

VEGAN

Add Avocado for 3
Add Vegan Cheese 3



Make It A Combo for 4 (Fries or House Salad)

SHAWARMA OR IMPOSSIBLE TACOS 14
3 Warm Tortillas filled with Impossible Burger or Vegan Shawarma, Mixed Peppers & Onions, Vegan Spicy Mayo & Corn

SHAWARMA OR IMPOSSIBLE WRAP OR PITA 16
Mixed Peppers, Onions, Lettuce, Tomatoes, Carrots, Cucumbers in Your Choice of Spinach or Whole Wheat Wrap, Or Pita.

VEGAN WAWA WRAP 16
Teriyaki Vegan Meat, Brown Rice, Avocado. Choice of Wrap (Contains Onions & Mushrooms)



SQUEEZE FAVORITES

- VEGAN PHILLY CHEESESTEAK 18**
Impossible Burger mixed with Onions & Peppers, Vegan Cheese on a Toasted Bread Served with Fries
- IMPOSSIBLE HAMBURGER 18**
Impossible Burger Served with Tomatoes, Spinach, & Spicy Vegan Mayo on a Toasted Bun. Served with Fries
- SHAWARMA OR IMPOSSIBLE PLATTER 18**
Served with Lettuce, Tomatoes, Carrots, Cucumbers & Brown Rice

BREAKFAST UNTIL NOON [Make It A Combo +4 (Fries or House Salad)]

THE SQUEEZE WRAP 12
Three Eggs, Mozzarella, Tomatoes, Avocado & Pesto. Wrapped in Spinach or Whole Wheat Wrap
Substitute Egg White +4

AMERICAN BAGUETTE 12
Egg, Mozzarella, Turkey, Tomatoes

AÇAI BOWL 13
Granola, Banana, strawberries, coconut flakes, honey

EGG IN A PITA 10
Eggs, Mozzarella & Tomatoes

305 BREAKFAST PLATTER 14
Scrambled Eggs, Mozzarella Cheese, Avocado, Turkey Bacon. Served with House Salad.

MEDITERRANEAN BREAKFAST PLATTER 13
Two Eggs Any Style, Falafels, Hummus. Served with Israeli Salad and Pita

POPEYE OMELETTE 11
Omelette Prepared with Spinach, Mixed Peppers, & Broccoli

AVOCADO TOAST 11
Mashed Avocado, Fresh Lemon Juice, Olive Oil, and Tajin Seasoning
Add 2 Eggs any style +3

HIGH ENERGY 15
Egg Whites, Spinach, House Salad. Includes 1 oz. of Ginger and Your Choice of Fresh Smoothie



Sweetened with Honey

16 Oz 8
20 Oz 9

SOUTH BEACH
Strawberry, Banana

B.O.S
Banana, Orange Juice, Strawberries

BERRY CRUSH
Strawberries, Blueberries, Raspberry

BLUE HOUSE
Blueberries, Strawberries, Pineapple, Banana

BLUE MARLIN
Blueberries, Whole Milk, Banana

CALIFORNIA DREAM
Orange Juice, Pineapple, Apple, Banana

FRUIT BY THE SLURP
Strawberries, Peach, Pineapple, Banana

GREEN PINEAPPLE
Spinach, Pineapple, Coconut Milk, Banana

HOUSE SMOOTHIE
Pineapple, Strawberries, Banana

MANGO BERRY
Mango, Strawberries, Pineapple

MIAMI PEACH
Peach, Strawberries, Pineapple

SQUEEZE SMOOTHIE
Orange Juice, Mango, Pineapple, Kale

TASTY KALE
Kale, Lemon, Apple, Mango

NUTELLA ICE
Nutella, Whole Milk, Granola, Banana

TAKE A CHANCE
Make your own mix at your own risk (up to 4 Veggies/Fruits)

RASPBERRY ZINGER
Orange Juice, Ginger, Spinach, Raspberries, Banana

CINNAMON TWIST
Almond Milk, Dates, Cinnamon, Protein Powder

MANGO LOCO
Coconut Milk, Mango, Dates, Banana

LEELU
Almond Milk, Dates, Protein Powder, Banana

HEAVENLY ICED COFFEE
Coffee, Whole Milk, Dates, Peanut Butter

SEA MOSS +1
Seamoss, Peach, Strawberries, Apple

HONEY CRUNCH
Honey, Peanut Butter, Granola, Almond Milk, Banana

POST WORK-OUT
Kale, Spinach, Banana, Protein Powder, Cucumber

PRE WORK-OUT
Whole Milk, Spinach, Dates, Apple, Banana, Cinnamon, Chia Seeds

THE BILLIONAIRE
Strawberries, Banana, Protein Powder, Almond Milk

COOKIE BLAST
Oreo, Whole Milk, Nutella, Banana



POWER SMOOTHIES
Sweetened with Honey

16 Oz 9
20 Oz 10



16 Oz 8
20 Oz 9

VITAMIN C
Orange, Lemon, Pineapple, Grapefruit, Ginger

CLEANOUT
Beet, Apple, Carrot, Ginger

FAT BURNER
Pineapple, Grapefruit, Celery, Mint

CARROT DELIGHT
Carrot, Orange

GREEN GODDESS
Celery, Cucumber, Spinach, Kale, Mint, Lemon

KELLY GREEN
Spinach, Celery, Kale, Broccoli, Cucumber, Apple, Pineapple, Lemon

VEGGIE MIX
Beet, Celery, Carrot, Lemon

LIQUID SALAD
Cucumbers, Carrots, Spinach, Ginger, Garlic, Celery, Beets, Broccoli, Apples, Orange, Lemon

TAKE A CHANCE
Make your own mix at your own risk (up to 4 Veggies/Fruits)

Freshly Squeezed Juice (16oz)
Orange, Carrot or Celery (+1 extra)

FROZEN LEMONADE

Sweetened with Sugar
16 Oz 7 20 Oz 8



HOUSE LEMONADE
Orange & Lemon

STRAWBERRY LEMONADE
Orange, Lemon, Strawberries

MANGO LEMONADE
Mango, Orange, Lemon

MINT LEMONADE
Mint, Orange, Lemon, Pineapple

HEALTHY SHOTS



GINGER SHOT (2oz) 4

WHEATGRASS SHOT (1.5oz) 5



FUEGO (4oz) 6
2 oz. Ginger shot mixed with Lemon, Pineapple and Cayenne Pepper

FLU SHOT (4oz) 6
2oz. Ginger, Lemon, and Honey

GUCCI (4oz) 6
2oz. Ginger, Pineapple & Honey

DOCTOR SQUEEZE (4oz) 6
Coconut Milk, Ginger, Turmeric, Cinnamon, Honey

COFFEES BEVERAGES

AMERICANO 4 WATER 2
CAPPUCCINO 5 COCONUT WATER 5
ESPRESSO 3 SODA 2
NANA TEA 4 SAN PELLEGRINO 3
SEA MOSS 8

+ADD ONS

PROTEIN 3 CINNAMON 1
VEGAN PROTEIN 4 CAYENNE 1
PEANUT BUTTER 2 TURMERIC 1
NUTELLA 2 SEA MOSS 4
CHIA SEEDS 2 OREO COOKIE 2
COCONUTFLAKES 2 ORGANIC GRANOLA 2

APPETIZERS

BEST FALAFEL IN TOWN **7**

OLD-FASHIONED HUMMUS **8**
Home made Mediterranean Hummus,
Served with Pita.
Add Carrots & Celery Sticks +2

MEDITERRANEAN SAMPLER **12**
Hummus, Falafels & Israeli Salad,
Served with Pita.

HOMEMADE LENTIL SOUP **7**

WRAPS



[Add Avocado, Feta, or Mozzarella for \$3
Make It A Combo +4 (Fries or House Salad)]

GRILLED CHICKEN **14**
Chicken, Lettuce, Tomatoes,
Cucumbers & Carrots

TUNA SALAD **14**
Homemade Tuna Salad, Lettuce,
Tomatoes, Carrots & Cucumbers

FALAFEL **12**
Falafel, Homemade Hummus, Lettuce,
Tomatoes, Cucumbers & Carrots

WAWA **15**
Grilled Chicken, Brown Rice & Avocado

WRAP ME **16**
Fresh Spinach, Grilled Chicken Breast,
Turkey, Gyro, Onions & Mixed Peppers

MIAMI SQUEEZE SPECIAL **17**
Grilled Salmon, Quinoa, Fresh
Spinach, Red Cabbage & Avocado

GRILLED SALMON OR SNAPPER **16**
Lettuce, Tomatoes, Cucumbers,
Red Cabbage & Carrots

BURGER **14**
Turkey or Tuna Burger, Lettuce,
Tomatoes, Carrots & Cucumbers

GYRO **14**
Gyro, Lettuce, Tomatoes, Carrots, Red
Cabbage, Cucumbers & Feta Cheese

MEXICANO **14**
Grilled Chicken, Fresh Spinach,
Tomatoes & Spicy Chipotle Sauce

PANINIS

All Pitass are served with House Salad

[Add Avocado, Feta, or Mozzarella for 3
Make It A Combo +4]

NEW YORK STYLE **14**
Sliced Turkey, Mayo, Tomatoes &
Mozzarella

PESTO CHICKEN **14**
Chicken, Tomatoes, Onions, & Pesto Sauce

TUNA **14**
Tuna Salad with Tomatoes, Avocado

TOAST NAKNIK **15**
Pastrami, Roast Beef, Corn Beef or Turkey

JERUSALEM TOAST **14**
Cheese, Tomatoes, Olives, Mushrooms

KIDS

Under 12 years old



CHICKEN FINGERS **12**
Served with Seasoned Fries

GRILLED CHEESE **10**
Served with Seasoned Fries



MELTS

SOUTHWEST CHICKEN **13**
Chipotle, Chicken & Tomatoes, Mozzarella

ITALIAN **14**
Pesto & Tomato Spread, Chicken, Onions,
Black Olives, Tomatoes, & Mozzarella

MEAT ME **15**
Fresh Spinach, Onions & Peppers, Chicken,
Turkey & Gyro, Mozzarella

TUNA **13**
Tomato Spread, Tuna Salad topped with
Mozzarella

SALADS



[Add Avocado, Feta, or Mozzarella for 3
Make It A Combo +4]

MILLIONAIRE **13**
Grilled Chicken, Spinach, Cucumbers,
Chickpeas & Feta Cheese

FALAFEL **11**
Falafel, Lettuce, Tomatoes, Cucumbers,
Carrots & Feta Cheese

MIAMI SQUEEZE **16**
Grilled Chicken & Tofu, Lettuce, Tomatoes,
Cucumbers, Carrots & Red Cabbage

KALE LOVER **13**
Kale, Tomatoes, Cucumbers,
Onions & Corn

THE GREEK **13**
Lettuce, Tomatoes, Cucumbers,
Mixed Peppers, Red Onions, Black
Olives & Feta Cheese

CHOP CHOP **13**
Chicken, Lettuce, Walnuts, Tomatoes,
Parsley & Spinach

TERIYAKI SALMON SALAD **18**
(Fried Fish), Lettuce, Fresh Spinach,
Red Cabbage & Sesame Seeds
(Contains Onions & Mushrooms)

PITAS

All Pitass are Stuffed with Lettuce,
Tomatoes, Carrots, and Cucumbers

[Add Avocado, Feta, or Mozzarella for 3
Make It A Combo +4 (Fries or House Salad)]

FALAFEL **11**
+ Hummus

GRILLED CHICKEN **12**
Regular, Spicy, or Teriyaki Chicken

GYRO **12**
+ Red Cabbage & Feta

EAT ME **14**
Fresh Spinach, Grilled Chicken, Turkey,
Gyro Mixed With Onions & Peppers

BURGER **13**
Turkey or Tuna

TUNA SALAD **12**

SALMON OR SNAPPER **15**
Regular, Spicy, or Teriyaki + Red
Cabbage

PLATTERS

[Add Avocado, Feta, or Mozzarella for 3]

CHICKEN **17**
Regular, Spicy, or Teriyaki Served with
Lettuce, Tomatoes, Carrots, Cucumbers
& Brown Rice

TUNA SALAD **15**
Tuna Served with Lettuce, Tomatoes,
Carrots, Cucumbers & Brown Rice

GYRO **17**
Grilled Lamb served with Lettuce,
Tomatoes, Carrots, Cucumbers, &
Brown Rice

SALMON OR SNAPPER **20**
Regular, Spicy or Teriyaki Salmon or
Snapper Served with Lettuce, Tomatoes,
Carrots, Cucumbers & Brown Rice

FALAFEL **13**
Falafel Served with Lettuce, Tomatoes,
Carrots, Cucumbers & Brown Rice

BURGER **16**
Turkey or Tuna Burger Served with
Lettuce, Tomatoes, Carrots,
Cucumbers & Brown Rice

SPECIALS ★★★★★

MEAT ME SPECIAL **18**
Fresh Spinach, Grilled Onions, Mixed
Peppers, Chicken, Turkey, Gyro

TB BURGER **18**
Turkey Burger, Mozzarella, Turkey
Bacon, Tomato, Toasted Bun and
French Fries

PINEAPPLE EXPRESS **18**
Brown Rice, Mixed Peppers, Onions,
Pineapple & Grilled Chicken with
Sesame Seed, Soy & Honey

TERIYAKI CHICKEN & BROCCOLI **18**
Chicken Teriyaki, Broccoli, Onions &
Mushrooms and Brown Rice Topped
with Sesame Seeds (Contains Onions
& Mushrooms)



We are proud to serve you our original recipe, egg and dairy-free baked goods, which are made all the more delectable by using only the best all natural, 100% plant-based, GMO-free ingredients.

MUFFINS **3** BROWNIES **4** COOKIES **3** LOAVES **4**