

## Sandwiches & Wraps

Choice of Bread or Wrap:  
Multigrain or Oatmeal Toast, Croissant, Pita, Spinach  
Wrap or Whole Wheat Tortilla

Served with:  
Fresh Fruit, a cup of Soup or a Side Caesar Salad

Chef's Brie Raspberry Preserves, Apples & Brie  
Cheese on Toasted Croissant \$13

Veggie Wrap Avocado, Tomato, Spinach, Carrot,  
Goat Cheese & VEGAN Tahini Dressing Rolled in  
Spinach Wrap \$13

Jorge's Tuna Melt White Albacore Tuna, Apple,  
Lemon Juice & a touch of Mayo Baked in a Pita with  
Mozzarella \$12

California Club Oven Roasted Turkey, Swiss,  
Avocado, Turkey Bacon, Lettuce, Tomato & Garlic  
Aioli on Multi Grain Toast \$13

Mediterranean Pita Smashed Garbanzo,  
Cucumber, Tomato, Feta & Romaine with Lemon,  
Garlic & Olive Oil \$12

Caesar Wrap Romaine, Croutons Mozzarella &  
Parmesan with a Cup of Soup \$10

It's a Wrap Turkey, Spinach, Carrots, Feta & Agave  
Mustard Drizzle in a Spinach Wrap \$13

Nutty Bird Chicken Salad with Cashew, Grape,  
Green Onion & Cashew with Touch of Mayo \$14

Add Bacon \$2 | Chicken \$4 | Shrimp \$5 | Salmon \$7

## Beverages



### Sodas and Juices

Coke, Diet Coke or Sprite \$1  
Orange Juice or Apple Juice \$2  
Mango or Peach Nectars \$2.5  
Perrier \$2.5 or Bottled water \$1

### Coffee and Tea

Espresso \$2 or Cappuccino \$3  
Special Cappuccino (w/whipped cream &  
chocolate syrup) or Hot Chocolate \$3.25  
Iced or Hot Café Latte \$3  
Iced or Hot Protein Coffee (2 espresso shots  
with a scoop of vanilla Whey protein) \$5  
House Iced Tea of the Day \$1.75

### Hot Herbal Tea \$1.75

Organic Green Tea, Vanilla Coconut 100%  
White, Orange Ginger Mint, Irish Breakfast,  
Organic Turmeric Ginger, Hibiscus Blueberry,  
Blackberry Sage, Emperor 100% White Tea,  
or Chamomile Lemon.

### DRINKS with a KICK (21+)

Beer \$4  
Mimosa or Bellini (Peach or Mango) \$10  
Prosecco \$12 or Rose Chandon \$13  
Chardonnay \$9 or Pinot Grigio \$10  
Sauvignon Blanc \$7 or Red Blend \$8



## From the Grill

Grilled Chicken Sandwich Multi Grain Toast, Guac,  
Spicy Aioli & Sautéed Onions w/Side Salad \$13

From The Sea Grilled Atlantic Farm Raised Salmon  
on Salad or with Daily Sides \$18

Grill 2 Cheddar, Swiss, Tomato & Turkey Bacon  
on Toast with Cup of Soup or Side Caesar \$12

Turkey Burger Swiss cheese, jalapeno, green  
onion & Turkey Bacon. Served on your choice of  
bread with a Cup of Soup or Side Caesar \$15

Veggie Burger Sautéed Onions, Avocado, Spicy  
Aioli, Tomato & Cheddar w/your choice bread \$13



## connect™ Café Spa Cuisine Menu



Made Fresh to Order  
OPEN TUES - SAT  
Gratuity Not Included

@myra\_and\_company  
7313 SW 59th Ct.  
South Miami, FL 33143  
Phone: 305-661-2381  
www.miamispa.com



All menu items may contain nuts.  
Please let us know about any food  
allergies. Consuming raw or  
undercooked meat or seafood may  
increase your risk of food-borne illness.

## BREAKFAST Served All Day!



Vanilla Oatmeal Topped with Brown Sugar and Seasonal Fruit \$8

Egg White Omelet Tomato, Avocado, Onion & Goat Cheese with Fruit Cup \$14

Omelet Oven Roasted Turkey, Avocado and Mozzarella, with Toast \$13

French Toast Sandwich Oatmeal Bread, Nutella, Bananas & Whipped Cream \$8

Greek Parfait Yogurt Infused with Honey, Berries & Cereal Crunch \$9

Scrambler Scrambled Eggs with Swiss Cheese & Bacon served on a Croissant with Tomato Wedges drizzled in Olive Oil \$11

Breakfast BLT Fried Egg & Avocado on a Toasted Croissant, w/Cup of Fruit \$12

Oatmeal with a Kick Brown Sugar Oatmeal as the Base of a Strong Latte, with Whipped Cream & Cinnamon \$6

## Favorite Snacks



Soup Du Jour Bowl \$8 Mug \$7 Cup \$6

Guacamole & Pita Chips Avocado, Scallions, Lime, Red Onion, Cilantro over Chopped Romaine & Tomatoes \$10 (add Jalapeños \$.50)

Hummus Feta Cheese, Olive Oil, Kalamata Olives & Pita Chips \$10

Greek Parfait Yogurt Infused with Honey, Berries and Cereal Crunch \$9

Cheese Platter Fruit & Crackers \$12

## Spa Salads



Caesar Romaine Hearts with Fresh Parmesan, House Croutons & Caesar dressing \$11

Greek Delight Spinach, Hummus, Tomato, Cucumber, Red Onion, Feta, Kalamata Olive, Sweet Pepper, Balsamic \$12

Tuna Romaine Lettuce, Tomato, Shaved Carrots & a Scoop of our Apple Tuna Salad with VEGAN Agave Dressing \$13

Veggie Burger Salad Garbanzo Beans, Carrots & Olives on a Bed of Spinach, Tossed in a Lime Vinaigrette with Guacamole \$13

## Flat Bread Pita or Naan Bread



3 Cheese Pesto, Feta, Fresh Mozzarella & Goat Cheese \$10

Garlicky Kale Bacon, Red Onion on Herbed Olive Oil w/Mozzarella & Parmesan \$12

Mythology Feta Cheese, Sundried Tomato and Kalamata Olives on Marinara Sauce \$11

Garden Onion, Tomato, Artichoke, Mushroom & Sweet Red Peppers with Cheese of Choice and Marinara Sauce \$12

NON VEGAN Chicken, Turkey & Bacon over Marinara Sauce with Goat Cheese and Mozzarella Cheese \$13

Arthur Chicken, Mushroom, Grilled Onions & Brie on a Pesto-Lined Pita \$13

Shon's Creation Spinach, Bacon, Feta, Goat & Mozzarella with Tomato and Pesto \$14

Tropical Salad Strawberry, Spinach, Goat Cheese, Cucumber, Cashews, Carrot & Orange Segments Tossed in an Orange & Lemon Vinaigrette \$13

Portobello Paradise Pesto Lined Mushroom Baked with Feta, Tomato & Olives Served on a Bed of Romaine, Cucumber & Onion Tossed in Balsamic \$14

Erica's Salad Spinach, Chicken, Apple Sticks, Avocado, Walnuts and Feta tossed in VEGAN Agave Dressing \$14

Bella Salad Spinach, Romaine, Shredded Carrot, Artichoke, Olives & Sundried Tomato tossed with Balsamic \$12

Create Your Own Flatbread \$14  
Naan or Pita Bread, Sauce, plus  
3 Toppings and 2 Cheeses (add'l \$1 each)

Sauce: Pesto, Marinara, or Herbed Olive Oil  
Cheese: Cheddar, Mozzarella, Goat, Feta, Brie  
Toppings: Chicken, Turkey, Bacon, Turkey Bacon, Onion, Mushrooms, Tomato, Sundried Tomato, Kalamata Olives, Artichokes, Spinach, Kale, Avocado, Shrimp, Sweet Peppers, Jalapeno

## Quesadillas

Baked in Spinach or Flour Tortilla, Served w/Sour Cream, Homemade Salsa & Guac

Cheese Galore Cheddar, Mozzarella, Feta and Goat Cheeses \$12

Veggie Tomato, Mushrooms, Peppers, Onions, Mozzarella & Cheddar Cheeses \$12

Classic Chicken, Grilled Onion, Mozzarella & Cheddar \$13

Seafood Shrimp, Grilled Onion, Tomato & Cheddar Cheese \$14

Ultimate Turkey Bacon, Avocado, Chicken & Cheeses \$15