GOOD THINGS TO SHARE

JUMBO WINGS Big juicy wings fried and tossed in house wing sauce, chargrilled; served with bleu cheese dressing and celery sticks $16.95

NACHOS Fresh corn chips, pickled jalapenos, refried beans, cheddar cheese; served with sour cream and house salsa $16.95 add chicken $4

POTATO SKINS Fresh baked Idaho's, scooped and served with house cheese sauce and sour cream $14.95 add some bacon $3

BRIE & FRUIT Creamy cheese baked with honey soaked almonds; served with toasted bread loaf and fresh fruit $17.95

CRISPY CHICKEN FINGERS Fried crunchy fingers, house honey mustard sauce $15.95

BUFFALO FINGERS Boneless strips, tossed in house sauce; served with bleu cheese dressing and celery sticks $15.95

HUMMUS Chick pea dip with toasted pita points, celery & carrot sticks $14.95

Calories 380 Fat 27 g Carbs 30 g Fiber 10 g Protein 9 g

MOZZARELLA STICKS Fried and served with house marinara sauce $13.95

SOUTH MIAMI'S BEST PIZZA 10" Hand tossed crust, house sauce, mozzarella cheese $13
add veggies $2 add pepperoni $2

MARGARITA FLATBREAD Crispy crust, pesto, tomato, mozzarella cheese $15

SANDWICHES THAT ROCK

TURKEY BACON GRILLE Sliced turkey breast, crispy bacon, melted Swiss $17.95

GO FISH Fresh salmon or mahi fillet, chargrilled, Cajun or fried; served on a toasted hoagie roll with house tartar, lettuce, tomato, pickle $19.95

REUBEN Thin sliced, lean corned beef grilled on rye with sauerkraut, 1000 island dressing and Swiss $19.95

PANINI CAPRESE Vine ripe tomato, fresh mozzarella, basil leaves on a toasted baguette; balsamic sauce on the side $16.95
add chicken breast $3

DELI TURKEY MELT Grilled sliced turkey breast, on raisin bread, 1000 island, melted cheddar $17.95

CHICKEN FOCCACIA CLUB Chargrilled boneless breast, smoked bacon, house herb bread, avocado, lettuce, mango chutney $17.95

ROCK THE HOUSE Grilled tomato, crispy bacon, house pesto (has peanuts) sauce, mozzarella on grilled rye $15.95

SALMON MELT Grilled fresh salmon fillet on pita with sliced tomato, romaine leaf, creamy Havarti and lime/caper sauce $19.95

HONEY MUSTARD CHICKEN Chargrilled boneless breast, smoked bacon, honey mustard, swiss cheese, Kaiser roll $17.95

Above includes seasoned fries, fruit or house slaw

House pesto contains peanuts

DELI BOARD

CLASSIC CLUB Turkey, ham, bacon, lettuce, tomato $16.95

B.L.T.C.A. Bacon, lettuce, tomato, cheddar, avocado $14.95

TURKEY BREAST Premium roasted breast $14.95

KOSHER HOT DOG Hebrew National 100% beef, sauerkraut $10.95

CHICKEN or TUNA Salads house made, simply delicious $13.95

Above served with potato chips, bread choices include whole wheat, rye, multi grain, raisin pumpernickel
For an extra $1 baguette, bagel or croissant

QUESADILLAS

CALIFORNIA DREAMIN' Chargilled chicken, avocado, house pesto (has peanuts), alfalfa sprouts, mozzarella $17

SOUTHWEST Chicken or Beef, seasoned onions, pepper and cheddar cheese $17

BUFFALO CHICKEN Spicy buffalo chicken, shredded lettuce, bleu cheese dressing, mozzarella $16

CHICKEN & CHEESE Chargrilled chicken, cheddar cheese $16

CHICKEN SALAD House fresh chicken salad, cheddar $16

Above served with sour cream and salsa

PRESSED DUCK SANDWICH

They travel far & wide for this classic! Roast duck on a hoagie roll pressed with grilled onions and brie cheese, includes seasoned fries, fresh fruit or house slaw $17.95

SPINY MIKE'S FISH TACOS

Grilled, seasoned mahi in soft flour tortillas with house slaw, shredded mozzarella and avocado, includes seasoned fries$17.95

SOUPS

FRENCH ONION SOUP Garlic crouton, melted mozzarella $11

CHICKEN CHILI Slow simmered, topped with chopped onion and cheddar, served with crisp tortilla chips
$7.50 cup $12 bowl

VEGAN VEGETABLE Garden delicious, tomato based $6 cup $8 bowl

SALADS FROM THE GARDEN

CAESAR Crisp romaine, garlic croutons, parmesan, tossed in our house dressing.
Bowl $12 Plate $5.50 add chicken $4

GREEK Lettuce, Kalamata olives, diced tomato, cucumber, red onion rings, pepperoncini, feta cheese $16

COBB Spring mix greens, chopped grilled chicken, crispy bacon, tomato, avocado, crumbled bleu cheese $18

THAI CHICKEN or BEEF Spring mix greens, chopped tomato, cucumber, sprouts, boiled egg, scallion, sliced sirloin OR chicken breast topped with Thai marinade $17

BUFFALO CHICKEN SALAD Spring mix greens, chopped tomato, cucumber, celery and scallion and crumbled bleu cheese with spiced buffalo chicken tenders; served with house ranch dressing $18

SPINACH SALMON Spinach leaves, grilled salmon fillet, chopped tomato, red onion rings, crumbled bleu cheese, lemon wedges $16.95

Calories 416 Carbs 8 g Fat 25 g Protein 39 g Sugar 15 g

Dressing Choices include;
Vinaigrette, Honey Balsamic, Honey Mustard, Ranch, Bleu Cheese, Oil & Vinegar; All dressings made in house

KID STUFF

BURGER 1/4 lb with fries or chips $9

CHICKEN FINGERS Voted #1 by kids in Miami $10

GRILLED FRESH FISH Fresh salmon or mahi with rice or veggies $13

MAC & CHEESE Twist pastas, cheddar cheese $10

CHEESE PIZZA 9" house sauce, mozzarella $12

GRILLED CHICKEN BREAST With rice & veggies $12

KOSHER HOT DOG 100% beef, chips or fries $9

WE HAVE A FULL LINE OF LIQUOR, DRAFT BEER, CRAFT BEER AND FINE WINES

WRAPS

CHICKEN FINGER Crunchy fingers, honey mustard, mozzarella, lettuce, tomato $17.95

PHILLY CHEESESTEAK Tender sirloin strips, grilled onion, bell pepper, mushroom, mozzarella $15.95

AHI TUNA STEAK 4oz sliced tuna, tomato, red onion, flat-out or gluten free wrap $18.95 **

Calories 308 Fat 6 g Fiber 15 g Protein 38 g

VEGGIE HUMMUS Fresh spinach, cucumber, tomato, carrots, Greek hummus $15.95

Tortilla choices include whole wheat, spinach, tomato, jalapeno, lime chili, flat-out wrap, gluten free wrap

BURGERS

DELI DELUXE BURGER Half lb. Black Angus patty, chargrilled, smoked bacon, cheddar, toasted Kaiser roll $19.95

DELI BURGER Same burger, plain and simple, Kaiser roll $18.95

TURKEY BURGER Freshly ground, hand packed, grilled on a whole wheat Kaiser roll $17.95

BAHA BURGER Half lb. Black Angus patty , avocado, pickled jalapenos, mozzarella cheese, toasted Kaiser roll $19.95

VEGETABLE BURGER Gluten free veggie patty topped with sauteed mushrooms and spinach, toasted whole wheat Kaiser roll $17.95

Above burgers & wraps include seasoned fries, fresh fruit or house slaw, lettuce, tomato, pickle

MAINS

CALIFORNIA MAHI PLATTER
6oz grilled mahi, avocado, sun-dried tomato, mango chutney over steamed broccoli, cauliflower & carrots $21.95

Calories 459 Fat 12 g Carbs 40 g Fiber 7 g

CHICKEN BREAST PLATTER
Boneless breasts, grilled and served with steamed veggie trio and brown rice $20.95

Calories 473 Fat 16 g Carbs 71 g Fiber 9 g Protein 36 g

TORTELLINI ALFREDO Blackened chicken, cheese filled pastas, house Alfredo sauce, parmesan cheese $21.95

TOP SIRLOIN 8oz Charbroiled to temperature, served with wilted spinach, sautéed mushrooms and truffle fries $35.95

CHICKEN FRANCAISE Egg battered, pan sautéed with mushrooms in a lemon-butter sauce; served over linguine or basmati rice $21.95

FRESH CATCH Fresh salmon, mahi mahi or Ahi tuna steak, grilled or blackened served with steamed veggie trio and basmati or brown rice $24.95

CHICKEN PARMESAN Breaded in Italian crumbs, fried, topped with marinara sauce, melted mozzarella; served with a side of linguine marinara $22.95

THAI STIR FRY BOWLS Broccoli, cauliflower, carrot, bell pepper & onion tossed in house Thai stir fry sauce over basmati or brown rice $18.95
add chicken $5 add steak $6

DESSERTS'

KEY LIME PIE $8.95
BROWNIE SUNDAE $9.95
CHOCOLATE CHIP COOKIE $3.95
CHEESECAKE $11

****Consumer Advisory**
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of foodbourne illness especially if you have certain medical conditions.