

platters

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

perlman's tilapia\$ 18.95

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\$ 14.95

topped with Miami Juice® house red sauce, feta cheese and fresh basil

baked butternut squash\$ 7.95

with tuna salad or chicken salad\$ 14.95

with veggies and cheese\$ 13.95

steamed veggies

with organic brown rice and avocado\$ 11.95

with berlin rice and avocado\$ 12.95

with organic brown rice and soy cheese\$ 12.95

with berlin rice and soy cheese\$ 14.95

organic black beans [high protein]

with organic brown rice\$ 11.95

with grilled chicken\$ 18.95

[plain, rosemary or BBQ]

organic red kidney beans [high protein]

with organic brown rice\$ 11.95

with grilled chicken\$ 18.95

[plain, rosemary or BBQ]

baked organic tofu [marinated in ginger and curry]

with organic brown rice\$ 9.95

with organic brown rice and steamed veggies\$ 14.95

mj's special rice\$ 9.95

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

with bonita's salmon\$ 27.95

with grilled or poached salmon\$ 24.95

with blackened red snapper\$ 26.95

with fresh alaskan cod\$ 24.95

with tilapia\$ 17.95

[in red sauce or lemon and garlic]

with brooke's or perlman's tilapia\$ 18.95

with grilled chicken\$ 18.95

[plain, rosemary or BBQ]

with tuna salad or chicken salad\$ 17.95

with baked organic tofu\$ 13.95

[marinated in ginger and curry]

with falafel\$ 13.95

with feta cheese and avocado\$ 13.95

with steamed veggies\$ 14.95

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\$ 13.95

with grilled chicken and steamed veggies.....\$ 21.95

house special combo\$ 23.95

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

our chicken is 100% organic

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	\$ 14.95
with berlin rice and avocado	\$ 15.95
with portobello mushrooms and organic brown rice.....	\$ 15.95
with organic brown rice and steamed veggies	\$ 16.95
with berlin rice and steamed veggies	\$ 17.95

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

with organic brown rice and avocado	\$ 15.95
with berlin rice and avocado	\$ 16.95
with organic brown rice and steamed veggies	\$ 17.95
with berlin rice and steamed veggies	\$ 17.95

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

with organic brown rice and avocado	\$ 12.95
with berlin rice and avocado	\$ 13.95
with organic brown rice and steamed veggies	\$ 14.95
with berlin rice and steamed veggies	\$ 15.95

art and chauncey festival\$23.95

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	\$24.95
with organic brown rice and steamed veggies	\$24.95

grilled or poached salmon [steamed with lemon and garlic]

with organic brown rice and steamed veggies	\$24.95
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bonita's salmon\$27.95

fresh salmon slowly marinated in our special
house teriyaki then sesame seed-crust and baked,
served with steamed veggies and organic brown rice

blackened red snapper

with organic brown rice and steamed veggies.....	\$26.95
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sautéed st. peter's fish [tilapia]

prepared with our special house red sauce

with organic brown rice	\$ 17.95
with organic brown rice and steamed veggies	\$ 18.95

steamed tilapia

prepared with lemon and garlic, served with organic
brown rice and steamed veggies

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brooke's tilapia\$ 18.95

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

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.