

Coffee Drinks	SM	MED	LG
The Daily Cup Of Joe	\$1.65	\$1.85	\$1.95
Café Au Lait	\$2.85	\$3.35	\$3.65
Café Latte	\$2.85	\$3.35	\$3.65
Cappuccino	\$2.85	\$3.35	\$3.65
Mochaccino	\$2.95	\$3.45	\$3.75
White Chocolate Mocha	\$3.25	\$3.80	\$4.10
Espresso	\$1.60		
Macchiato	\$1.70		
Café Americano	\$1.85	\$2.15	\$2.50

The Cuban Additions

Café Con Leche	\$1.75	\$2.15	\$2.65
Café Cubano/Cafecito	\$1.50		
Colada	\$1.60		
Cortadito	\$1.60		
Traveling "Joe" 96oz. Coffee Carrier (Includes Cups, Milk, Sugar & Stirrers)			\$15.95

Hot Drinks

Chai Tea Latte	\$3.10	\$3.65	\$3.95
Herbal Tea	\$1.75	\$2.00	\$2.25
Hot Chocolate	\$2.25	\$2.55	\$2.75
Lipton Tea	\$1.50	\$1.70	\$1.80

Iced Coffee Drinks

Real Iced Coffee	\$1.95	\$2.35	\$2.75
Iced Café Latte	\$2.85	\$3.35	\$3.65
Iced Cappuccino	\$2.85	\$3.35	\$3.65
Iced Chai Latte	\$3.15	\$3.70	\$4.05
Iced Mochaccino	\$3.15	\$3.70	\$4.05
Iced White Chocolate Mocha	\$3.15	\$3.70	\$4.05

Frozen Blended Drinks

Chai Freeze	\$3.15	\$3.55	\$4.05
*Coffee Freeze	\$3.15	\$3.55	\$4.05
Coffee Caramel Freeze	\$3.45	\$3.95	\$4.45
Coffee Energizer	\$3.75	\$4.25	\$4.75
(Coffee, Espresso, Bananas, Milk, Sugar & Ice)			
*Frozen Hot Chocolate	\$3.25	\$3.75	\$4.25
Green Tea Freeze	\$3.25	\$3.75	\$4.25
Mocha Freeze	\$3.25	\$3.75	\$4.25
*Frozen Lemonade	\$3.25	\$3.75	\$4.25
Vanilla Freeze	\$3.25	\$3.75	\$4.25

Cold Drinks

Fresh Iced Tea (Unsweetened)	\$1.60	\$1.80	\$2.05
Fresh Lemonade	\$1.95	\$2.35	\$2.70
Fresh Squeezed OJ	\$2.50	\$3.50	\$4.50
NY Egg Cream			\$2.95
Milk	\$1.50	\$1.75	\$2.00
Chocolate Milk	\$1.70	\$1.95	\$2.20
Assorted Bottled Beverages	Market Price		
Monavie	\$2 Per Shot		

Smoothies	\$3.50	\$3.95	\$4.65
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Banana Berry	(Bananas & Mixed Berries)		
Exotic Blast	(Banana, Mango, Orange, & Peach)		
Mango Madness	(Mango, Mango, Mango)		
Morning Berries	(All Mixed Berries)		
Tropical Rage	(Banana, Orange, Passion Fruit, & Pineapple)		
Acai Miracle	(Super Fruit Of The Brazilian Rainforest)		

Add Any Of The Following Items To Your Smoothies

Monavie	(Acai Berry Juice)	\$2.00 A Shot
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Supplements	Bee Pollen, Ginko Biloba, Immune Blend, Premium Ginseng Blend, Performance Blend, Whey Protein Powder	\$1 Each
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The Daily Sandwiches

Philly Tribune Cheese Steak	\$7.95
Sliced Steak, Melted Provolone Cheese, Grilled Peppers & Onions On A Baguette	
Biscayne Times Tuna Salad	\$7.95
Tuna Salad W/Hummus, Cucumbers, Arugula Roasted Red Peppers, & Sprouts On Multi-Grain	
Wall St. Smoked Salmon	\$8.95
Smoked Salmon, Avacodo, Tomato, Sprouts, & Cucumber-Wasabi Sauce On Pumpernickel Bread	
MAP Classic Egg Salad BLT	\$7.50
Classic Egg Salad, Bacon Lettuce & Tomato On White Toast	
Sun Post Bistro Ham	\$7.95
Black Forest Ham, French Brie, Tomatoes, Basil, Caramelized Onions, & Honey Mustard On A Baguette	
Miami New Times Crunchy Veggie	\$7.25
Cream Cheese, Alfalfa Sprouts, Cucumbers, Red Onion, Tomato & Avocado On Pumpernickel	
Village Voice Tuna Salad	\$7.95
Italian-Style Veggie Tuna (No Mayo), Arugula, White Bean & Tomato Salad W/Dijon Honey Vinaigrette On Multi-Grain	
Miami Today Prime Time	\$7.95
Prime Roast Beef, Onions Rings, PepperJack, Tomatoes, Romaine Lettuce & Horseradish Mayo On A Baguette	
Daily News Chicken Salad	\$7.95
Curry Chicken Salad W/Arugula, Granny Smith Apples, Golden Raisins, French Brie & Dijon Mustard On Multi-Grain	
Sun Sentinel Turkey Club	\$7.95
Turkey Breast, Bacon, Lettuce, Tomato, Provolone & Russian Dressing On A Kaiser Roll	
Newsday Gagoots Bada Bing	\$8.50
Genoa Salami, Black Forest Ham, Roasted Peppers, Sliced Tomato, Provolone Cheese, Shredded Iceberg Lettuce, Basil & Salt n Peppa, W/Oil & Vinegar On A Baguette	
Braman Auto Shrimp Or Crab Cake Po' Boy	\$11.95
Traditional New Orleans Style Po' Boy Dressed W/Shredded Lettuce, Pickles, Mayo & Creole Mustard On A Baguette	
Japan Times Seared Tuna Wrap	\$12.95
Pepper Crusted Seared Tuna W/Ginger-Wasabi Mayo, Avacodo, Cucumber & Sprouts In A Spinach Wrap	
Six Degrees (The Mag) Turkey Sweetness	\$7.95
Turkey Breast, Cranberry Chutney, Caramelized Onions, Lettuce, Swiss Cheese & Herb Mayo On A Baguette	
D' LUXE Magazine Crab Cake Sandwich	\$11.95
Maryland Crab Cake W/Chipotle Mayo, Sprouts, & Pickled Tomato Cucumber Salad On Brioche	
La Republica Chicken Parmesan	\$8.50
Classic Chicken Parmesan On A Baguette	
New York Post Asian Chicken Wrap	\$7.95
Chicken Breast, Shredded Carrots, Cucumbers, Red Onions, Romaine & Spicy Asian Peanut Sauce In A Spinach Wrap	
Miami Herald Italiano Chicken	\$7.95
Breaded Chicken Cutlet W/A Chopped Salad Of Arugula, Tomato & Red Onion W/Provolone & Balsamic Vinaigrette On Ciabatta	
Times Picayune NOLA BBQ Chicken	\$8.50
Pulled Chicken (White Meat Only), Homemade BBQ Sauce, Swiss Cheese, Coleslaw & Bacon On A Baguette	
The Street Cajun Chicken	\$7.95
Cajun Chicken, Black Bean Corn Salad, Lettuce, Sour Cream & Hot Sauce In A Plain Wrap	

BREAKFAST

MON-FRI Until 11 AM SAT & SUN Until 1 PM

Bagels

Cinnamon Raisin, Everything, Onion, Plain, Poppy, Pumpernickel, Sesame, Whole Wheat	\$.95
W/ Butter, Honey Butter Or Jelly	\$1.25
W/ Butter & Jelly	\$1.55
W/ Cream Cheese \$2.15	W/Cream Cheese & Jelly \$2.50
W/ Flavored Cream Cheese	\$2.65
W/ Lox Cream Cheese	\$3.15
W/ Lox, Cream Cheese, Capers, Tomato & Red Onion	\$6.75
W/ Peanut Butter & Jelly	\$2.95
W/ Hummus	\$3.15
Tostada (Cuban Toast W/Butter)	\$1.40
Toast W/ Butter \$1.30	W/Cream Cheese \$2.15

Egg Sandwiches & Breakfast Wraps

Egg Whites, Croissants & Sliced Tomatoes	Add \$1.00	
Add Homefries Or Fresh Fruit To Your Sandwich	\$1.50	
Add Butter \$0.30	Add Jam \$.40	Add Cream Cheese \$1.00
Basic - 2 Scrambled Eggs On A Kaiser Roll	\$3.50	
W/ Cheese	\$3.95	
W/ Bacon, Sausage OR Ham & Cheese	\$4.75	
Bistro - 2 Scrambled Eggs, Ham, Swiss, Tomatoes & Caramelized Onions On A Kaiser Roll	\$5.55	
Gourmet - 2 Scrambled Eggs, Asparagus, Spinach, Onions, Mushrooms & Provolone On A Kaiser Roll	\$5.55	
Ironman - 5 Srambled Egg Whites, Turkey, Spinach & Tomatoes In A Wheat Wrap	\$6.95	
Trainer - 5 Scrambled Egg Whites, Broccoli, Peppers Onions, Spinach & Tomatoes In A Wheat Wrap	\$5.95	
American Breakfast Wrap - 2 Scrambled Eggs, Bacon, Tomatoes, American Cheese & Homefries In A Plain Wrap	\$5.55	
Breakfast Buritto Wrap - 2 Scrambled Eggs, Chorizo, PepperJack, Caramelized Onions & Cilantro In A Plain Wrap	\$5.95	

Omelettes & Egg Dishes

W/Homefries & White Toast W/Butter

Build Your Own Omelette - Plain	\$5.50
Mushrooms, Onions, Broccoli, Peppers, Spinach, Tomatoes, Zucchini	Add \$.50
American, Asparagus, Bacon, Caramelized Onions, Cheddar, Chorizo, Ham, PepperJack Cheese, Provolone, Sausage, Sun-Dried Tomatoes, Swiss	Add \$1.00
Avocado, Brie, Feta, Goat Or Mozzarella Cheese	Add \$1.50
Egg White Omelette	\$8.50
5 Egg Whites, Goat Cheese, Asparagus, Sun-Dried Tomatoes, Caramelized Onions & Spinach	
Nemo Omelette	\$9.95
3 Eggs, Grilled Shrimp, Red & Green Peppers, Tomatoes, Onions, PepperJack Cheese, & Scallions	
Green Herb Omelette	\$6.95
3 Eggs, Parsley, Basil, Thyme, Chives, Spinach & Provolone	
Miami Heat Omelette	\$7.45
3 Eggs, Chorizo, Cheddar, Jalapenos, Spinach & Spicy Ranchero Sauce	
Meltz Omelette	\$7.45
3 Eggs, Bacon, Cream Cheese, Tomatoes & Chives	
Daily Spanish Fritatta	\$8.50
Eggs, Spinach, Tomatoes, PepperJack Cheese, Potatoes, Red & Green Peppers, Mushrooms, W/Spring Green Salad & Balsamic Vinaigrette	

MORE BREAKFAST

NY Diner Breakfast	\$5.95
2 Eggs Any Style, W/Homefries, White Toast & Butter Add Bacon, Ham Or Sausage \$2.50	
Lower East Side NY Breakfast	\$6.95
2 Scrambled Eggs, Lox & Onions W/Homefries, White Toast & Butter	
Mexican Breakfast Huevos Rancheros	\$6.95
2 Eggs Any Style W/Ranchero Sauce Over 2 Corn Tortillas W/Sour Cream & Cilantro W/Homefries	
Greek Breakfast	\$6.95
2 Scrambled Eggs W/Spinach, Feta, Tomatoes & Onion W/Homefries, White Toast & Butter	
The Best Egg Dish Ever	\$7.95
Whipped Eggs W/Basil Pesto, Sauteed Mushrooms, Chopped Tomatoes & Goat Cheese Baked In The Oven W/Homefries, White Toast & Butter	
Southern Breakfast	\$11.95
Sauteed Shrimp Over Cheese & Scallion Grits W/Bacon & Spicy Ranchero Sauce	
French Toast Stuffed W/Bananas & Cinnamon	\$5.95
Fresh Fruit Salad Add Yogurt & Honey \$1.00	\$4.95
Hot Oatmeal	\$4.95
W/Bananas, Dried Cranberries, Cinnamon & Maple Syrup	
Old Fashioned Buttermilk Pancakes	\$6.25
W/Fresh Fruit & Maple Syrup	
Roasted Granola	\$4.95
W/Blueberries, Strawberries, Yogurt & Honey	
Bowl Of Corn Flakes, Cheerios Or Rice Krispies	\$3.95
W/Bananas & Strawberries	
Breakfast Sides	
Chicken Apple Sausage \$2.95	Sausage Patties \$2.50
Bacon \$2.50	Turkey Bacon \$2.95
Grilled Ham \$2.50	Chorizo Links \$2.50 Each
Homefries \$2.50	Grits \$3.50
Sliced Tomatoes \$1	Extra Egg \$1.00
Sweet Treats	
Apple Cake (Mom's Recipe)	\$3.50
Banana Bread (Katie's Secret Recipe)	\$2.25
Brownies	\$2.50
Chocolate Covered Graham Cracker	\$.95
Cinnamon Buns Fresh Baked	\$2.25
Classic Chocolate Pudding W/Graham Crackers	\$3.50
Cookies Chocolate Chip, Oatmeal Raisin,	\$1.75
Peanut Butter, Triple Chocolate Walnut, White Chocolate Macadamia Nut	
Croissants Fresh Baked	\$2.10
Cakes Blueberry Banana, Banana Chocolate Chip	\$2.50
Cappacino Delight, Cinnamon Walnut, Iced Carrot, Iced Lemon, Sweet Raspberry	
Muffins	\$1.95
Banana Nut, Blueberry, Cranberry, Lemon Poppy, Morning Glory, Peach Granola, Raisin Bran, Low Fat Apple Cinnamon	
Pastelito Guava Or Guava W/ Cheese	\$1.95
Rice Krispie Treats	\$2.25
Rugalach By The Piece \$.60	3pcs For \$1.65
Scones	\$1.95
Vanilla Pudding W/Bananas & Vanilla Wafers	\$3.75

Custom Sandwiches \$6.45

Choose Bread

Bagel • Baguette • Ciabatta • Cuban Bread • Kaiser Roll • Multi-Grain • Pumpnickel • Rye • White • Whole Wheat • Wraps - (Plain - Spianch & Whole Wheat) Brioche & Croissant (\$1. Extra)

Choose Main Ingredient

Chicken Breast Grilled	Prime Roast Beef
Chicken Breast Cajun	Prosciutto +\$4
Chicken Cutlet Breaded	Shrimp Grilled +\$5
Chicken Salad	Shrimp Salad +\$5
Chicken Salad Curry	Smoked Salmon +\$1
Crab Cake \$4 Each	Tofu(Grilled or Plain)
Egg Salad	Tuna Salad Classic
Ham-Black Forest	Tuna Salad Italian
Hummus	Tuna Salad Veggie
Italian Salami	Tuna - Pepper Crusted +\$6
Pastrami +\$1	Turkey Breast(All White)
Portobello Mushroom	

Condiments

Free	.75 Each	1.00 Each
BBQ Sauce	Basil Pesto	American Cheese
Chipotle Mayo	Ginger Wasabi Mayo	Artichokes
Creole Mustard	Olive Tapenade	Arugula
Dijon Mustard	Red Onion	Avocado
Herb Mayo	Sliced Tomato	Bacon
Honey Mustard	Sprouts	Basil
Horseradish Mayo		Caramelized Onion
Lettuce	1.50 Each	Cheddar Cheese
Light Mayo	French Brie	Coleslaw
Oil & Vinegar	Goat Cheese	Mushroom Duxelle
Pickle	Mozzerella	PepperJack Cheese
Reg Mayo		Provolone Cheese
Russian Dressing		Sun-Dried Tomato Pesto
Yellow Mustard		Swiss Cheese

Paninis

Cuban Photographer	\$8.25
Roasted Pork, Imported Ham, Swiss, Pickles, Mayo & Dijon Mustard	
Editor	\$8.25
Chicken Breast, Arugula, Bacon, Tomatoes, Swiss & Dijon Mustard	
Journalist	\$8.95
Mozzarella, Provolone, Goat Cheese, Tomatoes, Basil & Truffle Oil	
Funky Veggie Publisher	\$8.50
Roasted Portobello Mushrooms, Zucchini, Mozzarella, Spinach, Roasted Red Peppers & Sun-Dried Tomato Pesto	
Italian Paper Boy	\$9.45
Prosciutto, Mozzarella, Tomatoes, Fresh Basil & Balsamic Vinaigrette	
Printer	\$8.25
Chicken Breast, Sun-Dried Tomato Pesto, Spinach, Provolone & Black Olive Tapenade	
Reporter	\$8.25
Turkey Breast, PepperJack Cheese, Caramelized Onions, Arugula & Honey Mustard	
Delivery Driver	\$8.25
Grilled Chicken W/Wild Mushroom Duxelle, Provolone Arugula & Herb Mayo	
Reuben Sports Writer	\$8.75
Pastrami, Swiss Cheese, Sauerkraut, Russian Dressing On Rye Bread	

Custom Salads

\$5.95

Choose Lettuce Baby Spinach • Iceberg

Iceberg/Romaine Mix • Romaine Hearts • Spring Greens

Choose Up To 4 Free Toppings: Each Additional

Toppings Additional Charge, Apply Where Noted

Apple Slices	Chickpeas	Olives
Artichoke +\$.75	Chopped Egg	Peas
Asparagus +\$.75	Corn	Red Peppers+\$.75
Avocado +\$1	Cucumbers	Red Onions
Bacon +\$1	Green Peppers	Sprouts
Beets	Mushrooms	Tomatoes +\$.75
Broccoli	Hearts of Palm +\$.75	White Beans
Carrots	Sun-Dried Tomatoes +\$.75	
Celery	Caramelized Onions +\$1	

Cheeses

American Cheese +\$.50
Cheddar +\$.75
Crumbled Blue +\$.75
Feta +\$.75
French Brie +\$1.5
Goat Cheese +\$1.5
Mozzarella +\$1.5
PepperJack +\$.75
Provolone +\$.75
Shaved Parmesan +\$.75
Swiss +\$.75

Crunchy & Yummy

Candied Cashews +\$.75
Caramelized Pecans +\$.75
Chinese Noodles
Croutons
Dried Cranberries +\$.50
Fried Onions
Golden Raisins
Sunflower Seeds
Toasted Almonds +\$.50

Meats & More

Chicken Breaded +\$2.5
Chicken Breast +\$2.5
Chicken Cajun +\$2.5
Chicken Salad +\$2.5
Chicken Salad Curry +\$2.5
Classic Egg Salad +\$2.5
Crab Cake +\$4 Each
Fried Calamari +\$3.5
Italian Salami +\$2.5
Ham (Black Forest) +\$2.5
Portobello Mushroom+\$2.5
Prime Roast Beef +\$2.5
Prosciutto +\$4
Shrimp Grilled +\$5
Shrimp Salad +\$5
Tofu +\$2.5 Grilled or Reg
Turkey Breast +\$2.5
Tuna Salad Classic +\$2.5
Tuna Salad Italian +\$2.5
Tuna Salad Veggie +\$2.5
Tuna Sushi Quality +\$6

Choose Dressing

Asian Vinaigrette
Balsamic Vinaigrette
Blue Cheese
Caesar
Cilantro-Lime
Dijon Honey Vinaigrette
Greek Vinaigrette
Green Goddess
Lemon Truffle Vinaigrette
Ranch
Raspberry Vinaigrette
Russian
Spicy Wasabi Asian
Thai Peanut
Top Secret Vinaigrette

Fat Free Dressings

Fat Free Balsamic
Fat Free Raspberry Vinaigrette
Fat Free Ranch
Fat Free Asian Vinaigrette
Extra Dressing +\$.30

Designer Salads

Daily Chopped Salad

\$7.95

Iceberg/Romaine Mix, Tomatoes, Corn, Chickpeas, Cucumbers, Hearts Of Palm, Asparagus & Shaved Parmesan W/Our Top Secret Vinaigrette

Daily House Special Salad

\$8.25

Spring Greens, Granny Smith Apples, Tomatoes, Candied Pecans, Crumbled Blue Cheese, Chopped Egg & Dijon Honey Vinaigrette

Designer Salads & More

Daily Salad Sampler: 3 Scoops Of	\$9.50
Classic Tuna, Italian Tuna, Egg Salad, Low Fat Veggie Tuna, Classic Chicken Salad, Curry Chicken Salad On A Bed Of Romaine Lettuce W/Choice Of Dressing & Bread	
Cobb	\$8.95
IceBerg/Romaine Mix, Grilled Chicken, Bacon, Green Peppers, Tomatoes, Chopped Egg, Red Onion, & Crumbled Blue Cheese W/Choice Of Dressing	
Asian Sesame Chicken	\$8.95
Chicken Breast, Romaine, Napa Cabbage, Red Peppers, Bean Sprouts, Candied Cashews & Asian Vinaigrette	
Mediterranean	\$8.50
Romaine, Feta, Calamata Olives, Tomatoes, Chickpeas Red Onions, Cucumbers, Peppers & Greek Vinaigrette	
Sobe Tuna	\$13.95
Spring Greens, Seared Pepper Crusted Tuna, Chopped Egg, Asparagus, Tomatoes, Cucumbers & Top Secret Vinaigrette	
Sicilian Chopped	\$8.95
Romaine, Salami, Chickpeas, Roasted Peppers, Provolone Cheese, Cucumbers & Balsamic Vinaigrette	
Atlantis	\$12.95
Romaine, Fresh Shrimp Salad, Mushrooms, Bacon, Tomatoes, Cucumbers & Green Goddess Dressing	
Mermaid	\$12.95
Spring Greens, Grilled Shrimp, Corn, Carrots, Goat Cheese, Strawberries, Sliced Apples, Candied Pecans & Raspberry Vinaigrette	
Domo Arigato	\$13.95
Romaine Lettuce, Seared Pepper Crusted Tuna, Avocado, Cucumbers, Asparagus & Tomatoes W/Spicy Wasabi Asian Dressing	
Terrapin Station	\$14.95
Romaine, Maryland Crab Cake, Hearts Of Palm Tomatoes, Corn & Asparagus W/Cilantro-Lime Dressing	

Homemade Soups

Bowl \$3.95

Soup Of The Day

Grandmas Chicken Noodle

Gazpacho W/ Tortilla Strips, Sour Cream & Chives

Soup To Go

Pint \$5.50

Quart \$7.95

Sides

Asian Coleslaw	\$2.25
Classic Coleslaw	\$1.95
Couscous W/Chopped Veggies 100% Vegetarian	\$2.95
Fresh Fruit By The Piece, Banana Or Apple	\$0.70
Fruit Cup	\$2.95
Hand Cut French Fries	\$2.95
Hand Cut Parmesan & Herb French Fries	\$3.65
Hand Cut Sweet Potato Fries W/Maple Syrup & Cinnamon	\$3.95
Health Coleslaw W/No Mayo	\$2.25
Homemade Potato Chips W/ Blue Cheese Dip	\$3.50
Pasta Salad (W/Mixed Veggies & Parmesan)	\$2.95
Potato Salad	\$1.95
Side Salad (Romaine & Tomatoes)	\$2.75
Side Caesar Salad	\$3.50
Spicy Onion Rings	\$3.50