

Juice Blends

SMALL \$8 • LARGE \$10

AVENTURA LIFE
apple, celery, spinach, cucumber

BRICKELL CLEANSE
beet, ginger, apple, orange, lime

MIDTOWN TRIO
carrot, ginger, apple

TOTAL GREENS
spinach, celery, kale, cucumber

SoBe GREENS
kale, cucumber, green apple, lime

BODY CLEANSER
cucumber, apple, carrot

LIVER CLEANSER
ginger, spinach, celery, apples, cucumber, lime

SORE THROAT
pineapple, ginger, green apple, cane juice

IMMUNE BOOSTER

pineapple, ginger, honey, garlic, lime, cayenne pepper, cane juice

Shots

1oz • 2oz
WHEAT GRASS \$3 • \$5

1oz • 2oz
GINGER \$2 • \$4

• \$6
6 GOLPES
turmeric root, ginger, beet, lime, cayenne pepper, honey

• \$5
SPICY KISS
ginger, honey, lime, cayenne pepper

Protein Smoothies

SMALL \$10 • LARGE \$12

HULK
spinach, banana, peanut butter, kale, whey protein, almond milk

MUSCLE MAKER
banana, strawberry, L-glutamine, whey protein, almond milk

CINNAMON OATS
banana, oatmeal, cinnamon, whey protein, almond milk

EARTH BERRY
strawberry, blueberry, banana, honey, almond milk, whey protein

Coffee

CORTADITO 2.15
COLADA 2.15
CAFE con LECHE 3.25
ICE LATTE 3.25
MUSHROOM COFFEE \$6

CAPPUCCINO 3.25
MACCHIATO 2.15
ESPRESSO 1.80
ICE COFFEE 2.75

Wraps

CHICKEN-CILANTRO 14
chicken salad, quinoa, mixed greens, house cilantro dressing, sun-dried tomato wrap

SALMON-CILANTRO 15
mixed greens, house cilantro dressing, quinoa, sun-dried tomato wrap

SOUTHWEST TURKEY 14
sun-dried tomato wrap, organic turkey breast, bean mix, spicy chipotle sauce

SRIRACHA TUNA 13
spicy tuna salad, avocado, mixed greens, scallions, arugula, whole wheat wrap

Sandwiches

KALE-PESTO CHICKEN 12
cage-free chicken, roasted bell peppers, tomato, mixed greens, kale-pesto spread, multi grain bread

AVOCADO 10
cream cheese, tomato, alfalfa sprouts, cucumbers, banana peppers, multi grain bread

TURKEY CAPRESE 13
organic turkey, avocado, mozzarella, tomato, kale-pesto spread, baguette

Burgers

MANOLO BURGER 100% VEGAN 12
quinoa / lentil / black bean patty, tomato, arugula, spicy citrus aoli, focaccia bun

SALMON BURGER 14
housemade patty, tomato, arugula, spicy citrus aoli, focaccia bun

Soups

SMALL \$6 • LARGE \$8

MOM'S LENTIL
housemade, **vegan**

CHICKEN NOODLE
housemade, organic

Salad

CREATE your OWN
\$10

mix greens, tomato, onion, corn, cucumber

ADD PROTEIN:

Chicken Salad +\$5 • Tuna Salad +\$5

Chicken +\$5 • Turkey +\$6

Shrimp +\$7 • Salmon +\$7 • Mahi Mahi \$7

DRESSING:

Balsamic Vinaigrette, Cilantro, Chipotle,

Kale-Pesto, Spicy Mayo, Ponzu

Bowls & More

POKÉ BOWL * 17
ahi tuna, seaweed salad, edamame, arugula, scallions, carrots, cucumber, sesame seeds, crispy onions, spicy mayo, ponzu sauce

SIAM BOWL 15
quinoa, egg white, organic chicken, scallions, shredded carrots, onion, sesame oil, soy sauce

PROTEIN BOWL 14
quinoa, organic turkey, egg whites, avocado, spinach, garlic, feta or parmesan

VEGAN BOWL 13
quinoa, black beans, topped w/ pico de gallo

STUFFED AVOCADO * 13
jumbo shrimp, haas avocado, pico de gallo, housemade dressing

AHI TUNA STEAK * 19
sesame crusted tuna steak, quinoa, scallions, arugula salad

PESTO CHICKEN BREAST 17
cage-free chicken, pico de gallo, quinoa, kale-pesto spread, mixed greens

CHICKEN QUESADILLA 15
cage-free chicken, avocado purée, pico de gallo, sour cream, soft flour tortillas

TACOS CHICKEN 12 • SHRIMP 13
2 per order, soft flour shells, mixed greens, chipotle, cilantro, scallions, pico de gallo

TUNA TARTARE 13
ahi tuna, avocado, mango, yuca chips

CATCH OF THE DAY *MP

Breakfast

SERVED ALL DAY

AMELIA'S OATMEAL 8
strawberry, banana, blueberry, almonds

AVOCADO TOAST 15
2 poached eggs, cream cheese, pico
ADD Bacon or Ham +\$3, Smoked Salmon +\$4

AÇAÍ BOWL 13
banana, strawberry, blueberry, granola, coconut flakes, honey

DRAGON FRUIT BOWL 14
banana, strawberry, blueberry, mango, granola, coconut flakes, honey

PAPAYA FRUIT BOWL 13
greek yogurt, granola, banana, mango, blueberry on a papaya

EMMA'S PANCAKES 12
2 vegan spinach pancakes, topped w/banana, strawberries, powdered sugar, side of agave

BELGIUM CHIA WAFFLE 12
banana, strawberry, blueberry, honey, peanut butter - *Make it A la Mode* +\$2

POWER WRAP 13
whole wheat wrap, egg white, feta, spinach, quinoa, roasted bell peppers

VEGAN BURRITO 12
scrambled tofu, avocado, black beans, pico de gallo, whole wheat wrap

BERRY CHIA TOAST 12
organic strawberry chia spread, banana, peanut butter on multigrain bread

CREATE your OMELETTE
\$14

CHOICE OF 3:

Avocado, Spinach, Roasted Peppers, Onions, Scallions, Pico de Gallo

ADD: Ham, Bacon, Chicken, Turkey +\$3

SUBSTITUTE: Egg Whites +\$1