

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.

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.

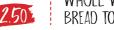
BAGEL AND CREAM \$3.35 CHFFSF

EGG WHITES AND \$5.85 OATMEAL PANCAKES 2 patrical 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 \$2.75

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 \$7.70

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 S8.00

Pesto chicken breast, tomato, mozzarella.

THE CLUB \$745

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, wiss cheese and pickles.

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.



BAKED SALMON SALAD

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



"305"

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



CAPRESE SALAD**

Fresh mozzarella, tomato, basil over romaine lettuce.



CAESAR SALAD**

Romaine lettuce, croutons, parmesan cheese.



MANGO HILI

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



CHFF SALAD

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



CHICKEN AND CRANBERRY

Chicken breast, fat free ranch. dried cranberries*



TUNA SALAD**

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



*Over house salad add \$5.00

**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 VEGETARIES



GUAVA AND CHEESE BREAD

PUDDING \$3.85

NUTELLA AND CHOCOLATE

BREAD PUDDING \$3.85

MAS TRES LECHES \$3.50

FLAN \$3.25

BROWNIE \$2.80

MUFFIN \$2.25

BERRY PARFAIT \$3.503

PASTELITOS \$7.40

= COFFEE =

COLADA \$7.75

CORTADITO \$2.003

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 \$325.\$425

ICED ALMOND LATTE \$4.503

JUICE & SMOOTHIES

GREEN MACHINE

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

\$8.00

DETOX

Red apple, beet, celery, ginger.

\$7.45

RAY OF LIGHT

Carrot, red apple, lime, ginger.



FUNKY MONKEY

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



CORAL WAY

Banana, strawberry, orange juice.



GROOVE

Mango, banana, orange juice.



MAUI WOWY

Pineapple, coconut, orange juice.



HAVANA

Papaya, banana, mango, milk.



BARNIE

Mixed berries, orange juice



YOYI'S

Peanut butter, banana, milk.



FRESH ORANGE JUICE \$4.75



PRICES ARE SUBJECT TO CHANGE.







2105 Coral Way, Miami, FL 33145 **Tel**. (305) 854 1888

Opening Hours:

Monday - Friday 7:30am - 6:00pm

ORDER ONLINE AT: www.plateinmiami.com (in)

