

Breakfast

Served until 1:00 PM



PLATE UNO	\$10.26	TOAST:CUBAN	\$3.11
Scrambled eggs with ham,turkey or bacon,potato,toast and 8oz cafe con leche.			
PLATE DOS	\$7.95	WHOLE WHEAT/ FRENCH BREAD TOAST	\$3.30
Scrambled eggs with ham,turkey or bacon & toast.			
BIG ONE	\$10.26	BUILDERS OMELETTE	\$11.79
2 pancakes (plain,banana,blueberry or chocolate chip), scrambled eggs and bacon.		4 egg whites, ham, turkey & bacon, spinach, swiss cheese, potato & toast.	
BREAKFAST WRAP	\$7.95	TURKEY & SPINACH OMELETTE	\$10.21
Eggs with ham, turkey or bacon.		Turkey, spinach, onion, goat cheese, potato & toast.	
BREAKFAST SANDWICH	\$9.49	VEGGIE OMELETTE	\$8.95
Eggs,ham,turkey or bacon,tomato and cheese.		Onions, tomato, mushrooms, carrot, potato & toast.	
BAGEL AND CREAM CHEESE	\$5.95	OATMEAL	\$4.65
		With cranberries and nuts	
BREAKFAST BOWL	\$12.95	TEQUEÑOS	\$8.50
4 eggs, ham, turkey or bacon, tomato, spinach, onions,cheese & toast.		5 Tequeños	
BAGEL SANDWICH	\$8.44		\$1.95
Eggs with ham,turkey or bacon and cheese.		EMPANADAS	\$3.56
		Chicken. Spinach. Ham and cheese. Beef and plantain.	
CROISANT	\$3.70	CROISANT WITH HAM & CHEESE	\$4.95

Fresh Juices & Smoothies

GREEN MACHINE	\$9.95
Kale, cucumber, celery, green apple, lime, spinach, pineapple, ginger.	
DETOX	\$9.55
Red apple, beet, celery,ginger.	
RAY OF LIGHT	\$9.55
Carrot, red apple, lime, ginger.	
FRESH ORANGE JUICE	\$6.32
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.	

Coffee and Tea

COLADA	\$2.20
CORTADITO	\$2.58
CAFE CON LECHE	\$3.68
HOT CHOCOLATE	\$3.85
HOT TEA	\$3.30
ICED COFFEE	\$4.40
ICED LATTE	\$5.28
ALMOND LATTE	\$5.50
ICED ALMOND LATTE	\$5.50

Sweets

CROISANT WITH GUAVA & CHEESE	\$4.75
CROISANT WITH NUTELLA	\$4.75
FLAN	\$5.50
3 LECHEs	\$5.95
ALFAJORES	
X4 - \$8.80 X1 - \$2.20	
LEMON PIE	\$6.00
NUTELLA	\$6.32
TIRAMISU	\$6.95

Salads	Sandwiches & Wraps		Signature Bowls
	(Choose: Cuban, Whole wheat, French Bread or Whole wheat wrap)		
<div>HOUSE SALAD</div> <div>Mixed greens, shredded carrot, tomato</div> <div>Dressing options: raspberry vinaigrette, olive oil and balsamic vinegar, italian vinaigrette</div> <div>Add chicken \$3.30</div> <div>\$8.85</div>	<div>TRADITIONAL</div> <div>Black forest ham or roasted turkey breast, swiss cheese, romaine, tomato, mayo, honey mustard.</div> <div>\$8.44</div>	<div>PAN CON LECHÓN</div> <div>Mojo pork, swiss cheese & pickles.</div> <div>\$10.21</div>	<div>BLACKENED CHICKEN</div> <div>Blackened chicken, roasted corn, black bean, pico de gallo, avocado, romaine lettuce, brown rice and chipotle dressing.</div> <div>\$15.44</div>
<div>BAKED SALMON SALAD</div> <div>Teriyaki salmon, mix greens, tomato, shredded carrot, dates.</div> <div>\$15.18</div>	<div>THE LEAN TURKEY</div> <div>Roasted turkey breast, swiss cheese, romaine, dried cranberries, mayo, honey mustard.</div> <div>\$8.44</div>	<div>BLT</div> <div>Bacon, tomato, lettuce & mayo.</div> <div>\$8.28</div>	<div>CURRY CHICKEN</div> <div>Curry chicken, coconut brown rice, coconut flake, tomato and curry dressing.</div> <div>\$13.82</div>
<div>CAPRESE SALAD</div> <div>Fresh mozzarella, tomato, basil over romaine lettuce.</div> <div>Add chicken \$3.30</div> <div>\$11.65</div>	<div>CHICKEN DE LUXE</div> <div>Grilled chicken breast, romaine, tomato, mayo, honey mustard.</div> <div>\$10.21</div>	<div>VEGGIE BURGER</div> <div>Veggie patty, tomato, romaine, mayo, mustard.</div> <div>Add avocado \$3.00</div> <div>\$12.28</div>	<div>Add avocado \$3.00</div>
<div>CHEF SALAD</div> <div>Ham, turkey, swiss cheese, hard boiled egg, baby greens, shredded carrot, tomato.</div> <div>\$11.95</div>	<div>TUNA SANDWICH</div> <div>Tuna salad, romaine, tomato.</div> <div>\$8.44</div>	<div>ORIENTAL EXPRESS WRAP</div> <div>Teriyaki chicken, brown rice, romaine.</div> <div>\$10.86</div>	<div>SALMON BOWL</div> <div>Baked salmon, pickled cucumbers, pico de gallo, couscous tabbouleh and Dill Tzatziki.</div> <div>Add avocado \$3.00</div> <div>\$16.72</div>
<div>CAESAR SALAD</div> <div>Romaine lettuce, croutons, parmesan cheese.</div> <div>Add chicken \$3.30</div> <div>\$9.10</div>	<div>ITALO</div> <div>Prosciutto, mozzarella, tomato, pesto.</div> <div>\$11.18</div>	<div>ROYAL INDIAN WRAP</div> <div>Curry chicken, coconut brown rice, coconut flake, tomato and curry dressing.</div> <div>\$10.86</div>	<div>FRESH AND VEGGIES</div> <div>Marinated chickpeas, pickled cucumbers, pico de gallo, shredded carrot, mixed greens, avocado and humus.</div> <div>\$14.79</div>
<div>MEXICAN CEASAR</div> <div>Romaine lettuce, blackened chicken, shredded cheddar cheese, pico de gallo and chipotle.</div> <div>Add avocado \$3.00</div> <div>\$12.30</div>	<div>CHICKEN PESTO</div> <div>Pesto chicken breast, tomato, mozzarella.</div> <div>\$10.89</div>	<div>EL RANCHO WRAP</div> <div>Chicken breast, romaine, tomato & ranch.</div> <div>\$9.88</div>	<div>Custom Chops</div> <div>(Served with brown rice and our famous house dressing)</div>
<div>TUNA SALAD</div> <div>Tuna, fat free mayo, green apple, onions, lime juice, honey mustard.</div> <div>Over House Salad \$3.63</div> <div>\$6.95</div>	<div>THE CLUB</div> <div>Ham, turkey, bacon, tomato, romaine, mayo,honey mustard.</div> <div>\$8.95</div>	<div>GREEK WRAP</div> <div>Chicken, tzatziki sauce, lettuce, onion, tomato.</div> <div>\$9.21</div>	
	<div>MOJO CHICKEN</div> <div>Mojo chicken breast, swiss cheese, ham, pickles, romaine, mayo, honey mustard.</div> <div>\$10.58</div>	<div>SPICY SALMON WRAP</div> <div>Spicy Salmon, Rice, Romaine lettuce, avocado, tomato, cilantro, red onions, cheddar cheese and sriracha aioli.</div> <div>\$14.41</div>	<div>CHOICES OF TOPPINGS</div> <div>Avocado \$3.00</div> <div>Romaine lettuce \$1.00</div> <div>Tomato \$1.00</div> <div>Shredded carrot \$1.00</div> <div>Red onions \$1.00</div>
	<div>CUBAN SANDWICH</div> <div>Mojo pork, ham, swiss cheese, pickles, mustard.</div> <div>\$10.26</div>	<div>CHOICES OF PROTEIN</div> <div>Grilled Chicken \$7.15</div> <div>Mojo Pork \$7.15</div> <div>Baked Salmon \$10.95</div> <div>SPECIAL HOME MADE SAUCES</div> <div>Italian, hot sauce, cilantro, chipotle \$1.00</div>	
	<div>CHICKEN CLUB</div> <div>Chicken breast, bacon, lettuce,tomato, mayo.</div> <div>\$9.49</div>	<div>QUESADILLA ★</div> <div>\$12.50</div>	