



Charleston, South Carolina  
[www.fiveloavescafe.com](http://www.fiveloavescafe.com)

**Welcome to Five Loaves Café!**

We are proud to say that all of our chicken is free range and all natural. Our beef is grass fed, hormone free, from Meyers farm. We use all fresh pasta made locally by Bertolini's Fresh Pasta Company. We strive to accommodate all diets and have a vegetarian friendly menu.

We are excited about our restaurants and confident you will enjoy your experience.

Thank you,

**Casey Glowacki & Joe Fischbein**

43 Cannon St. – Charleston, SC  
843-937-4303  
Located at the corner of Cannon  
and Coming Street

1055 Johnnie Dodds Blvd, Suite 50  
Mt. Pleasant, SC – 843-849-1043  
Located in the  
Crickentree Village Center

**Visit our sister restaurant  
Sesame Burgers and Beer**

4726 Spruill Avenue  
Park Circle  
North Charleston, SC  
843-554-4903



2070 Sam Rittenberg Ave  
Citadel Mall  
Charleston, SC  
843-766-7770

[www.sesameburgersandbeer.com](http://www.sesameburgersandbeer.com)  
Consider Five Loaves Café for your next party or catering event

# LUNCH

## Soups

Check out today's specials board for our large selection of soups  
available also as 3 small soup pours.

Cup	Bowl
\$ 4.00	\$ 5.50
\$ 4.00	

## Salads

	Half	Whole
(GF, V) Arugula Salad with goat cheese, beets, candied walnuts & carrots	\$ 4.25	\$ 8.25
(GF, V) Marinated Mushrooms, bleu cheese, sunflower seeds & warm potatoes over mixed greens	\$ 4.00	\$ 7.75
(V) Spinach topped with grilled polenta croutons, fresh mozzarella, caramelized pearl onions & toasted almonds	\$ 4.00	\$ 7.75
(V) Eggplant Fritters, grilled asparagus & goat cheese over mixed greens	\$ 4.25	\$ 8.25
(GF, V) Tomato & Mozzarella with roasted sweet peppers & asparagus over mixed greens	\$ 4.00	\$ 7.75
(GF) Smoked Salmon, roasted corn, grilled green onions & capers over mixed greens	\$ 4.25	\$ 8.25
All Natural Chicken Caesar with croutons, warm three-cheese tortellini & parmesan over mixed greens	\$ 4.25	\$ 8.25
(GF) Cobb with avocado, bacon, bleu cheese, all natural diced chicken, egg & tomato over mixed greens	\$ 4.25	\$ 8.25

## (GF, V) Vinaigrettes & Dressings

white balsamic vinaigrette  
tahini & lemon (no oil!)  
walnut & shallot  
sweet basil & honey

wild mushroom & soy (NOT GF)  
creamy bleu cheese  
balsamic & roasted garlic  
roasted red pepper & oregano (fat free!)

## Sandwiches

Each sandwich is served on your choice of bread with a dill pickle on the side.

	Half	Whole
Hot Ham & Brie with green tomato jam, mustard & vinegar slaw	\$ 4.00	\$ 7.75
Peppercorn & Coriander Hormone Free Rare Roast Beef with horseradish mayo, honey grain mustard, smoked provolone, lettuce, tomato & onion	\$ 4.25	\$ 8.25
Roasted Turkey with cranberry spread, herb cream cheese, lettuce, tomato, & onion	\$ 4.25	\$ 8.25
(V) Portobello Goat Cheese Burger with fresh spinach, tomatoes, basil mayonnaise & red onions	\$ 4.00	\$ 7.75
(V) Sweet Chili Glazed Eggplant Wrap with cucumbers, sprouts, carrots, peppers & Thai peanut sauce	\$ 4.00	\$ 7.75
All Natural Marinated Chicken Breast with fresh mozzarella, raspberry vinegar marinated tomatoes, basil pesto, lettuce & onion	\$ 4.25	\$ 8.25
All Natural Chicken Salad Club with avocado, apple wood smoked bacon, lettuce, tomato & onion	\$ 4.25	\$ 8.25
Tuna Salad with red grapes, aged cheddar, lettuce, tomato & onion	\$ 4.00	\$ 7.75
(V) Mediterranean Garden Burger with cucumbers, tzatziki-feta spread, lettuce, tomato & onion	\$ 4.00	\$ 7.75
Reuben with turkey pastrami, housemade thousand island, sauerkraut, melted provolone on rye	\$ 4.00	\$ 7.75
Ultimate BLT with smoked bacon, cheddar, thick sliced tomatoes, sweet basil mayo, lettuce & onion	\$ 4.25	\$ 8.25
The Parker with grilled pork loin, spicy bleu cheese spread, caramelized onion, baby spinach & tomato	\$ 4.25	\$ 8.25

## Breads

croissant  
+.25 for half / +.50 for whole

sourdough

gluten free  
+.25 for half / +.50 for whole

spinach tortilla  
wrap

baguette

multi grain

rye

ITEMS ON THIS MENU ARE AVAILABLE ALL DAY

GF = gluten free, V = vegetarian

# Dinner Menu

Served After 5pm

## Appetizers

- Small Caesar Salad** with mixed lettuces, parmesan & croutons with house made caesar dressing \$3.75
- (V) **Small Dinner Salad** with mixed lettuces, toasted almonds, grated parmesan, cherry tomatoes & cucumbers with your choice of dressing \$3.75
- (GF) **Steamed Mussels** in your choice of white wine & thyme butter sauce or Thai coconut & cilantro sauce - served with garlic toast \$6.25
- (V) **Greek Quesadilla** with artichoke hearts, feta, sundried tomatoes, spinach & olives with a red pepper dipping sauce \$6.25
- (V) **Grilled Pita** served with tomato, fresh mozzarella, olives, arugula, & artichoke hearts \$6
- (V) **Goat Cheese Gnocchi** with creamy goat cheese sauce, golden raisins & balsamic reduction \$5.75
- (GF, V) **Grilled Eggplant** layered with tomatoes, herb goat cheese, caramelized onions & fresh spinach topped with tomato chutney \$5.75
- (V) **Grilled Cheese Pita Sandwiches** with spinach, mozzarella & a walnut pesto cream sauce \$6

## Pastas

- All Natural Chicken Marsala** housemade fettuccini tossed with button mushrooms, tomatoes & fresh spinach \$12
- (V) **Tri-Colored Tortellini** with sun-dried tomatoes, portobello mushrooms & fresh spinach in a cracked black pepper parmesan cream sauce \$11
- Blue Crab Pasta** housemade roasted garlic and chive spaghetti tossed with crab meat, sautéed artichoke hearts, tomatoes, tarragon, & lemon in a spicy shellfish broth \$13
- (V) **Butternut Squash Ravioli** with sage butter sauce, dried cranberries, cauliflower and roasted beets \$12 add chicken \$2
- (V) **Breaded Eggplant or All Natural Chicken Parmesan** over housemade fettuccini with slow cooked tomato sauce, roasted red peppers & fresh mozzarella - eggplant \$11, chicken \$12
- Sautéed Shrimp Gnocchi** with caramelized onions, parmesan cheese, golden raisins & tomato in a roasted garlic cream sauce \$13
- Spaghetti** tossed with slow cooked tomato sauce & housemade meatballs \$12
- Risotto of the Day** - ask your server for today's selection & price

## Entrées

- (GF) **Grilled Rosemary Pork Loin** with a spinach-quinoa cake, sautéed greens, & a pear compote \$13
- Fresh Tilapia Picata** with lemon, capers, tomatoes, spinach & parsley over roasted garlic mashed potatoes \$14
- (V) **Fresh Vegetable Stir Fry** with diced tofu, spicy hoisin sauce or thai peanut sauce, cilantro & a touch of coconut \$10 (add chicken \$1.50 or shrimp \$2)
- Beef Medallions** encrusted with tarragon & bleu cheese served with roasted garlic mashed potatoes, grilled asparagus and a portobello mushroom demi-glaze \$16
- All Natural Chicken Palliard** pan-fried all natural breast with prosciutto, melted parmesan, garlic mashed potatoes with arugula & roasted beet salad \$12
- (GF) **Honey Mustard Glazed Salmon** - a fresh filet with artichokes, tomatoes, spinach, roasted peppers, potatoes, lemon & a fresh basil butter broth \$15
- (GF) **All Natural Curried Chicken** sweet peppers, onions, & broccoli with coconut milk & cilantro over jasmine rice \$13
- (GF, V) **Marinated Portobello Mushroom** over new potato & root vegetable stew topped with roasted corn relish \$12

GF= gluten free, V= vegetarian

# Wine Selections

## White Wines

	<u>Glass</u>	<u>Bottle</u>
<b>CA DEL SARTO PINOT GRIGIO FRUILLI, Italy</b> <i>Light with delicate lemon, lime and kiwi on the nose leads to fresh melon, honey &amp; fig tones</i>	6.50	25.00
<b>SOLENA PINOT GRIS, Oregon</b> <i>Honey, apricot and geranium notes on the palate integrate with refreshing crisp Oregonian minerality</i>		45.00
<b>FORIS PINOT GRIS, Rogue Valley, Oregon</b> <i>Clean intense aroma &amp; full fruit flavor with elegant body &amp; velvety feel on the palate.</i>	7.50	29.00
<b>HILL &amp; DALE SAUVIGNON BLANC, Stellenbosch, South Africa</b> <i>Crisp, dry wine with layers of tropical fruit &amp; gentle hints of grass.</i>	6.50	25.00
<b>ARONA SAUVIGNON BLANC, Marlborough, New Zealand</b> <i>Instantly approachable with ripe fruit flavors of passion fruit and pineapple</i>	7.00	27.00
<b>PELLEGRINI OLIVET LANE CHARDONNAY, Russian River Valley, California</b> <i>Rich with tropical fruit, buttery toast, cream and spice flavors.</i>		45.00
<b>LAFORET CHARDONNAY, France</b> <i>An aromatic wine from Burgundy, France with flavors of bright fruit and green almond.</i>	7.50	29.00
<b>LOT 205 CHARDONNAY, California</b> <i>Hints of vanilla with an elegant balance of fruity &amp; oaky flavors.</i>	7.00	27.00
<b>SANGRE DE TORO VINA SOL WHITE, Spain</b> <i>The Parellada grape produces this aromatic, dry white wine with delicate flavors of apples and pineapples.</i>	7.00	27.00
<b>HYATT RIESLING, Washington State</b> <i>A wonderfully balanced wine, with citrus &amp; floral aromas &amp; tastes of pear, peach &amp; apricot.</i>	6.50	25.00

## Red Wines

<b>LOT 205 MERLOT, California</b> <i>Aromas of cassis/blackberry, graphite &amp; cocoa followed by flavors of cola &amp; toffee.</i>	6.50	25.00
<b>ARTISAN CABERNET SAUVIGNON, California</b> <i>Ripe, dark fruit flavors pursued by lighter red raspberry.</i>	7.00	27.00
<b>SUR MALBEC, Mendoza, Argentina</b> <i>Concentrated blackberry fruits with a hint of smokiness &amp; leather at the finish.</i>	7.00	27.00
<b>WOOP WOOP SHIRAZ, Australia</b> <i>Bursting with blackberry fruit juice &amp; blueberry jam, well balanced with black liquorice, pepper &amp; spice.</i>	7.50	29.00
<b>BLISS ZINFANDEL, Mendocino, California</b> <i>Expressive aromas of blueberry &amp; wild forest flowers. It's big &amp; jammy.</i>	7.00	27.00
<b>AMITY PINOT NOIR, Willamette Valley, Oregon</b> <i>Cherries and raspberries, notes of smoke, spice and earthiness wonderfully textured with brilliant acidity.</i>		45.00
<b>CARTLIDGE AND BROWN PINOT NOIR, California</b> <i>Aromas of cherry cider, plum jam, and spice cake. Vigorous and full-flavored, notes of cherry cobbler, fresh plum, and toffee.</i>	7.50	29.00
<b>UNDERWOOD PINOT NOIR, Oregon</b> <i>A blend of ripe fruit and silky tannins. Raspberry, currant, with toasty oak finished with balanced acidity.</i>	7.50	29.00
<b>SANGRE DE TORO TEMPRANILLO, Catalunya, Spain</b> <i>Delicate floral aromas over a background of very ripe blackberry and strawberry flavors. The body has hints of oak and truffles.</i>	7.00	27.00
<b>TAMARACK CELLARS FIRE HOUSE RED, Columbia Valley, Washington</b> <i>Flavors of bright raspberry, currant, mocha, and a touch of pepper spice, a perfectly balanced blend with soft tannins.</i>		45.00

## Beer Selections

Thomas Creek Vanilla Porter	\$ 3.75	Magic Hat #9	\$ 3.75
Sweet Water 420	\$ 3.75	Stella Artois	\$ 3.75
Abita Amber	\$ 3.75	Miller Light	\$ 3.00
Blue Moon	\$ 3.50	Bud Light	\$ 3.00
Heineken	\$ 3.50	Michelob Ultra	\$ 3.00

## Other Beverages

Bottled Beverages	2.25
Iced Tea, Fountain Drinks	1.95
Coffee	1.95
Hot Tea	1.95
Mandarin Spice, Lemon-Ginger Green, Breakfast, Green, Earl Gray, Chamomile(Decaf), Ginger Ginseng (Decaf)	