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

Don’t forget!

Taco Tuesday

Join us on Tuesdays for everybody’s favorite street inspired tacos with a global flare 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.

Gluten Free? Vegan? Allergies?
Let us know if you have any dietary restrictions and we will happily do what we can to accommodate you!

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 Jeffe (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

**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.

1/2 Sandwich, Soup or House Salad / $5.00
Choose a sandwich and a cup of soup or half salad