



SMOOTHIE SPOT® RESTAURANT

BREAKFAST

TRADITIONAL BREAKFAST \$9.99
Eggs, scrambled or sunny side up, served with turkey bacon and gluten-free cheese bread

MUSHROOM & SPINACH OMELET 12.99
Sautéed Mushrooms, Spinach, Onions, Mozzarella Cheese — served with your choice of side

TURKEY BACON OMELET 13.99
Turkey Bacon, Mozzarella Cheese, Sautéed Mushrooms — served with your choice of side

WESTERN OMELET 13.99
Turkey Bacon, Mixed Peppers, Onions, Mozzarella Cheese — served with your choice of side.

STEAK & EGGS OMELET 14.54
Steak, Onions, Mixed Peppers, Mozzarella Cheese — served with your choice of side

GREEK OMELET 14.54
Eggs Whites, Spinach, Feta Cheese, Parsley, Oregano — served with your choice of side

BREAKFAST SANDWICH \$10.99
Scrambled Eggs, Turkey Bacon, Guacamole, Mozzarella, and Chipotle Ranch on Toasted Artisan Bread

BRISKET SANDWICH \$12.99
Brisket, Pickled Onions, Sautéed Peppers, and Homemade Garlic Cilantro on Toasted Artisan Bread

CLASSIC EGG WRAP 10.49
Three Eggs Scrambled, White Tortilla, Spinach, Sautéed Mushrooms, Turkey Bacon, Mozzarella Cheese

VEGGIE EGG WRAP 9.49
Three Eggs Scrambled, Spinach Tortilla, Spinach, Black Beans, Roasted Sweet Potatoes, Sautéed Peppers

QUINOA BREAKFAST BOWL \$14.49
Two Sunny Side-up Eggs, Quinoa, Turkey Bacon, Roasted Potatoes, Avocado — Served with your choice of side

SPINACH BREAKFAST BOWL \$14.49
Two Sunny side-up Eggs, Spinach, Turkey Bacon, Roasted Potatoes, Avocado — Served with your choice of side

AVOCADO TOAST 12.99
Toasted Whole Wheat with Homemade Guacamole, Feta and Sunny-Side Eggs

NUTELLA TOAST 12.99
Toasted Whole Wheat Topped with Strawberries, Banana, Nutella

ALMOND BUTTER TOAST 12.99
Toasted Whole Wheat Topped with Almond Butter, Blueberries, Banana, Chia Seeds, Honey

OATMEAL BOWL 10.99
Oatmeal, Blueberries, Strawberries, Banana, Granola

PROTEIN VEGAN WAFFLE 12.99
Strawberries, Blueberries, Banana, Maple Syrup

SIDES: Whole Wheat Toast • Fresh Fruits • Baked Potatoes

GRAIN BOWLS

HOT & ROOTED BOWL
SMALL 14.49 LARGE 15.99
Sweet Potato Noodles, Sautéed Peppers, Broccoli, Sautéed Mushrooms, Cucumbers, Grilled Chicken, Homemade Carrot Ginger Dressing

MEDITERRANEAN BOWL
SMALL 14.49 LARGE 15.99
Grilled Chicken, Warm Quinoa, Chickpeas, Spinach, Cucumbers, Cherry Tomatoes, Feta Cheese, Olive Oil

LATIN LOVER BOWL
SMALL 15.99 LARGE 17.49
Steak or Brisket, White Rice, Black Beans, Corn Mix, Pico de Gallo, Baked Sweet Plantains, Homemade Garlic Cilantro

FLAMED-KISS BOWL
SAMALL 14.49 LARGE 15.99
Ground Turkey, Spinach Rice, Lentils, Sautéed Mushrooms, Corn Mix, Pico de Gallo, Jalapeños, Chipotle Ranch

HARVEST BOWL
LARGE 17.99
Grilled Hawaiian Salmon, Spinach Rice, Roasted Sweet Potatoes, Broccoli, Sautéed Mushrooms, Pickled Onions, Sesame Seeds, Ranch

FRESH CATCH BOWL
SMALL 14.49 LARGE 15.99
Tuna, White Rice, Baked Potatoes, Guacamole, Pickled Onions, Homemade Garlic Cilantro

SALADS

COBB SALAD
SMALL 14.49 LARGE 15.99
Grilled Chicken, Lettuce, Corn Mix, Mozzarella Cheese, Croutons, Hard Boiled Egg, Cherry Tomatoes, Ranch & Homemade Garlic Cilantro

TEX-MEX SALAD
SMALL 15.99 LARGE 17.49
Steak or Brisket, Lettuce, Black Beans, Corn Mix, Pico de Gallo, Mozzarella Cheese, Homemade Garlic Cilantro

OASIS SALAD
LARGE 17.99
Grilled Hawaiian Salmon, Warm Quinoa, Spring Mix, Cucumbers, Cherry Tomatoes, Pickled Onions, Feta Cheese, Sesame Seeds, Balsamic Vinaigrette

CURRY SHRIMP SALAD
SMALL 15.99 LARGE 17.49
Grilled Shrimp, Spring Mix, Pickled Onions, Cucumbers, Corn Mix, Pico de Gallo, Sautéed Peppers, Sesame Seeds, Homemade Curry Mustard

TUNA BLISS SALAD
SMALL 14.99 LARGE 15.99
Tuna, Lettuce, Guacamole, Carrots, Pico de Gallo, Cucumbers, Beets Salad, Homemade Garlic Cilantro

SESAME TOFU SALAD
SMALL 14.99 LARGE 15.99
Roasted Sesame Tofu, Spinach, Roasted Sweet Potatoes, Avocado, Sautéed Mushrooms, Cherry Tomatoes, Pickled Onions, Balsamic Vinaigrette

WRAPS

CLASSIC CHICKEN WRAP 14.49
Grilled Chicken, White Tortilla, Lettuce, Mozzarella Cheese, Cherry Tomatoes, Caesar & Homemade Garlic Cilantro

TROPICAL WRAP 15.99
Steak or Brisket, Garlic & Herb Tortilla, Spinach Rice, Lettuce, Baked Sweet Plantains, Craisins, Homemade Garlic Cilantro

MIAMI WRAP 15.49
Ground Turkey, Spinach Tortilla, Spinach Rice, Lettuce, Cherry Tomatoes, Guacamole, Home-made Garlic Cilantro

BURRITO WRAP 15.99
Steak or Brisket, Garlic & Herb Tortilla, White Rice, Black Beans, Pico de Gallo, Corn Mix, Mozzarella Cheese, Homemade Garlic Cilantro

SUNNY SHRIMP WRAP 15.99
Grilled Hawaiian Shrimp, Spinach Tortilla, Lettuce, Avocado, Sautéed Peppers, Carrots, Cucumbers, Pickled Onions, Sesame Seeds, Homemade Spicy Guava & Pineapple Dressing

AVOCADO VEGAN WRAP 15.49
Spinach Wrap, Spinach, Chickpeas, Avocado, Sautéed Peppers, Sautéed Mushrooms, Cherry Tomatoes, Pickled Onions, Cucumbers, Balsamic Vinaigrette

CREATE YOUR OWN MEAL

BOWLS

	Small	Large
Hawaiian Salmon		17.99
Hawaiian Shrimp	15.99	17.49
Grilled Chicken	14.49	15.99
Steak	15.99	17.49
Brisket	15.99	17.49
Tuna	14.49	15.99
Ground Turkey	14.49	15.99
Sesame Tofu	14.49	15.99
Veggie	12.99	14.49

Small:
Base + 4 Toppings + Protein + Dressing

Large:
Base + 5 Toppings + Protein + Dressing

WRAPS

Grilled Chicken	14.49
Hawaiian Shrimp	15.99
Steak	15.99
Brisket	15.99
Tuna	14.49
Ground Turkey	14.49
Sesame Tofu	14.49
Veggie	12.99

Base + 4 Toppings + Protein + Dressing

SIGNATURE AÇAÍ/ SMOOTHIE BOWLS

SORBET FLAVORS: Açai • Mango • Strawberry

CLASSIC BOWL 12.99
Sorbet Base, Granola, Banana, Strawberries, Blueberries, Chia Seeds, Honey

PB PARADISE BOWL 13.99
Sorbet Base, Granola, Banana, Blueberries, Coconut Flakes, Cacao Nibs, Peanut Butter

ALMOND ALLY BOWL 13.99
Sorbet Base, Granola, Strawberries, Pineapple, Coconut Flakes, Chia Seeds, Almond Butter

NUTELLA BLAST BOWL 13.99
Sorbet Base, Granola, Strawberries, Banana, Blueberries, Nutella

FRUITY POWER BOWL 12.99
Sorbet Base, Banana, Kiwi, Strawberries, Blueberries, Chia Seeds

CREATE YOUR OWN SMOOTHIE BOWL 12.99
Choose Sorbet Base + 4 Toppings

BAKED GOODS

- EMPANADA 4.49**
- BEEF
- CHICKEN
- SPINACH
- CHEESE BREAD 2.99

SWEETS

- CAKES 3.99**
- MARBLE (190 cal)
- CHOCOLATE CHIP (190 cal)
- BANANA WALNUT (190 cal)
- PROTEIN ENERGY 5.49 BALLS** (300 cal)
- Almond Butter, Dates, Cacao, Maple Syrup

Consumer Advisory

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

@smoothie_spot @smoothiespot @smoothiespotmiami

www.smoothiespotmiami.com



SMOOTHIE SPOT® RESTAURANT



SMOOTHIES

Small 16oz 8.50 - Regular 24oz 9.99

ORIGINALS 24G

STRAWBERRY CLASSIC (220 - 240 cal)
Strawberries, Banana, Whey Strawberry Protein

BERRY BOMB (170 - 200 cal)
Blackberries, Blueberries, Strawberries, Whey Strawberry Protein

TROPICAL BREEZE (90 - 110 cal)
Strawberries, Mango, Pineapple, Orange Juice, Whey Strawberry Protein

FUNKS (180 - 210 cal)
Passion Fruit, Mango, Pineapple, Whey Vanilla Protein

MANGO TANGO (160 - 180 cal)
Mango, Pineapple, Whey Vanilla Protein

PIÑA COLADA (210 - 230 cal)
Pineapple, Coconut Milk, Coconut Flakes, Whey Vanilla Protein

PASSION BLAST (180 - 210 cal)
Passion Fruit, Pineapple, Whey Vanilla Protein

GREENS 24G

POPEYE (170 - 190 cal)
Mango, Pineapple, Orange Juice, Spinach, Kale, Whey Vanilla Protein

SUPER GREEN (180 - 220 cal)
Strawberries, Mango, Papaya, Spinach, Kale, Whey Strawberry Protein

BERRY KALE (170 - 190 cal)
Blackberries, Blueberries, Kale, Whey Strawberry Protein

GREEN PASSION (180 - 210 cal)
Passion Fruit, Pineapple, Orange Juice, Kale, Whey Vanilla Protein

PEANUT BUTTER 55G

TWISTED STRAWBERRIES (460 - 480 cal)
Strawberries, Banana, Peanut Butter, Oats, Whey Strawberry Protein

CHOCOLATE MIX (490 - 590 cal)
Banana, Milk, Peanut Butter, Whey Chocolate Protein

PB&J (300 - 320 cal)
Strawberries, Blueberries, Peanut Butter, Whey Strawberry Protein

VANILLA MIX (490 - 590 cal)
Banana, Milk, Peanut Butter, Whey Vanilla Protein

SUPER FOOD SMOOTHIES

16oz 9.99

PINK ME UP 24G (270 cal)
Strawberries, Banana, Almond Butter, Beets
Garnished: Chia Seeds & Honey

CREAMY CRUMBLE 55G (500-540 cal)
Milk, Banana, Cacao Nibs, Almond Butter, Maca, Whey Vanilla Protein
Garnished: Chocolate Sauce

RISE N' GRIND 24G (400-420 cal)
Espresso, Milk, Cacao Nibs, Whey Vanilla Protein, Banana, Almond Butter, Dates

TURMERIC TONIC (120 cal)
Turmeric, Mango, Coconut Milk, Orange Juice, Cayenne Pepper, Ginger
Garnished: Coconut Flakes & Honey

+1.49

Energy booster • Fat Burner • Multi Vitamin • Immune Builder
Pea Protein • Spirulina • Maca • Chia Seeds • Creatine

Collagen

WELLNESS SHOTS

2 oz • Cold-Pressed

4.15

GINGER (17 cal)
Pure Ginger

DETOX (50 cal)
Ginger, Turmeric, Lime, Pineapple

IMMUNE (42 cal)
Orange Juice, Lime, Ginger, Cayenne

NATURAL TROPICAL JUICES

5.99

MANGO PINEAPPLE PASSION FRUIT



LEMONADE STRAWBERRY BLACKBERRY



SOURSOP PAPAYA

CEREMONIAL MATCHA

2% Milk • Almond Milk • Oat Milk • Coconut Milk

MATCHA LATTE \$6.99

ICED MATCHA LATTE \$6.99

STRAWBERRY COLD FOAM MATCHA \$7.50

MANGO COLD FOAM MATCHA \$7.50

GINGER HONEY LIME MATCHA \$7.50

Add syrups: Sugar free vanilla • Salted Caramel • Lavender + \$0.75



GOURMET COFFEE

2% Milk • Almond Milk • Oat Milk • Coconut Milk

COLADA 3.75

ESPRESSO 3.75

CORTADITO 3.99

AMERICANO 4.25



CAFÉ CON LECHE 4.75

LATTE 4.99

ICED LATTE 5.25

ICED AMERICANO 4.50

Add syrups: Sugar free vanilla • Salted Caramel • Lavender + \$0.75

COLD PRESSED JUICES 7.49

ORANGE JUICE (220 cal)
100% Natural Fresh Squeezed

TROPICAL BLISS (130 cal)
Pineapple, Mango, Passionfruit, Lemongrass

HOLY BEETS (100 cal)
Pineapple, Orange, Beets, Cucumber

GREEN DETOX (180 cal)
Green Apple, Lime, Cucumber, Spinach, Celery, Ginger

ORANGE GLOW (220 cal)
Orange, Carrots, Ginger

GREEN FUSION (180 cal)
Green Apple, Pineapple, Cucumber, Spinach, Kale, Spirulina



smoothie PET BOX 11.99

2 Healthy Meatballs, a Smoothie Prepared with Coconut Milk, Peanut Butter Carrot & a Toy.

Real food.
Real Health.

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www.smoothiespotmiami.com