

**COLD BEER ★ WINE DRINKS SANGRIA ★ MIMOSAS**

Coffee Drinks	Small	Large	Hot Drinks	Small	Large
The Daily Cup of Joe	1.75	2.15	Chai Tea Latte	3.20	4.15
Café Au Lait	2.85	3.65	Hot Chocolate	2.85	3.65
Café Latte	2.85	3.85	Lipton Tea	1.50	1.80
Cappuccino	2.85	3.85	Herbal Tea (assorted flavors)	1.75	2.25
Mochaccino	3.25	4.05	<b>Cold Drinks</b>		
White Chocolate Mocha	3.25	4.05	Cold Brewed Iced Tea	1.80	2.35
Café Americano	1.85	2.50	Fresh Squeezed Lemonade	1.95	2.70
Espresso	1.60		Fresh Mint Lemonade (seasonal)	2.05	2.85
Macchiato	1.70		Fresh Squeezed OJ	2.50	4.50
Caramel Macchiato	3.00	4.00	Chocolate Milk	1.70	2.20
<b>Cuban Coffee Drinks</b>			Tomato Juice	1.95	2.70
Café Con Leche	1.85	2.75	<b>Bottled &amp; Canned Beverages Available</b>		
Café Cubano/Cafecito	1.50		Coke, Gatorade, Snapple, Vitamin Water, etc.		
Colada	1.60		<b>Frozen Blended Drinks</b>		
Cortadito	1.60		Chai Freeze	3.45	4.45
<b>Iced Coffee Drinks</b>			★Coffee Freeze	3.75	4.75
★Iced Coffee - The Real Deal!	1.95	2.75	Coffee Caramel Freeze	3.95	4.95
Iced Café Latte	2.85	3.85	★Coffee Energizer	3.95	4.95
Iced Cappuccino	2.85	3.85	(Espresso, Bananas, Milk, Sugar)		
Iced Mochaccino	3.50	4.50	★Frozen Hot Chocolate	3.75	4.75
Iced White Chocolate Mocha	3.50	4.50	Green Tea Freeze	3.75	4.75
Iced Chai Latte	3.25	4.25	Mocha Freeze	3.75	4.75
★= The Daily Signature Drinks			Vanilla Freeze	3.75	4.75
			★Frozen Lemonade	2.75	3.75
<b>Smoothies</b>	Small 3.75	Large 4.75			
Acai Miracle - Acai, blackberry, blueberry & pomegranate			Mango Madness - Mango, mango, mango		
Banana Berry - Bananas & mixed berries			Morning Berries - All mixed berries		
Exotic Blast - Apricot, banana, mango, peach & pineapple			Tropical Berry - Mixed berries, mango & pineapple		
Supplements +1.00 ea: Immune blend, Performance blend, Soy or Whey protein					

**5 EGG OMELETTES**

All omelettes served w/homefries & white toast w/butter.

**Build Your Own Omelet \$5.50**

Cheeses 1.00	Cheeses 1.50	Meats & More	Toppings
American	Crumbled blue	Bacon 1.00	Asparagus .75 Peppers .75
Cheddar	French brie	Chicken apple sausage 1.50	Avocado 1.00 Spinach .75
Cream cheese	Fresh mozzarella	Chorizo 1.00	Broccoli .75 Sundried
Feta	Goat cheese	Ham 1.00	Caramelized - tomatoes .75
Pepper jack	Low fat Swiss	Sausage 1.00	- onions 1.00 Tomatoes .75
Provolone	Parmesan	Shrimp 6.00	Chives .50 Wild
Swiss		Smoked salmon 2.50	Mushrooms .50 - mushrooms 1.00
		Turkey 1.50	Onions .50 Zucchini .50
		Turkey bacon 1.50	

**Miami Heat Omelette**  
Chorizo, cheddar cheese, jalapeños, spinach & spicy ranchero sauce 8.25

**Goat Cheese Egg White Omelette**  
Goat cheese, asparagus, sundried tomatoes, caramelized onions & spinach 8.95

**The Greek**  
3 scrambled eggs w/spinach, onions, diced tomatoes & feta cheese. Homefries & white toast w/butter 7.50

**The Boot Camp**  
5 egg whites, zucchini, onions, mushrooms, spinach & low fat Swiss cheese. Sliced tomatoes & multigrain toast 7.50

**Wild Mushroom Omelette**  
Wild mushrooms, onions, provolone cheese & chives, drizzled with truffle oil 8.95

**Best Egg Dish Ever**  
5 whipped eggs w/basil pesto baked in the oven. Topped w/mushrooms, tomatoes & goat cheese. Homefries & white toast w/butter 8.95

**EGG SCRAMBLES**

**CUSTOM SALADS \$7.25**

**Choose Your Greens:**  
Baby spinach • Iceberg • Romaine • Iceberg/Romaine mix • Spring greens

**Choose 4 Free Toppings Below**

American cheese	Golden raisins	<b>Premium Toppings</b>	<b>Meats &amp; More 2.50</b>
Apple slices	Green peas	Artichokes .75	Black forest ham
Bean sprouts	Green peppers	Asparagus .75	Chicken breast
Beets	Mushrooms	Avocado 1.00	- grilled or breaded
Broccoli	Olives	Bacon 1.00	Chicken salad
Carrots	Pepper jack cheese	Candied cashews .75	- classic or curry
Celery	Provolone cheese	Caramelized pecans .50	Egg salad
Cheddar cheese	Red onions	Caramelized onions 1.00	Portobello mushrooms
Chickpeas	Red peppers	Crispy onion strings 1.00	Roast beef
Chopped egg	Sprouts	Crumbled blue 1.50	Salami
Corn	Sunflower seeds	French brie 1.50	Tofu (plain or grilled)
Croutons	Swiss cheese	Fresh mozzarella 1.50	Tuna salad
Cucumbers	Tomatoes	Goat cheese 1.50	- classic
Dried cranberries	Tortilla strips	Hearts of palm .75	- Italian (no mayo)
Feta cheese	White beans	Low fat Swiss 1.50	- low fat veggie
		Parmesan 1.50	Turkey breast
		Roasted red peppers .75	
		Sundried tomatoes .75	<b>Premium Meats &amp; More</b>
		Toasted almonds .50	Prosciutto 4.00
			Shrimp grilled 6.00
			Smoked salmon 4.00
			Tuna seared rare 6.00

**Choose a Homemade Dressing**  
(All dressings for sale by the pint)

Asian vinaigrette	Ranch	<b>Lo-Cal Dressings</b>
Balsamic vinaigrette	Raspberry vinaigrette	Fat free Asian vinaigrette
Blue cheese	Spicy Asian	Fat free balsamic vinaigrette
Caesar	Thai peanut	Fat free raspberry vinaigrette
Dijon honey vinaigrette	Top secret vinaigrette	Low fat ranch
Greek vinaigrette	1000 island	
Lemon truffle vinaigrette		

**CUSTOM SANDWICHES \$7.50**

**Choose Bread:**

Bagel	Ciabatta	Multigrain	White
Baguette	Croissant 1.00	Pumpnickel	Whole Wheat
Brioche	Kaiser roll	Rye	Wraps
			- (plain, spinach, wheat)
<b>Meats</b>	<b>Cheeses</b>	<b>Spreads</b>	<b>Toppings</b>
Black forest ham	American	Avocado 1.00	Artichokes .75
Chicken breast	Cheddar	Avocado mayo .50	Arugula 1.00
- grilled or breaded	Cream cheese	Basil pesto 1.00	Bacon 1.00
Chicken salad	Feta	BBQ sauce	Basil .75
- classic or curry	Pepper jack	Chimichurri sauce 1.00	Caramelized onions 1.00
Egg salad	Provolone	Cranberry chutney 1.00	Carrots
Meatloaf	Swiss	Cuc-wasabi sauce .50	Coleslaw 1.00
Pastrami 1.50		Hot sauce	Crispy onion strings 1.00
Portobello mushrooms	<b>Premium Cheeses 1.50</b>	Hummus 1.00	Cucumbers
Prosciutto 1.50	Crumbled blue	Mayo	Green peppers .50
Roast beef	French brie	- Herb • Horseradish	Jalapeño peppers .75
Salami	Fresh mozzarella	- Low fat • Spicy • Wasabi	Lettuce
Tofu (plain or grilled)	Goat cheese	Mustard	Mushrooms .50
Tuna salad	Low fat Swiss	- Curry • Deli • Dijon	Olives .50
- classic	Parmesan	- Honey • Yellow	Pickles
- Italian (no mayo)		Olive tapenade 1.00	Red onions
- low fat veggie		Sundried tomato pesto 1.00	Red peppers .75
Tuna seared rare 4.50		1000 Island dressing	Roasted red peppers .75
Turkey breast			Spinach .75
			Sprouts
			Sundried tomatoes .75
			Tomatoes

**PANINIS & MELTS**

**The Printer**  
Ciabatta, chicken breast, spinach, provolone, olive tapenade & sundried tomato pesto 8.50

**The Intern Grilled Cheese**  
Grilled white bread & American cheese 5.00  
- sliced tomatoes +.75 / apple smoked bacon +1.00

**The Reporter**  
Ciabatta, turkey breast, caramelized onions, pepper jack, arugula & honey mustard 8.50

**The Cuban Photographer**  
Ciabatta, roasted pork, ham, melted Swiss, pickles, mayo & Dijon mustard 8.50

**The Italian Paperboy**  
Ciabatta, prosciutto, mozzarella, sliced tomatoes, basil & balsamic vinaigrette 9.95

**The Copywriter**  
Ciabatta, chicken breast, melted provolone, bacon, lettuce & avocado mayo 8.50

**The Veggie Publisher**  
Ciabatta, grilled portobello & zucchini, spinach, roasted red peppers, mozzarella & sundried tomato pesto 8.95

**The Beat Writer Meatloaf**  
Baguette, homemade meatloaf, melted cheddar cheese, crispy onion strings & BBQ sauce 8.50

**The Blogger**  
Grilled white bread, black forest ham, melted Swiss, caramelized onions & tomatoes 7.95

**The Web Developer Tuna Melt**  
Grilled rye bread, tuna salad, tomatoes & melted American 7.50

**The Rueben Sports Writer**  
Grilled rye bread, pastrami, melted Swiss, sauerkraut & 1000 island dressing 9.45

**The Graphic Designer**  
Ciabatta, roasted pork, chimichurri sauce, sautéed onions & melted provolone 8.50

**EGG SANDWICHES**

**BAGELS**

**OTHER BREAKFAST ITEMS**

**DESIGNER SALADS**

**SIGNATURE SANDWICHES**

**SIGNATURE WRAPS**

**The Basic** - 3 scrambled eggs on a Kaiser roll 3.00  
- w/cheese 4.00  
- w/cheese and bacon, ham or sausage 5.00

**The Bistro** - 3 scrambled eggs on a Kaiser roll, grilled ham, Swiss cheese, tomatoes & caramelized onions 5.95

**The Gourmet** - 3 scrambled eggs on a Kaiser roll, asparagus, spinach, onions, mushrooms & provolone 5.95

**Flavors**  
Cinnamon Raisin, Everything, Plain, Poppy, Sesame & Whole Wheat 1.00

**Toppings**  
Butter or Jelly .30 Cream cheese 1.00  
Chive or Veggie cream cheese 1.70  
Smoked salmon cream cheese 2.20

**The Lox Bagel** "all the way" smoked salmon, cream cheese, capers, red onion & tomato 7.95

**Classic French Toast** 7.50

**Old Fashioned Pancakes** 7.50  
Topped with fresh berries

**Flavored Pancakes** 8.50  
- Blueberry  
- Chocolate chip  
- Candied pecan & banana  
- Granola & dried cranberry

**Cereals** 4.50  
Frosted Flakes, Granola or Rice Krispies  
Topped with bananas & strawberries

**Roasted Granola Parfait** 3.95  
Topped with blueberries, strawberries, yogurt & wildflower honey

**Custom Oatmeal Bar** 3.95  
Cooked w/milk & sugar, topped w/cinnamon & maple syrup  
**Extras .50 ea**  
Bananas Golden raisins  
Blueberries Strawberries  
Candied pecans Toasted almonds  
Dried cranberries Wildflower honey

**Fresh Fruit Salad** 4.95  
Add low fat yogurt & wildflower honey 1.00

**The Wake & Bacon** 4.25  
Toasted everything bagel w/apple smoked bacon, chive cream cheese & sliced tomatoes

**The Sweet & Salty** 5.95  
Grilled pumpnickel bread, apple smoked bacon & orange marmalade

**The Collins Ave Chopped**  
Iceberg/Romaine mix, tomatoes, chickpeas, corn, cucumbers, chopped egg, asparagus, parmesan cheese & top secret vinaigrette 8.95  
-grilled chicken +2.50 / grilled shrimp +6.00 / seared tuna +6.00

**The Ocean Drive Sesame Chicken**  
Romaine, Napa cabbage, red peppers, bean sprouts, candied cashews & Asian vinaigrette 9.45  
-sub grilled shrimp +4.50 / seared tuna +4.50

**The Washington Ave**  
Spring greens, Granny Smith apples, tomatoes, candied pecans, crumbled blue cheese, chopped egg & Dijon honey vinaigrette 8.95  
-grilled chicken +2.50 / grilled shrimp +6.00 / seared tuna +6.00

**Sobe Tuna**  
Spring greens, seared rare tuna, chopped egg, asparagus, tomatoes, cucumbers & top secret vinaigrette 13.95

**The Gables Caesar**  
Romaine hearts tossed w/Caesar dressing & croutons, topped w/parmesan cheese 6.95  
-grilled chicken +2.50 / grilled shrimp +6.00 / seared tuna +6.00

**The "U" Cobb**  
Iceberg/Romaine mix, grilled chicken breast, bacon, chopped egg, green peppers, tomatoes, red onion & crumbled blue cheese with choice of dressing 9.95

**The Alton Road**  
Spring greens, tomatoes, cucumbers, carrots, croutons & balsamic vinaigrette 7.25  
-grilled chicken +2.50 / grilled shrimp +6.00 / seared tuna +6.00

**West Ave Greek**  
Romaine, feta cheese, black olives, tomatoes, chickpeas, red onions, cucumbers, peppers & Greek vinaigrette 8.95  
-grilled chicken +2.50 / grilled shrimp +6.00 / seared tuna +6.00

**Key West Shrimp**  
Spring greens, grilled shrimp, goat cheese, corn, carrots, strawberries, apples, candied pecans & raspberry vinaigrette 13.95

**The Tony Soprano Caprese**  
Spring greens tossed with balsamic vinaigrette, with fresh buffalo mozzarella, sliced tomatoes and basil 9.45

**The Biscayne Times Tuna Salad**  
Multigrain, tuna salad, hummus, cucumbers, arugula, roasted red peppers & sprouts 8.25

**The Miami Today Prime Time**  
Baguette, roast beef, horseradish mayo, crispy onion strings, pepper jack, lettuce & tomatoes 8.50

**The Daily News Chicken Salad**  
Multigrain, curry chicken salad, arugula, French brie, Granny Smith apples & Dijon mustard 8.25

**944 Turkey Sweetness**  
Baguette, turkey breast, cranberry chutney, herb mayo, Swiss, caramelized onions & lettuce 8.25

**The Newsday Bada Bing**  
Baguette, black forest ham, salami, provolone, lettuce, tomatoes, basil, roasted red peppers, oil, vinegar, salt & pepper 8.50

**The Miami Herald Chicken**  
Ciabatta, breaded chicken cutlet, provolone, chopped salad of arugula, tomatoes, red onion & balsamic vinaigrette 8.50

**The Sun Sentinel Turkey Club**  
Kaiser roll, turkey breast, provolone, bacon, lettuce, tomatoes & 1000 island dressing 8.25

**The Sun Post Bistro Ham**  
Baguette, black forest ham, French brie, tomatoes, basil, caramelized onions & honey mustard 8.50

**The Wall Street Journal Smoked Salmon**  
Pumpnickel, smoked salmon, avocado, sprouts, tomatoes & cucumber-wasabi dressing 9.25

**The Philly Tribune Cheese Steak**  
Baguette, grilled steak, sautéed onions and peppers & melted provolone 8.50

**The NOLA BBQ Chicken**  
Baguette, BBQ chicken breast, Swiss cheese, coleslaw & apple smoked bacon 8.50

**La Republica Chicken Parmesan**  
Toasted baguette, breaded chicken cutlet, melted mozzarella & homemade marinara sauce 8.95

**The Village Voice Tuna Salad**  
Multigrain, Italian style tuna (no mayo), arugula, white bean & tomato salad & Dijon honey vinaigrette 7.95

**Wynwood Asian Chicken**  
Spinach wrap, chicken breast, carrots, cucumber, red onion, lettuce & spicy Thai peanut sauce 8.25

**Miami Beach Chicken Salad**  
Spinach wrap, chicken salad, Granny Smith apples, candied pecans, herb mayo & spring greens 8.25

**Surfside Seared Tuna**  
Spinach wrap, seared rare tuna, avocado, cucumber, sprouts & wasabi mayo 13.95

**Downtown Chicken**  
Plain wrap, breaded chicken cutlet, bacon, tomatoes, shredded iceberg, blue cheese dressing & hot sauce 8.50

**The Design District Veggie**  
Spinach wrap, hummus, cucumber, tomatoes, feta cheese, roasted red peppers, black olives & spring greens 7.95

**The Calle Ocho**  
Plain wrap, roasted pork, grilled onions & peppers, black bean corn salsa & white rice 7.95

**Biscayne Bay Shrimp**  
Plain wrap, grilled shrimp, Thai coconut sauce, Asian slaw, cilantro & steamed white rice 12.95

**Art Deco Chicken Caesar**  
Plain wrap, grilled chicken breast, romaine lettuce, parmesan cheese & Caesar dressing 7.95

**The Bal Harbour Tuna**  
Spinach wrap, Italian style tuna (no mayo), olive tapenade, artichokes, white beans, tomatoes, oil, vinegar & spring greens 8.75

**The Little Havana**  
Plain wrap, chicken breast, black beans, corn, avocado, cheddar cheese, shredded iceberg, sour cream & salsa 8.25

**BREAKFAST WRAPS**

**The American Breakfast**  
3 scrambled eggs, bacon, tomatoes, homefries & American cheese in a plain wrap 5.95

**El Gringo**  
3 scrambled eggs, tomatoes, onions, chorizo, black beans, cheddar cheese, sour cream & salsa in a plain wrap 6.95

**The Burrito**  
3 scrambled eggs, chorizo, pepper jack cheese, caramelized onions & cilantro in a plain wrap 5.95

**The Ironman**  
5 scrambled egg whites, turkey, spinach & tomatoes in a wheat wrap 6.95

**The Wild West**  
3 scrambled eggs, diced ham, peppers, onions & Swiss cheese in a plain wrap with spicy ranchero sauce 5.95

**The Trainer**  
5 scrambled egg whites, broccoli, peppers, onions, spinach & tomatoes in a wheat wrap 5.95

**THE HEADLINERS**

<b>NY Diner Breakfast</b> 5.95 3 eggs any style, homefries & white toast w/butter	<b>Miami Breakfast</b> 8.25 Cuban style pork hash w/2 eggs over & white toast w/butter
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**SIDES**

1 Pancake 2.95	Extra egg / egg white 1.00	Low fat cottage cheese 1.95
Apple smoked bacon 2.95	Fresh fruit cup 2.95	Low fat plain yogurt 1.95
Cantaloupe w/ cottage cheese 3.75	Grilled ham 2.95	Sliced tomatoes 1.00
Chicken apple sausage 3.25	Grits w/cheddar & butter 3.95	Turkey bacon 3.25
Country sausage patties 2.95	Homefries 2.95	Vegetarian sausage 3.25

**\*\* See Our Delicious Display of Fresh Baked Croissants, Muffins, Pastries, Sweets & Desserts\*\***

**HOMEMADE SOUPS**

**Mon** Split pea w/ham  
**Tues** Mushroom barley  
Bowl 3.95 • Take out - Pint 5.50 / Quart 7.95

**Wed** Carrot ginger  
**Thur** Tortilla chicken

**Fri** Tuscan white bean w/shrimp  
**Sat** 100% Vegetarian vegetable  
**Sun** Tomato basil

**Serving Daily:** Chicken noodle & Chilled gazpacho (seasonal)

**SIDES**

Couscous w/chopped veggies 2.95
Crispy onion strings 2.95
Steamed white rice 2.95
Fresh fruit cup 2.95
Homemade potato salad 1.95
Side salad (romaine, tomatoes, choose dressing) 3.50
Side Caesar salad 3.50