

Breakfast

Served until 1:00 PM



PLATE UNO \$8.49

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

PLATE DOS \$6.49

Scrambled eggs with ham, turkey or bacon & toast.

BIG ONE \$8.49

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

BREAKFAST WRAP \$6.49

Eggs with ham, turkey or bacon.

BREAKFAST SANDWICH \$7.85

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

BAGEL AND CREAM CHEESE \$3.75

BREAKFAST BOWL \$8.75

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

BAGEL SANDWICH \$6.99

Eggs with ham, turkey or bacon and cheese.

TOAST: CUBAN \$2.35

WHOLE WHEAT/ FRENCH BREAD TOAST \$2.75

BUILDERS OMELETTE \$9.75

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

TURKEY & SPINACH OMELETTE \$8.45

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

VEGGIE OMELETTE \$7.45

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

OATMEAL \$3.85

With cranberries and nuts

TEQUEÑOS \$6.75

5 Tequeños

1 Tequeño \$1.50

EMPANADAS \$2.95

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

Fresh Juices & Smoothies

Serving size 16oz

GREEN MACHINE \$9.45

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

DETOX \$9.00

Red apple, beet, celery, ginger.

RAY OF LIGHT \$9.00

Carrot, red apple, lime, ginger.

FRESH ORANGE JUICE \$5.75

FUNKY MONKEY \$8.45

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

CORAL WAY \$6.85

Banana, strawberry, orange juice.

GROOVE \$6.85

Mango, banana, orange juice.

MAUI WOWY \$6.85

Pineapple, coconut, orange juice.

HAVANA \$6.85

Papaya, banana, mango, milk.

BARNIE \$6.85

Mixed berries, orange juice or milk.

YOYI'S \$6.85

Peanut butter, banana, milk.

Coffee and Tea

COLADA \$2.00

CORTADITO \$2.35

CAFE CON LECHE \$3.35

HOT CHOCOLATE \$3.50

HOT TEA \$3.00

ICED COFFEE \$4.00

ICED LATTE \$4.80

ALMOND LATTE \$5.00

ICED ALMOND LATTE \$5.00

Sweets

BREAD PUDDING \$4.75

GUAVA AND CHEESE

NUTELLA AND CHOCOLATE CHIP

FLAN \$4.50

MA'S TRES LECHES \$4.75

TIRAMISU \$4.75

NUTELLA MOUSE \$5.50

Salads

HOUSE SALAD **\$7.00**
 Mixed greens, shredded carrot, tomato
Dressing options: raspberry vinaigrette,
 olive oil and balsamic vinegar, italian vinaigrette
Add chicken \$2.50

BAKED SALMON SALAD **\$12.00**
 Teriyaki salmon, mix greens, tomato,
 shredded carrot, dates.

CAPRESE SALAD **\$9.25**
 Fresh mozzarella, tomato, basil over
 romaine lettuce. **Add chicken \$2**

CHEF SALAD **\$9.50**
 Ham, turkey, swiss cheese, hard boiled egg,
 baby greens, shredded carrot, tomato.

CAESAR SALAD **\$7.25**
 Romaine lettuce, croutons, parmesan
 cheese. **Add chicken \$2.50**

MEXICAN CAESAR **\$9.75**
 Romaine lettuce, blackened chicken,
 shredded cheddar cheese, pico de gallo
 and chipotle. **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 **\$6.99**
 Black forest ham or roasted turkey breast,
 swiss cheese, romaine, tomato, mayo,
 honey mustard.

THE LEAN TURKEY **\$6.99**
 Roasted turkey breast, swiss cheese, romaine,
 dried cranberries, mayo, honey mustard.

CHICKEN DE LUXE **\$8.45**
 Grilled chicken breast, romaine, tomato,
 mayo, honey mustard.

TUNA SANDWICH **\$6.99**
 Tuna salad, romaine, tomato.

ITALO **\$9.25**
 Prosciutto, mozzarella, tomato, pesto.

CHICKEN PESTO **\$9.00**
 Pesto chicken breast, tomato, mozzarella.

THE CLUB **\$7.45**
 Ham, turkey, bacon, tomato, romaine,
 mayo, honey mustard.

MOJO CHICKEN **\$8.75**
 Mojo chicken breast, swiss cheese, ham,
 pickles, romaine, mayo, honey mustard.

CUBAN SANDWICH **\$8.49**
 Mojo pork, ham, swiss cheese, pickles,
 mustard.

CHICKEN CLUB **\$7.85**
 Chicken breast, bacon, lettuce, tomato, mayo.

PAN CON LECHÓN **\$8.45**
 Mojo pork, swiss cheese & pickles.

BLT **\$6.85**
 Bacon, tomato, lettuce & mayo.

VEGGIE BURGER **\$9.25**
 Veggie patty, tomato, romaine, mayo,
 mustard. **Add avocado \$2.50**

ORIENTAL EXPRESS WRAP **\$8.99**
 Teriyaki chicken, brown rice, romaine.

ROYAL INDIAN WRAP **\$8.99**
 Curry chicken, coconut brown rice,
 coconut flake, tomato and curry dressing.

EL RANCHO WRAP **\$8.99**
 Chicken breast, romaine, tomato & ranch.

GREEK WRAP **\$7.99**
 Chicken, tzatziki sauce, lettuce, onion, tomato.

SPICY SALMON WRAP **\$12.50**
 Spicy Salmon, Romaine lettuce, avocado,
 tomato, cilantro, red onions, cheddar cheese
 and sriracha aioli.

CHOICES OF PROTEIN

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

Signature Bowls

BLACKENED CHICKEN **\$12.00**
 Blackened chicken, roasted corn, black
 bean, pico de gallo, avocado, romaine lettuce,
 brown rice and chipotle dressing.

CURRY CHICKEN **\$10.75**
 Curry chicken, coconut brown rice,
 coconut flake, tomato and curry dressing.
Add avocado \$2.50

SALMON BOWL **\$13.00**
 Baked salmon, pickled cucumbers,
 pico de gallo, couscous tabbouleh and
 Dill Tzatziki. **Add avocado \$2.50**

FRESH AND VEGGIES **\$11.50**
 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 TOPPINGS

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