



## DESSERTS

- GUAVA AND CHEESE BREAD PUDDING ~~\$3.85~~
- NUTELLA AND CHOCOLATE BREAD PUDDING ~~\$3.85~~
- MA'S TRES LECHES ~~\$3.50~~
- FLAN ~~\$3.25~~
- BROWNIE ~~\$2.80~~
- MUFFIN ~~\$2.25~~
- BERRY PARFAIT ~~\$3.50~~
- PASTELITOS ~~\$1.40~~

## = COFFEE =

- COLADA ~~\$1.75~~
- CORTADITO ~~\$2.00~~
- CAFE CON LECHE ~~\$2.75~~ • ~~\$3.60~~
- HOT CHOCOLATE ~~\$3.45~~
- HOT TEA ~~\$2.50~~
- ICED COFFEE ~~\$4.00~~
- ICED LATTE ~~\$4.80~~
- SOY LATTE ~~\$3.25~~ • ~~\$4.25~~
- ICED SOY LATTE ~~\$4.50~~
- ALMOND LATTE ~~\$3.25~~ • ~~\$4.25~~
- ICED ALMOND LATTE ~~\$4.50~~

## JUICE & SMOOTHIES

<p><b>GREEN MACHINE</b> Kale, cucumber, celery, green apple, lime, spinach, pineapple, ginger. <del>\$8.00</del> <b>\$7.45</b></p> <p><b>DETOX</b> Red apple, beet, celery, ginger. <del>\$7.45</del> <b>\$7.45</b></p> <p><b>RAY OF LIGHT</b> Carrot, red apple, lime, ginger. <del>\$7.45</del> <b>\$7.45</b></p> <p><b>FUNKY MONKEY</b> Coconut water, peanut butter, spinach, banana, lime. <del>\$7.45</del> <b>\$7.45</b></p> <p><b>CORAL WAY</b> Banana, strawberry, orange juice. <del>\$5.35</del> <b>\$5.35</b></p>	<p><b>GROOVE</b> Mango, banana, orange juice. <del>\$5.35</del> <b>\$5.35</b></p> <p><b>MAUI WOWY</b> Pineapple, coconut, orange juice. <del>\$5.35</del> <b>\$5.35</b></p> <p><b>HAVANA</b> Papaya, banana, mango, milk. <del>\$5.35</del> <b>\$5.35</b></p> <p><b>BARNIE</b> Mixed berries, orange juice or milk. <del>\$5.35</del> <b>\$5.35</b></p> <p><b>YOYI'S</b> Peanut butter, banana, milk. <del>\$5.35</del> <b>\$5.35</b></p> <p><b>FRESH ORANGE JUICE</b> <del>\$4.75</del> <b>\$4.75</b></p>
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PRICES ARE SUBJECT TO CHANGE.



ORDER ONLINE AT: [www.plateinmiami.com](http://www.plateinmiami.com)



## MENU



2105 Coral Way, Miami, FL 33145  
Tel. (305) 854 1888  
**Opening Hours:**  
Monday - Friday 7:30am - 6:00pm

[www.plateinmiami.com](http://www.plateinmiami.com)



## • BREAKFAST •

« Serve all Day »

### PLATE UNO **\$4.99**

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

### PLATE DOS **\$3.99**

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 **\$4.50**

Eggs with ham, turkey or bacon.

### BREAKFAST SANDWICH **\$6.85**

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

### BAGEL AND CREAM CHEESE **\$3.35**

### EGG WHITES AND OATMEAL PANCAKES **\$5.85**

2 oatmeal pancakes with ham, turkey or bacon.

### BREAKFAST BOWL **\$5.75**

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

### ASSORTED EMPANADAS **\$2.50**

### BAGEL SANDWICH **\$4.85**

Eggs with ham, turkey or bacon and cheese.

### NOVA OMELETTE **\$7.75**

Smoked salmon, onion, tomato, swiss cheese, potato & toast.

### BUILDERS OMELETTE **\$8.75**

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

### TURKEY AND SPINACH OMELETTE **\$6.85**

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

### VEGGIE OMELETTE **\$6.45**

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

### BACON AND TOMATO OMELETTE **\$6.85**

Bacon, tomato, onion, swiss cheese, potato and toast.

### OATMEAL **\$3.35**

With cranberries and nuts.

### HARD BOILED EGG **\$1.25**

### TOAST: CUBAN **\$2.00**

### WHOLE WHEAT/FRENCH BREAD TOAST **\$2.75**

## SANDWICHES & WRAPS

« CHOOSE: CUBAN, WHOLE WHEAT, FRENCH BREAD OR WHOLE WHEAT WRAP »

### TRADITIONAL **\$5.65**

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

### THE LEAN TURKEY **\$5.25**

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 **\$6.45**

Tuna salad, spring mix, tomato.

### ITALO **\$7.95**

Prosciutto, mozzarella, tomato, fresh basil.

### 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 and pickles.

### BLT **\$6.00**

Bacon, tomato, lettuce & mayo.

### VEGGIE BURGER **\$6.25**

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

### ORIENTAL EXPRESS WRAP **\$6.99**

Teriyaki chicken, brown rice, spring mix.

### ROYAL INDIAN WRAP **\$6.99**

Curry chicken, coconut, brown rice, spring mix.

### EL RANCHO WRAP **\$6.99**

Chicken breast, spring mix, tomato and ranch.

### GREEK WRAP **\$6.00**

Chicken, tzatziki sauce, lettuce, onion, tomato.

### EL MINI **\$2.75**

Ham or turkey, swiss cheese.

## • SALADS •

### HOUSE SALAD

Baby greens, shredded carrot and tomato.

**\$6.45**

### BAKED SALMON SALAD

Teriyaki salmon, baby greens, tomato, blue cheese, shredded carrot, dates.

**\$9.25**

### "305"

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

**\$8.95**

### CAPRESE SALAD\*\*

Fresh mozzarella, tomato, basil over romaine lettuce.

**\$8.25**

### CAESAR SALAD\*\*

Romaine lettuce, croutons, parmesan cheese.

**\$6.25**

### MANGO HILL

Romaine lettuce, mushrooms, tomato, caramelized walnuts, turkey with our home made mango vinaigrette.

**\$8.95**

### CHEF SALAD

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

**\$8.50**

### CHICKEN AND CRANBERRY

Chicken breast, fat free ranch, dried cranberries\*

**\$5.00**

### TUNA SALAD\*\*

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

**\$5.00**

\*Over house salad add \$3.00

\*\*Chicken or "mojo" pork add \$2.00

## EASY MEALS **\$6.45**

» TURKEY PICADILLO & BROWN RICE

» WHOLE WHEAT PASTA AND CHICKEN

» SIMPLE CHOP (Chicken or pork, brown rice, tomato & lettuce)

» CHICKEN AND BROWN RICE

» CHICKEN AND VEGETABLES