



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

www.juiceandjava.com



all day breakfast

alex's breakfast

sautéed seasonal veggies, sweet potato, organic quinoa with four organic sunny side up eggs

breakfast wrap

choice of whole wheat, spinach, or sun dried tomato tortilla. organic eggs, tomatoes, red onion, spinach

chicken scramble

organic eggs, chicken breast, tomatoes, red onions, topped with cilantro

greek morning

organic scrambled eggs, feta, spinach, tomatoes, red onion

j&j breakfast special

three organic eggs (your way), sesame ring, fresh squeezed orange juice

latin scramble

organic eggs with organic brown rice, black beans, topped with avocado, salsa and cilantro

vegan cheese eggs

egg whites, spinach, tomatoes, vegan cheese

smoked salmon omelette

organic eggs, smoked salmon, scallions and tomatoes

veggie omelette

organic eggs, spinach, red bell pepper, portabella mushrooms, red onion, topped with scallions

the sunny special

three organic sunny side up eggs, grilled turkey breast, sesame ring, cream cheese

lina's special

grilled veggies, chopped turkey burger, two organic sunny side up eggs on top, side of sweet potato

tofu scramble

organic eggs, organic tofu, spinach, scallions, topped with avocado

organic quinoa bowl

organic quinoa, baby arugula, smoked salmon, two sunny side up organic eggs, scallions

huevos rancheros bowl

organic brown rice, black beans, turkey burger, two organic sunny side up eggs, salsa, avocado, feta, cilantro

veggie eggs

organic scrambled eggs, tomatoes, portabella mushrooms, monterey jack cheese, red onion, bell peppers, spinach

whites, turkey & cheese

organic egg whites, turkey breast, tomatoes, monterey jack, (vegan cheese add 2.50)

vegan bowl

scooped baked sweet potato, organic tofu, grilled portobella, onions, zucchini, red bell pepper, avocado and cilantro

breakfast tacos (3)

soft corn tortillas, organic scrambled eggs, spinach and red bell peppers, topped with avocado, baked uncured bacon and cilantro

open-faced BLTE (2)

artisan multi grain bread, arugula, tomato, uncured baked bacon, organic sunny side up eggs, scallion

toast royale (2)

artisan multi grain bread, smashed avocado, feta, smoked salmon, organic sunny side up eggs and fresh basil

power bread (2)

artisan multi grain bread, organic almond butter, organic bananas sprinkled with cinnamon and chia seeds

sesame bagel ring

cream cheese

smoked salmon booblik

smoked salmon, red onions, tomatoes, sesame ring, cream cheese

super duper waffle

energy packed gluten-free waffle topped with organic bananas, seasonal berries, almonds with organic pure maple syrup and whipped cream. add Nutella 1.50

add to any breakfast:

baked uncured bacon (3)

organic brown or basmati rice

organic egg any style (1)

monterey jack cheese

feta cheese

soy or vegan cheese

avocado

artisan multi grain or gluten-free bread (2)

pita bread

all egg breakfasts include whole wheat or white pita upon request additional pita 1.00

breakfast bowls

organic granola

fresh seasonal fruit and honey and your choice of milk (organic whole milk, skim, almond or soy)

organic oatmeal

with fresh seasonal fruit and honey

organic açai bowl

organic granola, organic bananas, strawberries and shredded coconut

organic pitaya bowl

organic pitaya (dragon fruit), organic granola, organic bananas, kiwi, blueberries and almonds

organic greek yogurt bowl

organic greek yogurt, organic bananas, mango, seasonal berries, almonds and honey

tropical morning

low fat cottage cheese, pineapple, mango, raisins and coconut

mia crêperia

crepes (thin european pancakes)

chicken salad crêpes

stuffed with chicken salad, garnished with tomatoes and sprouts

smoked salmon crêpes

stuffed with smoked salmon, low-fat yogurt sauce, topped with scallions and tomatoes

spinach crêpes

stuffed with low fat cottage cheese, spinach and walnuts

sweet potato crêpes

stuffed with sweet potato and cinnamon, topped with honey

tuna salad crêpes

stuffed with tuna salad, garnished with tomatoes and sprouts

turkey crêpes

stuffed with turkey breast, monterey jack cheese, garnished with tomatoes and sprouts

"the big one"

oversized crepe stuffed with organic quinoa, turkey burger, topped with melted monterey jack, and scallions

soups

homemade daily vegetarian soups

black bean avocado soup

topped with feta and avocado

starters

avocado cups

two avocado halves filled with tomatoes and feta on a bed of organic greens

cucumber yogurt salad

cucumber tossed with a light yogurt sauce and dill

effin' good guacamole

made to order. served with multi-grain flat crackers

hummus appetizer

freshly made hummus and tahini with pita bread add baked falafel \$2.95

organic edamame

steamed soybeans, great source of protein

jj avocado toast

artisan multi grain bread with smashed avocado, feta, cherry tomatoes, fresh basil, drizzled with extra virgin olive oil and herbamare

goat cheese toast

artisan multi grain bread with smashed baked sweet potato, goat cheese, sunflower seeds, honey and basil

j&j flat bread

flat zatter bread, feta, tomatoes, red onion, fresh basil, olives, avocado, extra virgin oil

lettuce tuna rolls

tuna salad wrapped in romaine leaves

lettuce chicken rolls

chicken salad wrapped in romaine leaves

sweet potato mash

mashed sweet potato, granny smith apples, topped with honey and cinnamon

baked quesadillas

gluten free options available.

choice of white, spinach, whole-wheat or sun-dried tomato tortilla baked with monterey jack cheese.

cheese quesadilla

grilled chicken quesadilla

grilled salmon quesadilla

portabella mushrooms and spinach

tofu quesadilla

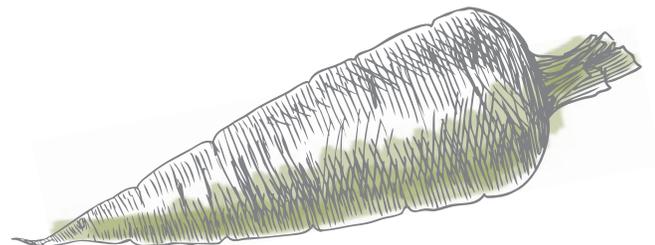
turkey burger quesadilla

vegetable quesadilla

red bell peppers, onions, eggplant, zucchini

guilt-free quesadilla

gluten free, grilled veggies, portabella, vegan cheese tortilla



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.

avocado wrap

with miso dressing

chicken salad wrap

made with grilled chicken breast and veggie mayo

chicken wrap

grilled chicken breast with choice of java dressing, tzatziki or bbq sauce

falafel wrap

baked falafel, with freshly made tahini and hummus

house veggie wrap

with imported goat cheese

hummus wrap

tuna salad wrap

made with white albacore tuna and veggie mayo

turkey breast wrap

with honey mustard dressing

turkey burger wrap

all white-meat turkey burger

veggie burger wrap

with miso dressing

greek wrap

organic mixed greens, tomatoes, feta, red onions, cucumber, imported olives, greek vinaigrette

grilled salmon wrap

grilled salmon, tomatoes, organic mixed greens, scallions, tzatziki sauce

latina wrap

organic brown rice, grilled chicken, black beans, salsa, monterey jack cheese, cilantro

mediterranean chicken wrap

chicken breast, grilled eggplant, organic brown rice, feta

mozzarella caprese wrap

fresh mozzarella, pesto, tomatoes, fresh basil, red onions, organic greens, extra virgin olive oil, balsamic vinegar, add chicken \$2.95

smoked salmon wrap

organic mixed greens, scallions, tomatoes, tzatziki sauce

steamed veggies feta wrap

steamed broccoli, cauliflower, carrots, feta, zucchini, snow peas

add to any wrap:

avocado

hummus

organic brown rice

organic quinoa

baked uncured bacon

deluxe wraps

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

caribbean wrap

organic brown rice, chicken, salsa, mango, avocado

chicken caesar wrap

grilled chicken breast, romaine lettuce, monterey jack cheese, natural caesar dressing

eggplant tofu wrap

grilled organic tofu, eggplant, avocado, tomatoes, organic greens, miso dressing

capri wrap

grilled eggplant, portabella mushroom, fresh mozzarella, red onion, avocado, cilantro, extra virgin olive oil, herbamare

pita/sandwich melts

White or whole wheat pita or artisan multigrain bread. all melts come with following: organic mixed greens, tomatoes, cucumbers, carrots, red cabbage, sprouts, red bell peppers, avocado, monterey jack cheese.

avocado melt

chicken salad melt

grilled chicken breast melt

turkey breast melt

turkey burger melt

tuna salad melt

veggie burger melt

zero fat tuna melt



pita pizza

open-face melts, white or whole-wheat pita
baked with monterey jack cheese. vegan cheese add 2.50

arugula pizza

grilled eggplant, red onions, arugula, topped with parmesan

jj pizza

spinach, scallions, feta, chicken salad, avocado

cheese toast

cheese toast with sliced tomatoes

chicken pizza

grilled chicken breast, tomatoes, scallions

mediterranean pizza

olives, tomatoes, avocado, feta

portabella mushrooms pizza

with red onion, tomatoes, fresh basil

j&j platters

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

choice of:

organic brown rice, organic basmati rice, organic quinoa,
steamed or grilled veggies, baked sweet potato with:

baked falafel

with side of tahini

chicken salad

2 scoops

tuna salad

2 scoops

grilled chicken breast

your choice of herb, bbq or pesto

grilled organic tofu

herb or sesame tofu

grilled veggies

with rice, quinoa or sweet potato, eggplant, zucchini,
red bell pepper, red onion

grilled wild snapper, cod or salmon

steamed veggies

with rice, quinoa or sweet potato,
add monterey jack cheese \$1.95

turkey burger

all-white meat turkey

veggie burger

grilled wild shrimp

lamb burger

java's famous

don't forget to add protein*

java's famous salad

organic mixed greens, red bell peppers, scallions,
imported olives, avocado, red cabbage, tomatoes,
cucumbers, carrots, feta, tossed with freshly made
vegetarian dressing

java's other famous salad (spicy)

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

java's famous quinoa

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

java's famous rice

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:

baked falafel

black beans

chicken salad (2 scoops)

tuna salad (2 scoops)

grilled chicken breast

grilled organic tofu

grilled wild snapper, salmon or cod

imported goat cheese

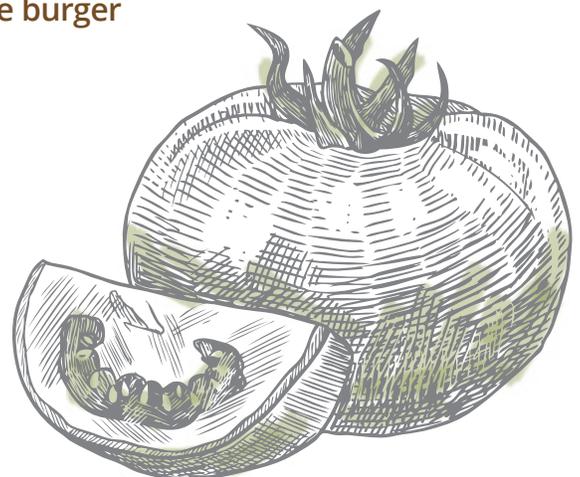
smoked salmon

turkey burger

grilled wild shrimp

lamb burger

veggie burger



 popular

 vegan

 gluten free

 low carb

salads

alex's salad (spicy)

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

red cabbage, green apples, carrots, walnuts, raisins, tossed with low fat cottage cheese on a bed of mixed organic greens

arugula salad

arugula, tomatoes, sunflower seeds, avocado, parmesan, tossed with lemon and extra virgin olive oil

avocado citrus salad

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

organic mixed greens, spinach, carrots, avocado, sprouts

beet salad

organic mixed greens, fresh beets, carrots, red cabbage, raisins, lemon and extra virgin olive oil

brown rice salad

organic mixed greens, organic brown rice, red cabbage, sprouts, carrots, tomatoes, extra virgin olive oil, lemon

chicken ceasar salad

romaine lettuce, chopped grilled chicken, crispy snap peas and parmesan cheese

cranberry spinach salad

organic mixed greens, spinach, walnuts, strawberries, raisins, cranberries, feta, raspberry vinaigrette

dieters delight

zero-fat white albacore tuna, organic mixed greens, tomatoes, sprouts, red onion, cucumbers, red cabbage, extra virgin olive oil, lemon, herbamare

greenhouse salad

organic mixed greens, broccoli, cucumbers, sprouts, avocado, celery, spinach

greek salad

organic mixed greens, tomatoes, feta, red onion, cucumber, celery, kalamata olives, greek vinaigrette

hummus salad

organic mixed greens, organic brown rice, red cabbage, sprouts, carrots, tomatoes, extra virgin olive oil, lemon, tossed with hummus

island paradiso salad

organic mixed greens, avocado, mango, pineapple, sunflower seed, red bell pepper, cilantro, tossed with extra virgin olive oil and fresh lemon juice

beach shrimp salad

grilled wild shrimp on top of chopped arugula, mixed greens, goat cheese, cranberries, red cabbage, cilantro, basil, broccoli, extra virgin olive oil, balsamic and herbamare

grilled romaine salad

grilled romaine lettuce topped with parmesan cheese, baked uncured bacon, sunflower seeds, drizzled with a light vinaigrette

power house chop

organic heart of palm, garbanzo beans, spinach, green apple, cherry tomatoes, red cabbage, carrots, sunflower seeds, tossed with fresh lemon, grapeseed oil and herbamare, topped with avocado

israeli salad

tomatoes, cucumbers, fresh parsley, cilantro, red onion, extra virgin olive oil, fresh lemon, herbamare

j&j salad

organic mixed greens, tomatoes, cucumber, carrots, garbanzo beans, sprouts

mediterranean salad

organic mixed greens, grilled eggplant, grilled portabella mushroom, bell peppers, feta, scallions

mozzarella caprese

fresh mozzarella, tomatoes, basil, red onion, imported olives, tomatoes, zatter, extra virgin olive oil, balsamic vinegar on a bed of organic greens

smoked salmon caprese

fresh mozzarella caprese, smoked salmon, tomatoes, fresh basil, extra virgin olive oil, balsamic vinegar, zatter on a bed of organic greens

pesto salad

organic mixed greens, cucumbers, scallions, red cabbage, garbanzo beans, tossed with freshly made pesto, topped with feta and tomatoes

quinoa salad

organic mixed greens, organic quinoa, feta, red cabbage, sprouts, carrots, tomatoes, extra virgin olive oil, lemon

smoked salmon salad

organic mixed greens, smoked salmon, tomatoes, red bell peppers, fresh basil, red onion, balsamic vinegar, extra virgin olive oil

steamed veggie salad

steamed vegetables, organic mixed greens, tomatoes, red bell peppers, sprouts tossed with extra virgin olive and lemon

tomato goat cheese salad

organic mixed greens, spinach, tomatoes, imported goat cheese, fresh basil, zatter, imported olives, extra virgin olive oil and balsamic vinegar

vice salad (spicy)

organic mixed greens, avocado, tomatoes, cucumbers, scallions, carrots, green olives, red onions, alfalfa sprouts, olive oil, herbamare, cayenne kelp combined in our special way

* add protein to your salad:

baked falafel
black beans
chicken salad (2 scoops)
tuna salad (2 scoops)
grilled chicken breast
grilled organic tofu
grilled wild snapper, salmon or cod
imported goat cheese
smoked salmon
turkey burger
grilled wild shrimp
lamb burger
veggie burger

j&j specialties

chicken chop 
organic brown rice, chopped grilled chicken breast, tossed with organic mixed greens, tomatoes, cucumber, sprouts, red cabbage, carrots, scallions, red bell peppers, extra virgin olive oil and herbamare

stuffed sweet potato
baked sweet potato stuffed with chicken salad, monteray jack cheese, topped with sprouts and avocado side.

eggplant packets 
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

eggplant tofu 
organic grilled tofu, grilled eggplant, tomatoes, fresh basil, imported olives on a bed of organic mixed greens

falafel quinoa 
organic quinoa, baked falafel, tossed with fresh humus, tomatoes, cucumbers

green rice pilaf 
organic brown rice, chopped spinach, parsley, scallions, tossed with freshly made pesto, with pita and side of hummus. add shrimp 6.50

mish mash 
organic brown rice, turkey burger, grilled eggplant, tomatoes, broccoli, red onions, tossed with extra virgin olive oil and herbamare

portabella mozzarella 
grilled portabella mushrooms, fresh mozzarella, tomatoes, red onions on a bed of organic mixed greens, drizzled with extra virgin oil

asian sesame salmon 
asian style grilled salmon on top of organic basmati rice, paired with grilled pineapple, red cabbage and scallions

shrimp tacos (3) 
soft corn tortillas stuffed with grilled wild shrimp, organic basmati rice, red cabbage, mango, topped with cilantro, housemade avocado dressing

fish tacos (3) 
soft corn tortillas stuffed with grilled red cabbage, pineapple, grilled wild cod, smashed avocado, cilantro

chicken tacos (3) 
soft corn tortillas stuffed with black beans, grilled chicken, greens, tomato, avocado, feta

mighty lamb burger 
arugula, red onion, tzatziki, organic bun with a side of baked sweet potato

skinny chicken pesto pasta 
roasted spaghetti squash, grilled chicken, pesto, topped with cherry tomatoes and basil

clean vegan pasta 
roasted spaghetti squash, grilled portabella mushrooms, onions, zucchini, vegan cheese, topped with cherry tomatoes and basil

shrimp pasta 
roasted spaghetti squash, grilled wild shrimp, grilled portabella mushrooms, onions, zucchini, topped with extra virgin olive oil, Herbamare and fresh basil

jj not fried rice 
organic basmati rice, three organic eggs, grilled chicken, scallions, tamari, topped with sesame seeds

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

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

à la carte

baked sweet potato
chicken salad two scoops
tuna salad two scoops
grilled chicken breast
grilled wild snapper, salmon or cod
guacamole
hummus
organic brown rice
organic basmati rice
organic quinoa
side salad
organic mixed greens, cucumbers, tomatoes, carrots, cabbage
smoked salmon
steamed veggies
baked uncured bacon (3)

fruit salads

jj fruit salad

seasonal fresh fruit and berries topped
with walnuts, raisins, honey and coconut

mojito fruit salad

watermelon, strawberries, blueberries, mint, lime

quinoa fruit salad

mango, pineapple, quinoa, strawberries, blueberries,
lime, honey

tropical fruit salad

mango, pineapple, papaya, kiwi in a bowl of freshly
squeezed orange juice, topped with coconut

tea and coffee

organic iced tea

with fresh mint

organic tea pot

ask your server for our tea selection

freshly brewed coffee

cappuccino or latte

your choice of milk

jj special macchiato

with steamed organic half and half and a splash of honey

espresso

extra shot \$1.00

iced coffee

Ask your server for our freshly squeezed juice and smoothie menu
and a selection of our vegan and gluten-free yummy desserts

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.

Serving South Florida since 2001

64 carmine st.
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www.juiceandjava.com

we deliver
catering available



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

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