

# platters

add \$2.00 for kosher chicken or quinoa instead of brown rice

## **baked organic tofu** [marinated in ginger and curry]

with organic brown rice .....\$12.95

with organic brown rice and steamed veggies ....\$15.95

## **mj's special rice** .....\$10.95

organic brown rice with chopped scallions, red and yellow  
sweet peppers, tomato and atlantic dulse flakes

with bonita's salmon .....\$29.95

with grilled or poached salmon .....\$29.95

with blackened red snapper .....\$29.95

with fresh alaskan cod .....\$28.95

with tilapia .....\$21.95

[in red sauce or lemon and garlic]

with brooke's or perlman's tilapia .....\$21.95

with grilled chicken .....\$20.95

[plain, rosemary or BBQ]

with tuna salad or chicken salad .....\$18.95

with baked organic tofu .....\$15.95

[marinated in ginger and curry]

with falafel .....\$14.95

with feta cheese and avocado .....\$14.95

with steamed veggies .....\$15.95

## **quinoa pasta**

heralded as the "super grain of the future" — wheat-free,  
gluten-free pasta loaded with protein and low in sodium

with our house red sauce and steamed veggies ....\$15.95

with grilled chicken and steamed veggies.....\$23.95

## **house special combo**.....\$27.95

tuna salad, chicken salad, eggplant salad, tabbouleh,  
hummus, falafel and house salad

our chicken is 100% organic

Please inform your server of any food allergies.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs  
may increase your risk of food-borne illnesses.

A 20% gratuity will be added to all dine-in checks

# platters

add \$2.00 for kosher chicken or quinoa instead of brown rice

## **sautéed st. peter's fish** [tilapia]

prepared with our special house red sauce

**with organic brown rice** .....\$21.95

**with organic brown rice and steamed veggies** .....\$22.95

## **steamed tilapia**

prepared with lemon and garlic, served with organic

brown rice and steamed veggies .....\$21.95

## **brooke's tilapia** .....\$21.95

prepared with sun-dried tomato and herb mustard sauce,

with your choice of organic brown rice and steamed

veggies or mj's special salad or mj's special rice

## **perlman's tilapia** .....\$21.95

prepared with capers, lime and garlic sauce with your choice

of organic brown rice and steamed veggies or mj's special

salad or mj's special rice

## **baked spaghetti squash** .....\$16.95

topped with Miami Juice® house red sauce, feta cheese

and fresh basil

## **baked butternut squash** .....\$8.95

**with tuna salad or chicken salad** .....\$16.95

**with veggies and cheese** .....\$14.95

## **steamed veggies**

**with organic brown rice and avocado** .....\$14.95

**with berlin rice and avocado** .....\$15.95

**with organic brown rice and soy cheese** ....\$15.95

**with berlin rice and soy cheese** .....\$16.95

## **organic black beans** [high protein]

**with organic brown rice** .....\$13.95

**with grilled chicken** .....\$21.95

[plain, rosemary or BBQ]

## **organic red kidney beans** [high protein]

**with organic brown rice** .....\$13.95

**with grilled chicken** .....\$21.95

[plain, rosemary or BBQ]

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# platters

add \$2.00 for kosher chicken and quinoa rice

**grilled chicken** [skinless boneless breast with herbs and spices]

**rosemary chicken** [skinless boneless breast with special marinade]

**barbecue chicken** [skinless boneless breast with special BBQ sauce]

|   |          |
|---|----------|
| with organic brown rice and avocado .....             | \$ 17.95 |
| with berlin rice and avocado .....                    | \$ 18.95 |
| with portobello mushrooms and organic brown rice..... | \$ 18.95 |
| with organic brown rice and steamed veggies.....      | \$ 19.95 |
| with berlin rice and steamed veggies .....            | \$ 19.95 |

**chicken salad** [grilled chicken breast mixed with carrots, garlic and mayo]

|  |          |
|--|----------|
| with organic brown rice and avocado .....        | \$ 18.95 |
| with berlin rice and avocado .....               | \$ 19.95 |
| with organic brown rice and steamed veggies..... | \$ 19.95 |
| with berlin rice and steamed veggies .....       | \$ 20.95 |

**tuna salad** [white-meat albacore tuna mixed with carrots and mayo]

|  |          |
|--|----------|
| with organic brown rice and avocado .....        | \$ 16.95 |
| with berlin rice and avocado .....               | \$ 17.95 |
| with organic brown rice and steamed veggies..... | \$ 18.95 |
| with berlin rice and steamed veggies .....       | \$ 19.95 |

**art and chauncey festival** .....\$26.95

organic brown rice, grilled chicken, hummus, tabbouleh,  
baked potato and house salad

**fresh alaskan cod**

a mild, delicate flavored fish with a low-fat content

grilled or blackened

|   |         |
|---|---------|
| with house salad and boniato potato .....         | \$28.95 |
| with organic brown rice and steamed veggies ..... | \$28.95 |

**grilled or poached salmon** [steamed with lemon and garlic]

|   |         |
|---|---------|
| with organic brown rice and steamed veggies ..... | \$29.95 |
|---|---------|

**bonita's salmon** .....\$29.95

fresh salmon slowly marinated in our special

house teriyaki then sesame seed-crusted and baked,

served with steamed veggies and organic brown rice

**blackened red snapper**

|  |         |
|--|---------|
| with organic brown rice and steamed veggies..... | \$29.95 |
|--|---------|

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