



give your taste buds what they want  
and your body what it needs

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



# breakfast

<b>liquid breakfast</b> organic almond milk, organic oatmeal, banana, whey protein, cinnamon	6.95	<b>tofu scramble</b>   organic eggs, organic tofu, spinach, scallions, topped with avocado	7.95
<b>half grapefruit</b>  with low fat cottage cheese 3.50	1.95	<b>tropical morning</b>  low fat cottage cheese, pineapple, mango, raisins, coconut	6.50
<b>organic granola</b> with fresh seasonal fruit and honey	6.95	<b>veggie eggs</b>   organic eggs, tomatoes, portabella mushrooms, monterey jack cheese, red onion, bell peppers, spinach	8.50
<b>organic oatmeal</b> with fresh seasonal fruit and honey (gluten free upon request)	6.50	<b>whites, turkey &amp; cheese</b>   organic egg whites, turkey breast, tomatoes, monterey jack, (soy cheese add 1.95)	7.95
<b>alex's breakfast</b>  sautéed seasonal veggies, sweet potato, quinoa with four sunny side up organic eggs	10.95	<b>sesame bagel ring</b> cream cheese	2.50
<b>billy breakfast</b>  organic eggs, black beans, brown rice, monterey jack	8.95	<b>add to any eggs:</b> monterey jack cheese 1.50 feta cheese 1.50 soy cheese 1.95 avocado 1.95	
<b>breakfast wrap</b> organic eggs, tomatoes, red onion, spinach	7.95	<b>egg breakfasts are served until 11:30 am</b> <b>all egg breakfasts include whole wheat or white pita upon request</b>	
<b>chicken scramble</b>   organic eggs, chicken breast, tomatoes, red onions, topped with cilantro	9.50		
<b>greek morning</b>   organic eggs, feta, spinach, tomatoes, red onion	7.95		
<b>j&amp;j breakfast special</b> three organic eggs, sesame ring, fresh squeezed orange juice	7.50		
<b>just whites</b>   four organic egg whites	4.95		
<b>kevin's special</b>   organic eggs, brown rice (or quinoa), tomatoes, portabella mushrooms, spinach	9.50		
<b>latin scramble</b>  organic eggs with organic brown rice, black beans, topped with avocado, salsa and cilantro	8.50	<b>breakfast bowls</b>	
<b>organic breakfast crêpes</b> organic eggs, tomatoes, scallions, and monterey jack cheese stuffed crêpes	7.95	<b>organic açai bowl</b>  with fresh banana, organic granola, strawberries and shredded coconut	8.95
<b>smoked salmon booblik</b> smoked salmon, red onions, tomatoes, sesame ring, cream cheese	10.95	<b>organic chia power bowl</b>  organic chia pudding, granola, raisins, banana, coconut	9.50
<b>soy cheese eggs</b>   organic egg whites, spinach, tomatoes, soy cheese	7.95	<b>organic greek yogurt bowl</b>  organic greek yogurt, banana, mango, seasonal berries, almonds, honey	6.95
<b>ss omelette</b>   organic eggs, smoked salmon, scallions and tomatoes	8.95	<b>organic quinoa bowl</b>  organic quinoa, baby arugula, smoked salmon, two sunny side organic eggs, scallions	11.95
<b>the sunny special</b> three organic eggs sunny side up, grilled turkey breast, sesame ring, cream cheese	7.50	<b>huevos rancheros bowl</b>  organic brown rice, black beans, turkey burger, two sunny side organic eggs, salsa, avocado, feta, cilantro	10.95

## mia crêperia crêpes

*thin european pancakes*

- chicken salad crêpes** 9.95  
stuffed with chicken salad, garnished with tomatoes and sprouts
- smoked salmon crêpes** 12.95  
stuffed with smoked salmon, low-fat yogurt sauce, topped with scallions and tomatoes
- spinach crêpes** 8.95  
stuffed with low fat cottage cheese, spinach and walnuts
- sweet potato crêpes** 7.95  
stuffed with sweet potato and cinnamon, topped with honey
- tuna salad crêpes** 8.95  
stuffed with tuna salad, garnished with tomatoes and sprouts
- turkey crêpes** 8.95  
stuffed with turkey breast, monterey jack cheese, garnished with tomatoes and sprouts
- "the big one" ★** 10.95  
oversized crepe stuffed with organic quinoa, turkey burger, topped with melted monterey jack, and scallions

## soups and starters

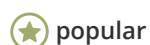
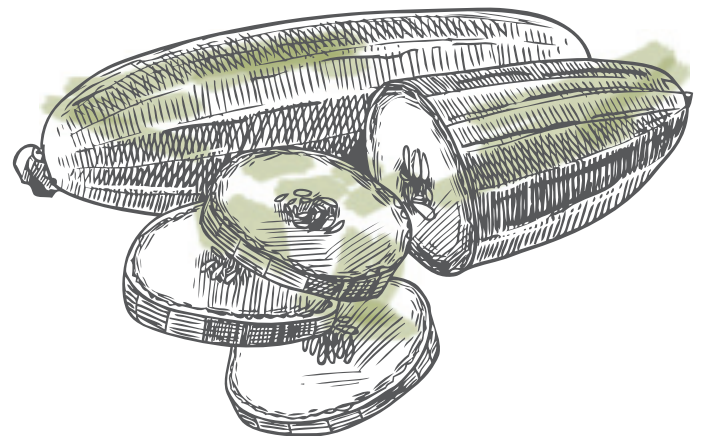
- black bean avocado soup** 🌱 6.50  
topped with feta
- homemade daily vegetarian soups** 🌱 🌱 5.95  
ask your server for today's selection
- avocado cups** 🌱 🌱 ★ 5.95  
two avocado halves filled with tomatoes and feta on a bed of organic greens
- cucumber yogurt salad** 🌱 🌱 5.95  
cucumber tossed with a light yogurt sauce and dill
- effin' good guacamole** 🌱 6.95  
made to order. served with multi-grain flat crackers
- hummus appetizer** 6.95  
freshly made hummus and tahini with pita bread  
add baked falafel \$2.95
- j&j flat bread** 6.95  
flat zatter bread, feta, tomatoes, red onion, fresh basil, olives, avocado, extra virgin oil
- lettuce tuna rolls** 🌱 🌱 6.95  
tuna salad wrapped in romaine leaves

- lettuce chicken rolls** 🌱 🌱 7.95  
chicken salad wrapped in romaine leaves
- organic edamame** 🌱 🌱 🌱 4.95  
steamed soybeans, great source of protein
- sweet potato mash** 🌱 5.95  
mashed sweet potato topped with honey, cinnamon and green apples

## baked quesadillas

*gluten free options available  
comes garnished with organic mixed greens,  
tomatoes and salsa.*

- choice of white, spinach, whole-wheat or sun-dried tomato tortilla baked with monterey jack cheese.*
- cheese quesadilla** ★ 6.95
- grilled chicken quesadilla** 10.50
- grilled salmon quesadilla** 12.95
- portabella mushrooms and spinach** 9.95
- tofu quesadilla** 9.95
- turkey breast quesadilla** 9.95
- turkey burger quesadilla** 9.95
- vegetable quesadilla** 9.95



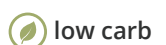
popular



vegan



gluten free



low carb

## wraps

*choice of wrap: spinach, sun-dried tomato, white or whole wheat wrap. all natural dressing available upon request: one per wrap; each additional 0.50*  
*comes with organic mixed greens, tomatoes, cucumber, carrots, red cabbage, sprouts, red bell peppers.*

<b>avocado wrap</b> 🌱	8.50
with miso dressing	
<b>chicken salad wrap</b>	9.50
made with grilled chicken breast and veggie mayo	
<b>chicken wrap</b>	8.95
grilled chicken breast with choice of java dressing, tzatziki or bbq sauce	
<b>falafel wrap</b>	8.50
baked falafel, with freshly made tahini and hummus	
<b>house veggie wrap</b> 🌱	8.50
with imported goat cheese	
<b>hummus wrap</b> 🌱	8.50
<b>tofu wrap</b> 🌱	8.50
grilled organic tofu with miso dressing	
<b>tuna salad wrap</b>	8.95
made with white albacore tuna and veggie mayo	
<b>turkey breast wrap</b>	8.50
with honey mustard dressing	
<b>turkey burger wrap</b> ⭐	8.95
all white-meat turkey burger	
<b>veggie burger wrap</b> 🌱	8.95
with miso dressing	

<b>eva's pita</b>	9.95
grilled eggplant, portabella mushroom, fresh mozzarella, red onion, avocado, cilantro, extra virgin olive oil, herbamare	

<b>greek wrap</b>	8.95
organic mixed greens, tomatoes, feta, red onions, cucumber, imported olives, greek vinaigrette	

<b>grilled salmon wrap</b>	11.95
grilled salmon, tomatoes, organic mixed greens, scallions, tzatziki sauce	

<b>latina wrap</b> ⭐	10.95
organic brown rice, grilled chicken, black beans, salsa, monterey jack cheese, cilantro	

<b>mediterranean chicken wrap</b> ⭐	11.50
chicken breast, grilled eggplant, organic brown rice, feta	

<b>mozzarella caprese wrap</b>	8.95
fresh mozzarella, pesto, tomatoes, fresh basil, red onions, organic greens, extra virgin olive oil, balsamic vinegar, add chicken \$2	

<b>smoked salmon wrap</b>	11.95
organic mixed greens, scallions, tomatoes, tzatziki sauce	

<b>steamed veggies feta wrap</b>	8.95
steamed broccoli, cauliflower, carrots, feta, zucchini, snow peas	

### add to any wrap:

avocado	1.95
hummus	1.00
organic brown rice	1.50
organic quinoa	1.95

## deluxe wraps & pitas

*gluten free options available*  
*choice of wrap: spinach, sun-dried tomato, white or whole wheat wrap. all natural dressing available upon request: one per wrap; each additional 0.50*

<b>billy wrap</b>	10.95
organic brown rice, grilled tilapia, feta, avocado, spinach, sprouts, miso dressing, monterey jack	
<b>caribbean wrap</b>	10.95
organic brown rice, chicken, salsa, mango, avocado	
<b>chicken caesar wrap</b> 🌱	9.95
grilled chicken breast, organic greens, monterey jack cheese, natural caesar dressing	
<b>eggplant tofu wrap</b>	9.95
grilled organic tofu, eggplant, avocado, tomatoes, organic greens, miso dressing	

## pita melts

*white or whole-wheat pita. all melts come with following: organic mixed greens, tomatoes, cucumbers, carrots, red cabbage, sprouts, red bell peppers, avocado, monterey jack cheese.*

<b>avocado melt</b>	7.95
<b>chicken salad melt</b> ⭐	8.95
<b>grilled chicken breast melt</b>	8.95
<b>turkey breast melt</b>	7.95
<b>turkey burger melt</b>	7.95
<b>tuna salad melt</b>	8.50
<b>veggie burger melt</b>	7.95
<b>zero fat tuna melt</b>	7.95

## pita pizza

*open-face melts, white or whole-wheat pita  
baked with monterey jack cheese.  
soy cheese add 1.95*

<b>arugula pizza</b>	9.50
grilled eggplant, red onions, arugula, topped with parmesan	
<b>billy pizza</b> ★	10.95
spinach, scallions, feta, chicken salad, avocado	
<b>cheese toast</b>	4.50
<b>cheese toast with sliced tomatoes</b>	5.50
<b>chicken pizza</b>	8.95
grilled chicken breast, tomatoes, scallions	
<b>mediterranean pizza</b>	8.95
olives, tomatoes, avocado, jack cheese, feta	
<b>portabella mushrooms pizza</b>	9.50
with red onion, tomatoes, fresh basil	

## j&j platters

*comes with avocado, tomatoes, red cabbage, cucumbers  
and carrots.*

**choice of: organic brown rice, organic quinoa,  
steamed veggies, baked sweet potato with:**

<b>baked falafel</b> 🌱	9.95
with side of tahini	
<b>chicken salad</b> 🌱	12.50
with veggie mayo	
<b>grilled chicken breast</b> 🌱 🌱	12.50
your choice of herb, bbq or pesto	
<b>grilled organic tofu</b> 🌱 🌱	9.95
herb or sesame tofu	
<b>grilled veggies</b> 🌱 🌱	10.95
with rice, quinoa or sweet potato, eggplant, zucchini, red bell pepper, red onion	
<b>grilled wild snapper, cod or salmon</b> ★	14.95
<b>steamed veggies</b> 🌱	10.95
with rice, quinoa or sweet potato, add monterey jack cheese \$1.50	
<b>sustainable grilled tilapia</b>	12.95
<b>tuna salad</b>	11.50
with veggie mayo	
<b>turkey burger</b> 🌱 🌱	10.95
all-white meat turkey	
<b>veggie burger</b> 🌱 🌱	10.95

## java's famous

*don't forget to add protein\**

<b>java's famous salad</b> ★ 🌱 🌱	10.50
organic mixed greens, red bell peppers, scallions, imported olives, avocado, red cabbage, tomatoes, cucumbers, carrots, feta, tossed with freshly made vegetarian dressing	
<b>java's other famous salad (spicy)</b> 🌱 🌱	9.95
organic mixed greens, red cabbage, sprouts, tomatoes, imported olives, fresh basil, red onions, kelp, cayenne pepper, lime, extra virgin olive oil, sea salt, natural herbs and spices	
<b>java's famous quinoa</b> 🌱 🌱	11.50
organic quinoa, imported sweet red and yellow peppers, scallions, tomatoes, avocado, tossed with atlantic dulse flakes (organic seaweed), extra virgin olive oil, sesame seeds and natural seasonings	
<b>java's famous rice</b> 🌱 🌱	10.95
organic brown rice, garbanzo beans, sweet bell peppers, scallions, tomatoes, avocado, tossed with atlantic dulse flakes (organic seaweed), extra virgin olive oil, sesame seeds and natural seasonings	

**\* add your protein:**

<b>baked falafel</b>	2.95
<b>black beans</b>	2.95
<b>chicken salad</b> <i>with veggie mayo</i>	4.95
<b>feta cheese</b>	1.50
<b>grilled chicken</b> <i>herb, bbq or mango-ginger</i>	4.50
<b>grilled organic tofu</b>	3.50
<b>grilled wild snapper, salmon or cod</b>	5.95
<b>imported goat cheese</b>	3.50
<b>smoked salmon</b>	5.95
<b>sustainable grilled tilapia</b>	4.50
<b>tuna salad</b> <i>with veggie mayo</i>	4.50
<b>turkey burger</b>	3.50



★ popular

🌱 vegan

🌱 gluten free

🌱 low carb

# salads

- alex's salad (spicy)**    11.50  
organic mixed greens, organic quinoa, black beans, red onions, sprouts, carrots, tomatoes, cucumbers, cilantro, feta, avocado tossed with extra virgin olive oil, herbamare and cayenne kelp
- apple cabbage salad**   8.95  
red cabbage, green apples, carrots, walnuts, raisins, tossed with low fat cottage cheese on a bed of mixed organic greens
- arugula salad**   9.95  
arugula, tomatoes, sunflower seeds, avocado, parmesan, tossed with lemon and extra virgin olive oil
- avocado citrus salad**   9.50  
sliced avocados, grapefruit, orange, sesame seeds, fresh mint on a bed of organic mixed greens, drizzled with balsamic vinegar and extra virgin olive oil
- avocado delight**    8.95  
organic mixed greens, spinach, carrots, avocado, sprouts
- beet salad**    9.50  
organic mixed greens, fresh beets, carrots, red cabbage, raisins, lemon and extra virgin olive oil
- brown rice salad**   9.50  
organic mixed greens, organic brown rice, red cabbage, sprouts, carrots, tomatoes, extra virgin olive oil, lemon
- buck naked salad** 9.50  
organic buckwheat, arugula, sprouts, cucumber, mint, goat cheese, herbamare, tossed with lemon and oil
- chicken ceasar salad** 10.95  
romain lettuce, baby arugula, chopped grilled chicken, organic croûtons
- cranberry spinach salad**   8.95  
organic mixed greens, spinach, walnuts, strawberries, raisins, cranberries, raisins, feta
- dieters delight**   9.95  
zero-fat white albacore tuna, organic mixed greens, tomatoes, sprouts, red onion, cucumbers, red cabbage, extra virgin olive oil, lemon, herbamare
- greenhouse salad**    9.95  
organic mixed greens, broccoli, cucumbers, sprouts, avocado, celery, spinach
- greek salad**  9.95  
organic mixed greens, tomatoes, feta, red onion, cucumber, celery, kalamata olives, greek vinaigrette
- hummus salad**   9.95  
organic mixed greens, organic brown rice, red cabbage, sprouts, carrots, tomatoes, extra virgin olive oil, lemon, tossed with hummus
- island paradiso salad**    9.95  
organic mixed greens, avocado, mango, pineapple, sunflower seed, red bell pepper, cilantro, tossed with extra virgin olive oil and fresh lemon juice
- israeli salad**    8.95  
tomatoes, cucumbers, fresh parsley, cilantro, red onion, extra virgin olive oil, fresh lemon, herbamare on a bed of organic greens
- j&j salad**    8.95  
organic mixed greens, tomatoes, cucumber, carrots, garbanzo beans, sprouts
- mediterranean salad**   10.95  
organic mixed greens, grilled eggplant, grilled portabella mushroom, bell peppers, feta, scallions
- mozzarella caprese**   9.95  
fresh mozzarella, tomatoes, basil, red onion, imported olives, tomatoes, zatter, extra virgin olive oil, balsamic vinegar on a bed of organic greens
- pesto salad**   9.95  
organic mixed greens, cucumbers, scallions, red cabbage, garbanzo beans, tossed with freshly made pesto, topped with feta and tomatoes
- potencia salad**   9.95  
organic mixed greens, spinach, chopped fresh mozzarella, green olives, zatter, red onions, herbamare, tossed with extra virgin olive oil and balsamic vinegar
- quinoa salad**  9.95  
organic mixed greens, organic quinoa, feta, red cabbage, sprouts, carrots, tomatoes, extra virgin olive oil, lemon
- smoked salmon salad**   12.95  
organic mixed greens, smoked salmon, tomatoes, red bell peppers, fresh basil, red onion, balsamic vinegar, extra virgin olive oil
- steamed veggie salad**    9.95  
steamed vegetables, organic mixed greens, tomatoes, red bell peppers, sprouts tossed with extra virgin olive and lemon
- smoked salmon caprese**   13.95  
fresh mozzarella caprese, smoked salmon, tomatoes, fresh basil, extra virgin olive oil, balsamic vinegar, zatter on a bed of organic greens
- tomato goat cheese salad**    9.95  
organic mixed greens, spinach, tomatoes, imported goat cheese, fresh basil, zatter, imported olives, extra virgin olive oil and balsamic vinegar
- vice salad (spicy)**   10.50  
organic mixed greens, avocado, tomatoes, cucumbers, scallions, carrots, green olives, red onions, alfalfa sprouts, olive oil, herbamare, cayenne kelp combined in our special way



**If a salad does not include dressing, please specify if you would like one on the side.**



## \* add your protein:

baked falafel	2.95
black beans	2.95
chicken salad <i>with veggie mayo</i>	4.95
feta cheese	1.50
grilled chicken <i>herb, bbq or mango-ginger</i>	4.50
grilled organic tofu	3.50
grilled wild snapper, salmon or cod	5.95
imported goat cheese	3.50
smoked salmon	5.95
sustainable grilled tilapia	4.50
tuna salad <i>with veggie mayo</i>	4.50
turkey burger	3.50

## j&j specialties

<b>chicken chop</b> 	11.95
organic brown rice, chopped grilled chicken breast, tossed with organic mixed greens, tomatoes, cucumber, sprouts, red cabbage, carrots, green opinion, red bell peppers, extra virgin olive oil and herbamare	
<b>chicken rice bowl</b>  	10.95
organic brown rice, grilled chicken, arugula, avocado	
<b>eggplant packets</b>	10.95
grilled eggplant, imported goat cheese, tomatoes, fresh basil, red cabbage, mainsails olives on a bed of organic mixed greens drizzled with extra virgin olive oil and balsamic vinegar	
<b>eggplant tofu</b>   	10.50
organic grilled tofu, grilled eggplant, tomatoes, fresh basil, imported olives on a bed of organic mixed greens	
<b>falafel quinoa</b> 	10.50
organic quinoa, baked falafel, tossed with fresh humus, tomatoes, cucumbers	
<b>green rice pilaf</b>   	10.50
organic brown rice, chopped spinach, parsley, scallions, tossed with freshly made pesto, with pita and side of hummus	
<b>mish mash</b>  	11.95
organic brown rice, turkey burger, grilled eggplant, tomatoes, broccoli, red onions, tossed with extra virgin olive oil and herbamare	
<b>portabella mozzarella</b>  	10.95
grilled portabella mushrooms, fresh mozzarella, tomatoes, red onions on a bed of organic mixed greens, drizzled with extra virgin oil	

**portabella tofu**    10.50  
organic tofu, grilled portabella, avocado, tomatoes, red cabbage, organic mixed greens

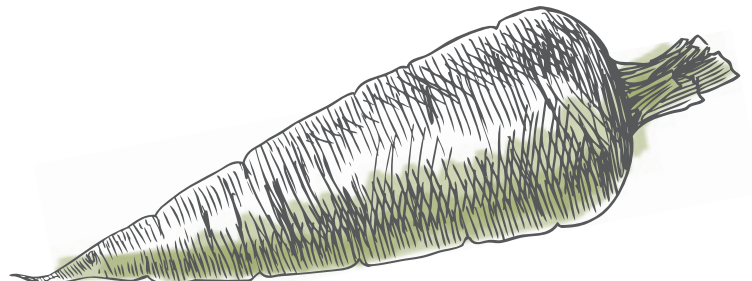
**pu-pu platter**   11.95  
organic brown rice, organic quinoa, tuna salad, chicken salad, humus, feta, tomatoes, cilantro

## one pound to go

chicken salad <i>with veggie mayo</i>	11.95
effin' good guacamole	9.95
hummus	9.95
organic quinoa	5.95
organic rice	5.50
tuna salad <i>with veggie mayo</i>	10.95

## à la carte

avocado	2.50
baked sweet potato	3.95
chicken salad two scoops	5.95
feta cheese	1.95
grilled chicken breast	5.50
grilled wild snapper, salmon or cod	6.95
guacamole	4.95
hummus	3.95
organic brown rice	5.50
organic quinoa	5.95
side salad	4.95
organic mixed greens, cucumbers, tomatoes, carrots, cabbage	
smoked salmon	7.50
steamed veggies	5.50
tuna salad two scoops	4.95



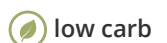
popular



vegan



gluten free









low carb

## sweet tooth

- avocado mousse**   5.95  
freshly made with almond milk, papaya, avocado, agave nectar, topped with walnuts
- chia pudding**   8.50  
organic vanilla chia pudding, kiwi, seasonal berries
- mango sorbet**  5.95  
fresh mango, honey, light whipped cream
- nutella crêpes**  8.50  
hazelnut spread, banana, strawberries, light whipped cream
- strawberry banana crêpes** 7.95  
with light whipped cream
- very berry crêpes** 8.50  
seasonal berries with light whipped cream
- strawberry sorbet**  4.95  
fresh strawberries, honey, light whipped cream
- strawberries & cream**  5.50  
strawberries, light whipped cream

## kiddy corner

12 & under

- cheese toast**  4.50  
pita cheese toast with monterey jack
- chick-n-rice**  6.95  
organic brown rice, chopped chicken, tomatoes, cucumbers with honey mustard sauce
- chick-n-strips**  5.50  
grilled chicken breast strips, sliced cucumbers with honey mustard for dipping
- dipping plate**  5.95  
green apple, strawberries, banana, peanut butter & nutella
- kiddy fruit salad**    4.95
- mia's salad**  5.95  
organic mixed greens, tomatoes, cucumber, feta, raisins, carrots, raspberry vinaigrette, crackers
- pb&j** 5.50  
peanut butter, jelly and banana pita
- sofi's rice**   6.95  
organic brown rice, chopped turkey breast, monterey jack cheese and tomatoes

## turn healthy food into your lifestyle

we use only the finest, freshest, healthiest and most natural ingredients, bringing them to you in creations that are as nutritious as they are delicious.

**100% pure food with no artificial anything. we guarantee it**

305-466-2233  
www.juiceandjava.com

aventura | promenade shops  
20335 biscayne blvd #L26

we deliver. catering  
available.

mon-thu: 8am - 9pm  
fri-sat: 8am - 8pm



gluten free items may not be suitable  
for customers with celiac issues

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