

Breakfast

Served until 1:00 PM



Fresh Juices & Smoothies

Serving size 16oz

Coffee and Tea

PLATE UNO \$6.49

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

PLATE DOS \$5.49

Scrambled eggs with ham, turkey or bacon & toast.

BIG ONE \$6.85

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

BREAKFAST WRAP \$5.49

Eggs with ham, turkey or bacon.

BREAKFAST SANDWICH \$6.85

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

BAGEL AND CREAM CHEESE \$3.35

BREAKFAST BOWL \$6.75

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

BAGEL SANDWICH \$5.99

Eggs with ham, turkey or bacon and cheese.

HARD BOILED EGG \$1.25

TOAST: CUBAN \$2.00

WHOLE WHEAT/ FRENCH BREAD TOAST \$2.75

BUILDERS OMELETTE \$8.75

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

TURKEY & SPINACH OMELETTE \$6.85

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

VEGGIE OMELETTE \$6.45

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

OATMEAL \$3.35

With cranberries and nuts

TEQUEÑOS \$6.75

5 Tequeños

1 Tequeño \$1.50

EMPANADAS \$2.50

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

GREEN MACHINE \$9.00

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

DETOX \$8.45

Red apple, beet, celery, ginger.

RAY OF LIGHT \$8.45

Carrot, red apple, lime, ginger.

FRESH ORANGE JUICE \$5.75

FUNKY MONKEY \$8.45

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

CORAL WAY \$6.35

Banana, strawberry, orange juice.

GROOVE \$6.35

Mango, banana, orange juice.

MAUI WOWY \$6.35

Pineapple, coconut, orange juice.

HAVANA \$6.35

Papaya, banana, mango, milk.

BARNIE \$6.35

Mixed berries, orange juice or milk.

YOYI'S \$6.35

Peanut butter, banana, milk.

COLADA \$1.80

CORTADITO \$2.00

CAFE CON LECHE \$2.75

HOT CHOCOLATE \$3.45

HOT TEA \$2.50

ICED COFFEE \$4.00

ICED LATTE \$4.80

ALMOND LATTE \$3.25/\$4.25

ICED ALMOND LATTE \$4.50

Sweets

BREAD PUDDING \$4.25

GUAVA AND CHEESE

NUTELLA AND CHOCOLATE CHIP

FLAN \$4.00

MA'S TRES LECHE \$4.00

TIRAMISU \$4.50

Salads

HOUSE SALAD \$6.50

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

Add chicken \$2

BAKED SALMON SALAD \$10.00

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

“305” \$8.95

Romaine lettuce, green apple, blue cheese, mushrooms, caramelized walnuts, grilled chicken breast or “mojo pork”, with our home made guava vinaigrette.

CAPRESE SALAD \$8.25

Fresh mozzarella, tomato, basil over romaine lettuce.

Add chicken \$2

CHEF SALAD \$8.50

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

CAESAR SALAD \$6.25

Romaine lettuce, croutons, parmesan cheese.

Add chicken \$2

MEXICAN CEASAR \$8.50

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

Add avocado \$2.50

TUNA SALAD \$5.00

Tuna, fat free mayo, green apple, onions, lime juice, honey mustard. **Over House Salad \$3**

Sandwiches & Wraps

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



TRADITIONAL \$5.99

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

THE LEAN TURKEY \$5.99

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

CHICKEN DE LUXE \$7.10

Grilled chicken breast, spring mix, tomato, mayo, honey mustard.

TUNA SANDWICH \$6.99

Tuna salad, spring mix, tomato.

ITALO \$7.95

Prosciutto, mozzarella, tomato, pesto.

CHICKEN PESTO \$8.00

Pesto chicken breast, tomato, mozzarella.

THE CLUB \$7.45

Ham, turkey, bacon, tomato, spring mix, mayo, honey mustard.

MOJO CHICKEN \$7.45

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

CUBAN SANDWICH \$7.90

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

CHICKEN CLUB \$7.85

Chicken breast, bacon, lettuce, tomato, mayo.

PAN CON LECHÓN \$7.45

Mojo pork, swiss cheese & pickles.

BLT \$6.50

Bacon, tomato, lettuce & mayo.

VEGGIE BURGER \$8.00

Veggie patty, tomato, spring mix, mayo, mustard.

ORIENTAL EXPRESS WRAP \$7.99

Teriyaki chicken, brown rice, spring mix.

ROYAL INDIAN WRAP \$7.99

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

EL RANCHO WRAP \$7.99

Chicken breast, spring mix, tomato & ranch.

GREEK WRAP \$7.00

Chicken, tzatziki sauce, lettuce, onion, tomato.

Signature Bowls

BLACKENED CHICKEN \$10.00

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

CURRY CHICKEN \$9.50

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

SALMON BOWL \$11.50

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

FRESH AND VEGGIES \$10.00

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 PROTEIN

Grilled Chicken	\$6.50
Mojo Pork	\$6.50
Cranberry Turkey Picadillo	\$6.50
Baked Salmon	\$9.00

CHOICES OF TOPPINGS

Avocado	\$2.50
Romaine lettuce	\$1.00
Tomato	\$1.25
Shredded carrot	\$1.00
Red onions	\$0.50