or thousand island

Asian Salad / \$3.50 half \$6.50 whole

Mixed greens, shredded carrots, edamame, wonton strips, with a sriracha soy dressing

Caesar Salad / \$3.50 half \$6.50 whole

Chopped romaine, shaved parmesan, croutons, with Caesar dressing

Harvest Maple Kale Salad / \$3.50 half \$6.50 whole

Chopped kale, shredded carrots, cucumbers, cranberries, apples, blue cheese, pecans, with a maple cider vinaigrette

Global Sammies

Served with fresh, hand-cut fries

Pork or Shrimp Banh Mi / \$7.50

Your choice of shrimp or shredded pork, cabbage slaw, shredded carrots, cilantro, jalapenos, mayo, sriracha soy drizzle, served on a fresh baguette

Cemita Puebla / \$8.50

Panko breaded chicken, Chihuahua cheese, poblano pepper, jicama, red onion, cilantro, avocado, chipotle mayo, served on a warm brioche bun

Blackened Salmon Po Boy / \$8.50

Seasoned salmon filet, giardiniera, lettuce, tomato, onion, honey mustard and remoulade, served on a fresh baguette

Steak Sandwich / \$8.00

Steak, blue cheese, bacon, grilled onions, Dijon mayo served on Texas toast

Crab Cake BLT / \$9.50

Two homemade crab cakes, bacon, lettuce, tomato, avocado crema, remoulade, served on Texas toast

Jamaican Jerk Flattie / \$7.50

Jerk chicken, pineapple chutney, mixed greens, served on a pita

Jamaican Jerk Veggie Burger / \$7.50

Veggie burger patty in jerk seasoning, pineapple chutney, greens, served on a warm brioche bun

Chicken 65 Flattie/ \$8

Chicken 65, mint chutney, pickled onions, turmeric yogurt drizzle, cilantro, two pieces of naan

Classic Reuben / \$8.50

Choice of corned beef or un“beet”able beets, sauerkraut, Swiss cheese, Thousand Island dressing, on rye bread

Chicken Sandwich / \$7.50

Grilled chicken breast, lettuce, tomato, onion, mayo, served on a warm brioche bun

Classic Burger / \$7.50

Beef, turkey, or veggie burger, lettuce, tomato, onion, mayo, served on a warm brioche bun
Add cheese: \$1.00

Cheeseburger Royale / \$8.50

Beef burger, bacon, egg, cheddar, lettuce, tomato, onion, mayo, served on a warm brioche bun

Classic Sammies

Peanut Butter & Jelly / \$3.50

Grilled Cheese / \$5.00

Add bacon, avocado, or tomato: \$0.50

Classic BLT / \$5.00

Deli Sandwich / \$5.00

Your choice of ham, turkey, avocado, or tuna salad. All come with lettuce, tomato, onion, cheddar, and mayo on white, wheat, or sourdough.

½ Sandwich, Soup or House Salad/ \$5.00

Choose a sandwich and a cup of soup or half salad