



• 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 ~~\$5.85~~

OATMEAL PANCAKES 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 ~~\$6.85~~

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

VEGGIE OMELETTE ~~\$6.45~~

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

BACON AND TOMATO ~~\$6.85~~

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

OATMEAL ~~\$3.35~~

With cranberries and nuts.

HARD BOILED EGG ~~\$7.25~~

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



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

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

~~\$8.00~~

DETOX
Red apple, beet, celery, ginger.

~~\$7.45~~

RAY OF LIGHT
Carrot, red apple, lime, ginger.

~~\$7.45~~

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

~~\$7.45~~

CORAL WAY
Banana, strawberry, orange juice.

~~\$5.35~~

GROOVE
Mango, banana, orange juice.

~~\$5.35~~

MAUI WOWY
Pineapple, coconut, orange juice.

~~\$5.35~~

HAVANA
Papaya, banana, mango, milk.

~~\$5.35~~

BARNIE
Mixed berries, orange juice
or milk.

~~\$5.35~~

YOYI'S
Peanut butter, banana, milk.

~~\$5.35~~

FRESH ORANGE JUICE ~~\$4.75~~

PRICES ARE SUBJECT TO CHANGE.



ORDER ONLINE AT: 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