

Breakfast

Served until 1:00 PM



Fresh Juices & Smoothies

Serving size 16oz

Coffee and Tea

PLATE UNO \$9.33

Scrambled eggs with ham, turkey or bacon, potato, toast and 8oz cafe con leche.

PLATE DOS \$7.13

Scrambled eggs with ham, turkey or bacon & toast.

BIG ONE \$9.33

2 pancakes (plain, banana, blueberry or chocolate chip), scrambled eggs and bacon.

BREAKFAST WRAP \$7.13

Eggs with ham, turkey or bacon.

BREAKFAST SANDWICH \$8.63

Eggs, ham, turkey or bacon, tomato and cheese.

BAGEL AND CREAM CHEESE \$4.12

BREAKFAST BOWL \$11.82

4 eggs, ham, turkey or bacon, tomato, spinach, onions, cheese & toast.

BAGEL SANDWICH \$7.68

Eggs with ham, turkey or bacon and cheese.

TOAST: CUBAN \$2.83

WHOLE WHEAT/ FRENCH BREAD TOAST \$3.00

BUILDERS OMELETTE \$10.72

4 egg whites, ham, turkey & bacon, spinach, swiss cheese, potato & toast.

TURKEY & SPINACH OMELETTE \$9.29

Turkey, spinach, onion, goat cheese, potato & toast.

VEGGIE OMELETTE \$8.19

Onions, tomato, mushrooms, carrot, potato & toast.

OATMEAL \$4.23

With cranberries and nuts

TEQUEÑOS \$7.40

5 Tequeños

1 Tequeño \$1.65

EMPANADAS \$3.24

Chicken. Spinach. Ham and cheese. Beef and plantain.

GREEN MACHINE \$9.45

Kale, cucumber, celery, green apple, lime, spinach, pineapple, ginger.

DETOX \$9.00

Red apple, beet, celery, ginger.

RAY OF LIGHT \$9.00

Carrot, red apple, lime, ginger.

FRESH ORANGE JUICE \$5.75

FUNKY MONKEY \$9.29

Coconut water, peanut butter, spinach, banana, lime.

CORAL WAY \$7.53

Banana, strawberry, orange juice.

GROOVE \$7.53

Mango, banana, orange juice.

MAUI WOWY \$7.53

Pineapple, coconut, orange juice.

HAVANA \$7.53

Papaya, banana, mango, milk.

BARNIE \$7.53

Mixed berries, orange juice or milk.

YOYI'S \$7.53

Peanut butter, banana, milk.

COLADA \$2.00

CORTADITO \$2.35

CAFE CON LECHE \$3.35

HOT CHOCOLATE \$3.50

HOT TEA \$3.00

ICED COFFEE \$4.00

ICED LATTE \$4.80

ALMOND LATTE \$5.00

ICED ALMOND LATTE \$5.00

Sweets

BREAD PUDDING \$4.75

GUAVA AND CHEESE \$4.75

NUTELLA AND CHOCOLATE CHIP \$4.75

FLAN \$4.50

MA'S TRES LECHE \$4.75

TIRAMISU \$4.75

NUTELLA MOUSSE \$5.50

Salads

HOUSE SALAD \$8.05

Mixed greens, shredded carrot, tomato
Dressing options: raspberry vinaigrette,
 olive oil and balsamic vinegar, italian vinaigrette

Add chicken \$3.00

BAKED SALMON SALAD \$13.80

Teriyaki salmon, mix greens, tomato,
 shredded carrot, dates.

CAPRESE SALAD \$10.63

Fresh mozzarella, tomato, basil over
 romaine lettuce.

Add chicken \$3.00

CHEF SALAD \$10.92

Ham, turkey, swiss cheese, hard boiled egg,
 baby greens, shredded carrot, tomato.

CAESAR SALAD \$8.33

Romaine lettuce, croutons, parmesan
 cheese.

Add chicken \$3.00

MEXICAN CEASAR \$11.21

Romaine lettuce, blackened chicken,
 shredded cheddar cheese, pico de gallo
 and chipotle.

Add avocado \$3.00

TUNA SALAD \$6.32

Tuna, fat free mayo, green apple, onions,
 lime juice, honey mustard.

Over House Salad \$3.3

Sandwiches & Wraps

(Choose: Cuban, Whole wheat, French Bread or Whole wheat wrap)



TRADITIONAL \$7.68

Black forest ham or roasted turkey breast,
 swiss cheese, romaine, tomato, mayo,
 honey mustard.

THE LEAN TURKEY \$7.68

Roasted turkey breast, swiss cheese, romaine,
 dried cranberries, mayo, honey mustard.

CHICKEN DE LUXE \$9.29

Grilled chicken breast, romaine, tomato,
 mayo, honey mustard.

TUNA SANDWICH \$7.68

Tuna salad, romaine, tomato.

ITALO \$10.17

Prosciutto, mozzarella, tomato, pesto.

CHICKEN PESTO \$9.90

Pesto chicken breast, tomato, mozzarella.

THE CLUB \$8.19

Ham, turkey, bacon, tomato, romaine,
 mayo, honey mustard.

MOJO CHICKEN \$9.62

Mojo chicken breast, swiss cheese, ham,
 pickles, romaine, mayo, honey mustard.

CUBAN SANDWICH \$9.33

Mojo pork, ham, swiss cheese, pickles,
 mustard.

CHICKEN CLUB \$8.63

Chicken breast, bacon, lettuce, tomato, mayo.

PAN CON LECHÓN \$9.29

Mojo pork, swiss cheese & pickles.

BLT \$7.53

Bacon, tomato, lettuce & mayo.

VEGGIE BURGER \$11.17

Veggie patty, tomato, romaine, mayo,
 mustard.

Add avocado \$3.00

ORIENTAL EXPRESS WRAP \$9.88

Teriyaki chicken, brown rice, romaine.

ROYAL INDIAN WRAP \$9.88

Curry chicken, coconut brown rice,
 coconut flake, tomato and curry dressing.

EL RANCHO WRAP \$8.99

Chicken breast, romaine, tomato & ranch.

GREEK WRAP \$8.38

Chicken, tzatziki sauce, lettuce, onion, tomato.

SPICY SALMON WRAP \$13.12

Spicy Salmon, Romaine lettuce, avocado,
 tomato, cilantro, red onions, cheddar cheese
 and sriracha aioli.

CHOICES OF PROTEIN

Grilled Chicken **\$6.50**
 Mojo Pork **\$6.50**
 Baked Salmon **\$10.00**

Signature Bowls

BLACKENED CHICKEN \$14.04

Blackened chicken, roasted corn, black
 bean, pico de gallo, avocado, romaine lettuce,
 brown rice and chipotle dressing.

CURRY CHICKEN \$12.57

Curry chicken, coconut brown rice,
 coconut flake, tomato and curry dressing.

Add avocado \$3.00

SALMON BOWL \$15.21

Baked salmon, pickled cucumbers,
 pico de gallo, couscous tabbouleh and
 Dill Tzatziki.

Add avocado \$3.00

FRESH AND VEGGIES \$13.45

Marinated chickpeas, pickled cucumbers,
 pico de gallo, shredded carrot, mixed greens,
 avocado and humus.

Custom Chops

(Served with brown rice and our
 famous house dressing)

CHOICES OF TOPPINGS

Avocado **\$3.00**
 Romaine lettuce **\$1.00**
 Tomato **\$1.50**
 Shredded carrot **\$1.00**
 Red onions **\$0.50**