



# 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

**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

**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

### 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, Homemade 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		<b>17.99</b>
Hawaiian Shrimp	<b>15.99</b>	<b>17.49</b>
Grilled Chicken	<b>14.49</b>	<b>15.99</b>
Steak	<b>15.99</b>	<b>17.49</b>
Brisket	<b>15.99</b>	<b>17.49</b>
Tuna	<b>14.49</b>	<b>15.99</b>
Ground Turkey	<b>14.49</b>	<b>15.99</b>
Sesame Tofu	<b>14.49</b>	<b>15.99</b>
Veggie	<b>12.99</b>	<b>14.49</b>

#### Small:

Base + 4 Toppings + Protein + Dressing

#### Large:

Base + 5 Toppings + Protein + Dressing

#### WRAPS

Grilled Chicken	<b>14.49</b>
Hawaiian Shrimp	<b>15.99</b>
Steak	<b>15.99</b>
Brisket	<b>15.99</b>
Tuna	<b>14.49</b>
Ground Turkey	<b>14.49</b>
Sesame Tofu	<b>14.49</b>
Veggie	<b>12.99</b>

Base + 4 Toppings + Protein + Dressing

### SIGNATURE AÇAI/SMOOTHIE BOWLS

**SORBET FLAVORS:** Açaí • Mango • Strawberry

**CLASSIC BOWL \$12.99**

Sorbet Base, Granola, Banana, Strawberries, Blueberries, Chia Seeds, Honey

**ALMOND ALLY BOWL \$13.99**

Sorbet Base, Granola, Strawberries, Pineapple, Coconut Flakes, Chia Seeds, Almond Butter

**FRUITY POWER BOWL \$12.99**

Sorbet Base, Banana, Kiwi, Strawberries, Blueberries, Chia Seeds

**PB PARADISE BOWL \$13.99**

Sorbet Base, Granola, Banana, Blueberries, Coconut Flakes, Cacao Nibs, Peanut Butter

**NUTELLA BLAST BOWL \$13.99**

Sorbet Base, Granola, Strawberries, Banana, Blueberries, Nutella

**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.

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[www.smoothiespotmiami.com](http://www.smoothiespotmiami.com)



## SMOOTHIES

Small 16oz 8.50 - Regular 24oz 9.99

### ORIGINALS

#### 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

#### 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

#### 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

Strawberries, Banana, Almond  
Butter, Beets

Garnished: Chia Seeds & Honey

#### CREAMY CRUMBLE

Milk, Banana, Cacao Nibs,  
Almond Butter, Maca, Whey  
Vanilla Protein

Garnished: Chocolate Sauce

#### RISE N'GRIND

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

GINGER (17 cal)  
Pure Ginger

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

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

4.15

## Smoothie PET BOX

11.99

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



Real food.  
Real Health.