



SMOOTHIE SPOT®

RESTAURANT

BREAKFAST

MUSHROOM & SPINACH OMELET 12.99  
Sautéed Mushrooms, Spinach, Onions, Mozzarella Cheese — served with your choice of side.

TURKEY BACON OMELET 13.99 
Turkey Bacon, Mozzarella Cheese, Sautéed Mushrooms — served with your choice of side.

WESTERN OMELET 13.99 
Turkey Bacon, Mixed Peppers, Onions, Mozzarella Cheese — served with your choice of side.

STEAK & EGGS OMELET 14.54 
Steak, Onions, Mixed Peppers, Mozzarella Cheese — served with your choice of side.

GREEK OMELET 14.54 
Eggs Whites, Spinach, Feta Cheese, Parsley, Oregano — served with your choice of side.

CLASSIC EGG WRAP 10.49
Three Eggs Scrambled, White Tortilla, Spinach, Sautéed Mushrooms, Turkey Bacon, Mozzarella Cheese

VEGGIE EGG WRAP 9.49
Three Eggs Scrambled, Spinach Tortilla, Spinach, Black Beans, Roasted Sweet Potatoes, Sautéed Peppers

AVOCADO TOAST 12.99 
Toasted Whole Wheat Topped with Homemade Guacamole, Crumble Feta Cheese, Sunny Side up Eggs

NUTELLA TOAST 12.99
Toasted Whole Wheat Topped with Strawberries, Banana, Nutella

ALMOND BUTTER TOAST 12.99
Toasted Whole Wheat Topped with Almond Butter, Blueberries, Banana, Chia Seeds, Honey

OATMEAL BOWL 10.99
Oatmeal, Blueberries, Strawberries, Banana, Granola

PROTEIN VEGAN WAFFLE 12.99  
Strawberries, Blueberries, Banana, Maple Syrup

SIDES: Whole Wheat Toast • Fresh Fruits • Baked Potatoes

GRAIN BOWLS

HOT & ROOTED BOWL 
SMALL 14.49 LARGE 15.99
Sweet Potato Noodles, Sautéed Peppers, Broccoli, Sautéed Mushrooms, Cucumbers, Grilled Chicken, Homemade Carrot Ginger Dressing

MEDITERRANEAN BOWL
SMALL 14.49 LARGE 15.99
Grilled Chicken, Warm Quinoa, Chickpeas, Spinach, Cucumbers, Cherry Tomatoes, Feta Cheese, Olive Oil

LATIN LOVER BOWL 
SMALL 15.99 LARGE 17.49
Steak or Brisket, White Rice, Black Beans, Corn Mix, Pico de Gallo, Baked Sweet Plantains, Homemade Garlic Cilantro

FLAMED-KISS BOWL 
SAMALL 14.49 LARGE 15.99
Ground Turkey, Spinach Rice, Lentils, Sautéed Mushrooms, Corn Mix, Pico de Gallo, Jalapeños, Chipotle Ranch

HARVEST BOWL  
LARGE 17.99
Grilled Hawaiian Salmon, Spinach Rice, Roasted Sweet Potatoes, Broccoli, Sautéed Mushrooms, Pickled Onions, Sesame Seeds, Ranch

FRESH CATCH BOWL 
SMALL 14.49 LARGE 15.99
Tuna, White Rice, Baked Potatoes, Guacamole, Pickled Onions, Homemade Garlic Cilantro

SALADS

COBB SALAD
SMALL 14.49 LARGE 15.99
Grilled Chicken, Romaine Lettuce, Corn Mix, Mozzarella Cheese, Croutons, Hard Boiled Egg, Cherry Tomatoes, Ranch & Homemade Garlic Cilantro

TEX-MEX SALAD
SMALL 15.99 LARGE 17.49
Steak or Brisket, Romaine Lettuce, Black Beans, Corn Mix, Pico de Gallo, Mozzarella Cheese, Homemade Garlic Cilantro

OASIS SALAD 
LARGE 17.99
Grilled Hawaiian Salmon, Warm Quinoa, Spring Mix, Cucumbers, Cherry Tomatoes, Pickled Onions, Feta Cheese, Sesame Seeds, Balsamic Vinaigrette

CURRY SHRIMP SALAD 
SMALL 15.99 LARGE 17.49
Grilled Shrimp, Spring Mix, Pickled Onions, Cucumbers, Corn Mix, Pico de Gallo, Sautéed Peppers, Sesame Seeds, Homemade Curry Mustard

TUNA BLISS SALAD 
SMALL 14.99 LARGE 15.99
Tuna, Romaine Lettuce, Guacamole, Carrots, Pico de Gallo, Cucumbers, Beets Salad, Homemade Garlic Cilantro

SESAME TOFU SALAD 
SMALL 14.99 LARGE 15.99
Roasted Sesame Tofu, Spinach, Roasted Sweet Potatoes, Avocado, Sautéed Mushrooms, Cherry Tomatoes, Pickled Onions, Balsamic Vinaigrette

WRAPS

CLASSIC CHICKEN WRAP 14.49 
Grilled Chicken, White Tortilla, Romaine Lettuce, Mozzarella Cheese, Cherry Tomatoes, Caesar & Homemade Garlic Cilantro

TROPICAL WRAP 15.99
Steak or Brisket, Garlic & Herb Tortilla, Spinach Rice, Romaine Lettuce, Baked Sweet Plantains, Craisins, Homemade Garlic Cilantro

MIAMI WRAP 15.49
Ground Turkey, Spinach Tortilla, Spinach Rice, Romaine Lettuce, Guacamole, Homemade Garlic Cilantro

BURRITO WRAP 15.99 
Steak or Brisket, Garlic & Herb Tortilla, White Rice, Black Beans, Pico de Gallo, Corn Mix, Mozzarella Cheese, Homemade Garlic Cilantro

SUNNY SHRIMP WRAP 15.99 
Grilled Hawaiian Shrimp, Spinach Tortilla, Romaine Lettuce, Avocado, Sautéed Peppers, Carrots, Cucumbers, Pickled Onions, Sesame Seeds, Homemade Spicy Guava & Pineapple Dressing

AVOCADO VEGAN WRAP 15.49 
Spinach Wrap, Spinach, Chickpeas, Avocado, Sautéed Peppers, Sautéed Mushrooms, Cherry Tomatoes, Pickled Onions, Cucumbers, Balsamic Vinaigrette

CREATE YOUR OWN MEAL

BOWLS

	Small	Large
 Hawaiian Salmon	15.99	17.99
 Hawaiian Shrimp	14.49	15.99
Grilled Chicken	15.99	17.49
Steak	15.99	17.49
Brisket	14.49	15.99
 Tuna	14.49	15.99
Ground Turkey	14.49	15.99
 Sesame Tofu	14.49	15.99
 Veggie	12.99	14.49

Small:
Pick a Base + 4 Toppings + Protein + Dressing

Large:
Pick a Base + 5 Toppings + Protein + Dressing

WRAPS

Grilled Chicken	14.49
 Hawaiian Shrimp	15.99
Steak	15.99
Brisket	15.99
 Tuna	14.49
Ground Turkey	14.49
 Sesame Tofu	14.49
 Veggie	12.99

Small:
Pick a Base + 4 Toppings + Protein + Dressing

SIGNATURE AÇAÍ/SMOOTHIE BOWLS

SORBET FLAVORS: Açai • Mango • Strawberry

CLASSIC BOWL 12.99
Sorbet Base, Granola, Banana, Strawberries, Blueberries, Chia Seeds, Honey

ALMOND ALLY BOWL 13.99
Sorbet Base, Granola, Strawberries, Pineapple, Coconut Flakes, Chia Seeds, Almond Butter

FRUITY POWER BOWL 12.99
Sorbet Base, Banana, Pineapple, Strawberries, Blueberries, Chia Seeds

PB PARADISE BOWL 13.99
Sorbet Base, Granola, Banana, Blueberries, Coconut Flakes, Cacao Nibs, Peanut Butter

NUTELLA BLAST BOWL 13.99 
Sorbet Base, Granola, Strawberries, Banana, Blueberries, Nutella

CREATE YOUR OWN SMOOTHIE BOWL 12.99
Choose Sorbet Base + 4 Toppings

BAKED GOODS

EMPANADA 4.49

BEEF

CHICKEN 

SPINACH

CHEESE BREAD 2.99 

CAKES 4.50

MARBLE (500 cal)

CARROT (490 cal)

COCONUT GUAVA (cal)

COOKIES 3.99

CHOCOLATE CHIP (670 cal)

MACADAMIA NUT (620 cal)

ON THE GO

FUJI CHICKEN **6.49**
PROTEIN SNACK (330 cal)
Chicken, Apple, Homemade Honey Dijon

PROTEIN ENERGY  **5.49**
BALLS (300 cal)
Almond Butter, Dates, Cacao, Maple Syrup



Consumer Advisory

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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www.smoothiespotmiami.com



SMOOTHIE SPOT®

RESTAURANT

SUPER FOOD SMOOTHIES



16oz 9.99

PINK ME UP (24G) (270 cal)
Strawberries, Banana, Almond Butter, Beets
Toppings: Chia Seeds, Honey

RISE N'GRIND (24G) (400-420 cal)
Coffee, Milk, Cacao Nibs, Whey Vanilla Protein, Banana, Almond Butter, Dates
Toppings: Cacao Nibs

CREAMY CRUMBLE (55G) (500-540 cal)
Milk, Banana, Cacao Nibs, Almond Butter, Maca, Whey Vanilla Protein
Toppings: Chocolate, Cacao Nibs

TURMERIC TONIC (120 cal)
Turmeric, Mango, Coconut Milk, Orange Juice, Cayenne Pepper, Ginger
Toppings: Coconut Flakes, Honey

SMOOTHIES

Small 16oz 8.50 - Regular 24oz 9.99

ORIGINALS (24G)

STRAWBERRY CLASSIC (220 - 240 cal)
Organic Strawberries, Banana, Whey Strawberry Protein

BERRY BOMB (170 - 200 cal)
Organic Blackberries, Blueberries, Strawberries, Whey Strawberry Protein

TROPICAL BREEZE (90 - 110 cal)
Organic Strawberries, Mango, Pineapple, Orange Juice, Whey Strawberry Protein

FUNKS (180 - 210 cal)
Organic Passion Fruit, Mango, Pineapple, Whey Vanilla Protein

MANGO TANGO (160 - 180 cal)
Organic Mango, Pineapple, Whey Vanilla Protein

PIÑA COLADA (210 - 230 cal)
Organic Pineapple, Coconut Milk, Coconut Flakes, Whey Vanilla Protein

PASSION BLAST (180 - 210 cal)
Organic Passion Fruit, Pineapple, Whey Vanilla Protein

GREENS (24G)

POPEYE (170 - 190 cal)
Organic Mango, Pineapple, Orange Juice, Spinach, Kale, Whey Vanilla Protein

SUPER GREEN (180 - 220 cal)
Organic Strawberries, Mango, Papaya, Spinach, Kale, Whey Strawberry Protein

BERRY KALE (170 - 190 cal)
Organic Blackberries, Blueberries, Kale, Whey Strawberry Protein

GREEN PASSION (180 - 210 cal)
Organic Passion Fruit, Pineapple, Orange Juice, Kale, Whey Vanilla Protein

PEANUT BUTTER (55G)

TWISTED STRAWBERRIES (460 - 480 cal)
Organic Strawberries, Banana, Peanut Butter, Oats, Whey Strawberry Protein

CHOCOLATE MIX (490 - 590 cal)
Organic Banana, Milk, Peanut Butter, Whey Chocolate Protein

PB&J (300 - 320 cal)
Organic Strawberries, Blueberries, Peanut Butter, Whey Strawberry Protein

VANILLA MIX (490 - 590 cal)
Organic Banana, Milk, Peanut Butter, Whey Vanilla Protein

NATURAL TROPICAL JUICES

5.99

MANGO PINEAPPLE PASSION FRUIT



LEMONADE STRAWBERRY BLACKBERRY



SOURSOP PAPAYA

HOUSE TEAS

Hot • Cold

6.99

VANILLA MATCHA LATTE
Matcha, Milk, Vanilla Syrup

GINGIE LIME MATCHA
Matcha, Lime Ginger, Honey



STRAWBERRY MATCHA LATTE
Matcha, Strawberry Puree, Milk

GOURMET COFFEE

2% Milk • Almond Milk • Oat Milk • Coconut Milk

Americano **3.25**
Café con Leche **3.99**
Latte **3.99**
Vanilla Latte **3.99**

Colada **3.50**
Espresso **3.50**
Cortadito **3.85**



Iced Latte **4.50**
Iced Vanilla Latte **4.50**
Iced Americano **3.50**
Iced Vanilla Americano **3.50**

COLD PRESSED JUICES



7.49

ORANGE JUICE (220 cal)
100% Natural Fresh Squeezed

TROPICAL BLISS (130 cal)
Pineapple, Mango, Passionfruit, Lemongrass

HOLY BEETS (100 cal)
Pineapple, Orange, Beets, Cucumber

GREEN DETOX (180 cal)
Green Apple, Lime, Cucumber, Spinach, Celery, Ginger

ORANGE GLOW (220 cal)
Orange, Carrots, Ginger

GREEN FUSION (180 cal)
Green Apple, Pineapple, Cucumber, Spinach, Kale, Spirulina



snouthie PET BOX

11.99

2 Healthy Meatballs, a Smoothie Prepared with Coconut Milk, Peanut Butter Carrot & a Toy.

+1.49

Energy booster • Fat Burner • Multi Vitamin • Immune Builder
Pea Protein • Spirulina • Maca • Chia Seeds • Creatine
Collagen

WELLNESS SHOTS



4.15

GINGER (17 cal)
Pure Ginger

DETOX (50 cal)
Ginger, Turmeric, Lime, Pineapple

IMMUNE (42 cal)
Orange Juice, Lime, Ginger, Cayenne Pepper

Healthy
Never
Tasted This Good

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