

Breakfast

Served until 3:00 PM

PLATE UNO	\$11.25	CUBAN TOAST	\$3.50
Scrambled eggs with ham, turkey or bacon, potato, toast & 8oz café con leche.		(Cuban bread toasted with special butter. Available also in French bread)	
PLATE DOS	\$8.95	BUILDERS OMELETTE	\$15.50
Scrambled eggs with ham, turkey or bacon, & toast.		4 eggs, ham, turkey & bacon, spinach, swiss cheese & toast.	
PLATE TRES	\$10.75	TURKEY & SPINACH OMELETTE	\$12.95
2 pancakes (plain, banana, blueberry or chocolate chip), scrambled eggs and bacon.		Turkey, spinach, onion & toast	
WRAP PLATE	\$8.95	VEGGIE OMELETTE	\$10.50
Eggs with ham, turkey or bacon. (Whole wheat wrap or Spinach wrap).		Onions, tomato, mushrooms, carrot & toast.	
SANDWICH PLATE	\$10.50	OATMEAL	\$4.75
Eggs with ham, turkey or bacon, tomato and cheese in a French bread.		With cranberries.	
BAGEL PLATE	\$8.95	CACHITO (HAM & BACON)	\$5.95
Eggs with ham, turkey or bacon and cheese.		EMPANADAS	\$3.95
BAGEL AND CREAM CHEESE	\$5.95	Beef & plantain – chicken – spinach - ham & cheese.	
CROISSANT: PLAIN	\$4.50		
HAM AND CHEESE	\$5.95		

Juices & Smoothies

GREEN MACHINE	\$9.95
Cucumber, celery, green apple, lime, spinach and ginger.	
DETOX	\$9.55
Red apple, beet, celery, and ginger	
RAY OF LIGHT	\$9.55
Red apple, carrot, lime and ginger.	
ORANGE JUICE	\$6.50
FUNKY MONKEY	\$9.50
Coconut water, peanut butter, spinach, banana & lime.	
CORAL WAY	\$7.95
Banana, strawberry & orange juice.	
CARACAS	\$7.95
Mango, banana & orange juice.	
MAUI WOWY	\$7.95
Pineapple, coconut & orange juice.	
HAVANA	\$7.95
Papaya, banana, mango & milk.	
LUNA	\$7.95
Mixed berries, orange juice or milk.	
STELLA	\$7.95
Peanut butter, banana & milk.	
Add Protein	\$2.00

Coffee and Tea

COLADA	\$2.30
CORTADITO	\$2.75
CAFÉ CON LECHE	\$3.75
Almond or Oat milk	(add \$1.00)
Evaporated milk	(add \$1.75)
HOT TEA	\$3.30
HOT CHOCOLATE	\$3.95
ICED COFFEE	\$4.55
ICED LATTE	\$5.50
ICED ALMOND LATTE	\$5.95
ICED OAT MILK LATTE	\$5.95

Sweets

CROISSANT WITH GUAVA & CHEESE	\$5.95
CROISSANT WITH NUTELLA	\$5.95
ALFAJORES	\$2.50

Salads

CAPRESE SALAD	\$11.95
Fresh mozzarella, tomato, basil over mixed greens	
CAESAR SALAD	\$9.50
Romaine lettuce, croutons, parmesan cheese	
MEXICAN SALAD	\$12.95
Romaine lettuce, blackened chicken, shredded cheddar cheese, pico de gallo & chipotle	
GREEK SALAD	\$11.95
Red onions, feta cheese, cucumbers, tomatoes, chickpeas, mixed greens & olives.	
XTRAS:	
CHICKEN	+\$3.50
AVOCADO	+\$3.00

Sandwiches & Wraps

(Choose: French Bread, Whole Wheat Wrap or Spinach Wrap)

TRADITIONAL	\$9.50	B.L.T.	\$8.50
Ham, swiss cheese, romaine, tomato, mayo & honey mustard		Bacon, lettuce, tomato & mayo.	
THE LEAN TURKEY	\$9.50	VEGGIE CHICKEN	\$12.95
Roasted turkey breast, swiss cheese, romaine, dried cranberries, mayo & honey mustard		Veggie chicken patty, tomato, romaine, mayo & mustard	
CHICKEN DELUXE	\$11.25	ROYAL INDIAN WRAP	\$10.95
Grilled chicken breast, bacon, swiss cheese romaine, tomato, mayo & honey mustard		Curry chicken, brown rice, tomato and curry dressing	
ITALO	\$11.50	EL RANCHO WRAP	\$9.95
Prosciutto, mozzarella, tomato & pesto		Chicken breast, romaine, tomato & ranch	
CHICKEN PESTO	\$11.50	GREEK WRAP	\$9.95
Pesto chicken breast, tomato & mozzarella		Chicken breast, tzatziki sauce, romaine, onion & tomato	
THE CLUB	\$9.95	SPICY SALMON WRAP	\$14.95
Ham, turkey, bacon, tomato, romaine, mayo & honey mustard		Spicy salmon, rice, romaine, tomato, cilantro, red onions, cheddar cheese and sriracha alioli	
CUBAN SANDWICH	\$11.50	Add Avocado	+\$3.00
Mojo pork, ham, swiss cheese, pickles & mustard (only available in Cuban Bread)			

Desserts
Coming Soon!

Bowls

BLACKENED CHICKEN BOWL	\$15.95
Blackened chicken, roasted corn, black beans, pico de gallo, avocado, romaine, brown rice and chipotle dressing	
CURRY CHICKEN BOWL	\$13.95
Curry chicken, brown rice, tomato and curry dressing	
SALMON BOWL	\$16.95
Baked salmon, pickled cucumbers, pico de gallo, couscous and Tzatziki	
Add Avocado	+\$3.00

Arepas

REGULAR	\$2.50
EGGS	\$7.50
CARNE MECHADA (beef)	\$8.50
REINA PEPIADA (avocado & chicken)	\$8.50
QUESO AMARILLO (cheese)	\$8.50
CARNE MECHADA & QUESO	\$9.95
REINA PEPIADA & QUESO	\$9.95
HUEVO & QUESO	\$8.95