

# platters

add \$2.00 for kosher chicken and quinoa rice

**grilled chicken** [skinless boneless breast]

**rosemary chicken** [skinless boneless breast with special marinade]

**barbecue chicken** [skinless boneless breast with special BBQ sauce]

with organic brown rice and avocado .....	\$ 18.95
with berlin rice and avocado .....	\$ 19.95
with portobello mushrooms and organic brown rice.....	\$ 19.95
with organic brown rice and steamed veggies .....	\$ 20.95
with berlin rice and steamed veggies .....	\$ 21.95

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

with organic brown rice and avocado .....	\$ 19.95
with berlin rice and avocado .....	\$ 20.95
with organic brown rice and steamed veggies .....	\$ 21.95
with berlin rice and steamed veggies .....	\$ 21.95

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

with organic brown rice and avocado .....	\$ 17.95
with berlin rice and avocado .....	\$ 18.95
with organic brown rice and steamed veggies .....	\$ 19.95
with berlin rice and steamed veggies .....	\$ 21.95

## fresh alaskan cod

a mild, delicate flavored fish with a low-fat content  
grilled or blackened

with house salad and boniato potato .....	\$ 29.95
with organic brown rice and steamed veggies .....	\$ 29.95

**grilled or poached salmon** [steamed with lemon and garlic]

with organic brown rice and steamed veggies .....	\$ 30.95
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**bonita's salmon** ..... \$ 30.95

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.....	\$ 30.95
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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.

A 20% gratuity will be added to all dine-in checks

# platters

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

## sautéed st. peter's fish [tilapia]

prepared with our special house red sauce

with organic brown rice .....\$22.95

with organic brown rice and steamed veggies .....\$23.95

## steamed tilapia

prepared with lemon and garlic, served with organic

brown rice and steamed veggies .....\$22.95

**brooke's tilapia** .....\$22.95

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

**perlman's tilapia** .....\$22.95

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** .....\$17.95

topped with Miami Juice® house red sauce, feta cheese

and fresh basil

**baked butternut squash** .....\$9.95

with tuna salad or chicken salad .....\$17.95

with veggies and cheese .....\$14.95

## steamed veggies

with organic brown rice and avocado .....\$15.95

with berlin rice and avocado .....\$16.95

with organic brown rice and soy cheese ....\$16.95

with berlin rice and soy cheese .....\$17.95

## organic black beans [high protein]

with organic brown rice .....\$14.95

with grilled chicken .....\$22.95

[plain, rosemary or BBQ]

## organic red kidney beans [high protein]

with organic brown rice .....\$14.95

with grilled chicken .....\$22.95

[plain, rosemary or BBQ]

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## **baked organic tofu** [marinated in ginger and curry]

- with organic brown rice .....\$13.95
- with organic brown rice and steamed veggies ....\$16.95

## **mj's special rice** .....\$11.95

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

- with bonita's salmon .....\$30.95
- with grilled or poached salmon .....\$30.95
- with blackened red snapper .....\$30.95
- with fresh alaskan cod .....\$29.95
- with tilapia .....\$22.95  
[in red sauce or lemon and garlic]
- with brooke's or perlman's tilapia .....\$22.95
- with grilled chicken .....\$21.95  
[plain, rosemary or BBQ]
- with tuna salad or chicken salad .....\$19.95
- with baked organic tofu .....\$16.95  
[marinated in ginger and curry]
- with falafel .....\$14.95
- with feta cheese and avocado .....\$14.95
- with steamed veggies .....\$16.95

## **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 ....\$16.95
- with grilled chicken and steamed veggies.....\$23.95

## **house special combo** .....\$28.95

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

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