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 .................................$28.95
with grilled or poached salmon ..........$28.95
with blackened red snapper ..........$26.95
with fresh alaskan cod ...............$26.95
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 ........................................ $26.95
    with organic brown rice and steamed veggies .............................. $26.95

grilled or poached salmon [steamed with lemon and garlic]
    with organic brown rice and steamed veggies ............................... $28.95

bonita’s salmon ................................................................. $28.95
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 ............................... $26.95

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.