

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\$29.95
with grilled or poached salmon\$29.95
with blackened red snapper\$27.95
with fresh alaskan cod\$27.95
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\$24.95
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	\$24.95
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	\$27.95
with organic brown rice and steamed veggies	\$27.95

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.....	\$27.95

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	\$ 17.95

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.