

**We are the sum of our choices.**



We choose food that's good for **you**, good for the **planet**, and good for the **animals**.

**Vegan** = no animal products; no meat, dairy, eggs, fish or honey. Animal products have zero fiber. Plant foods are loaded with fiber, vitamins, minerals and antioxidants, and without the cholesterol.

**Organic** = no pesticides, herbicides, fungicide, radiation, chemicals or sewer sludge. Who wants to eat that? Support sustainable farming practices, and support your health, by choosing organic.

**Non-GMO** = 'gmo' is an organism whose genetic material has been artificially manipulated in a lab through genetic engineering. Nuff said. We are proud to be GMO free.

**Raw** = food not heated above 118°, maintains all the enzymes and nutrients in the plant, improves digestion & nutritional absorption

**Gluten Free** = no wheat, barley or rye proteins

**Açaí (ah-sigh-ee)** = a Brazilian berry extremely high in antioxidants & healthy omegas; low glycemic index. Flash frozen to retain nutrition.

**Cashew Cheese** = homemade with a blend of organic cashews, garlic and lemon juice

**Kale** = a nutrient dense, dark leafy green packed with protein, iron, calcium, omega 3 and vitamins A, C, K, & folate

**Lentil Meat** = Homemade with sprouted organic lentils (germinated to release their full nutritional value), raw beets, bell peppers and garlic. Fully raw until it is lightly heated per order. Can be served fully raw upon request.

**Quinoa (keen-o-wah)** = a gluten free 'psuedograin' that contains all the essential amino acids, making it a complete protein

**Raw Pies and Bites** = Homemade with 100% raw ingredients such as organic almonds, cashews, dates, and cacao; never heated to retain nutrition

**Sprouts** = 'living food' that contains the highest levels of nutrients, enzymes, vitamins and antioxidants. High in protein & fiber; a powerhouse of life-force energy.

**Sprouted tofu** = made from germinated soy beans, retains enzymes for improved digestion

## Organic Breakfast

Served daily until 11am and until 3pm on weekends!

**Breakfast Scramble** (NF option, GF option) 13.94  
sprouted tofu scramble with tomato, red onions, scallions, and peppers, served on a bed of greens, with sprouted-grain pesto toast, avocado, pico de gallo, and house dressing *Add tempeh bacon for \$4*

**Breakfast Burrito** (GF option) 9.97  
sprouted tofu scramble, guacamole, mixed greens, and cashew cheese in your choice of a whole wheat or gluten-free tortilla, with a side of ginger-garlic rice, *Add soysage for \$4, or upgrade your rice to a salad for \$1.95*

**Power Bowl** (NF, GF) 13.76  
warm quinoa, sprouted tofu scramble, guacamole, mixed greens, and house dressing

**The Kind Slam** (NF) 12.76  
gluten free pancake with one topping of choice, sprouted tofu scramble, and your choice of any two: tempeh bacon, soysage patty, or breakfast link *Add sprouted grain toast with pesto butter for \$3*

**Tres 'Cakes** (GF) 11.97  
three gluten free pancakes with 2 toppings of choice, served with organic maple syrup. Choose from:  
banana, blueberry, strawberry, mango, goji berry, walnut, chocolate chip, garlic, kale, spinach, mushroom, onion, cashew cheese, jalapeño, cacao, flax, hemp, chia, coconut flakes

**Insane Pancake** 7.42  
one gluten-free pancake filled with cashew cheese and soysage, with a side of maple syrup

**Açaí Bowl** *served all day* 10.76  
raw acai blended with banana and almond milk, topped with organic seasonal fruit, coconut flakes and granola

**Raw Oatmeal** (SF, GF, R) *raw/served cold* 11.76  
steel cut oats blended with organic cashews and dates. Topped with bananas, coconut & cinnamon

### Sides/Add-ons

Tempeh Bacon	4	Extra Maple Syrup	1
Soysage Patty	4	Add Cashew Cheese	2
Breakfast Links	4	Toast with vegan butter	2.75
Tofu Scramble	4	Pesto Toast	3.75

## Organic Beverages

### Organic Smoothies

**CocoBliss** (SF, GF) 12.21  
thai coconut, cacao, chia, goji berries, almonds, agave, coconut milk

**Este Loco-Coco** (SF, GF) 11.53  
thai coconut, cashews, dates, sea salt, coconut milk

**Berry Love** (SF, GF) 9.97  
strawberry, dates, cacao, goji berries, almonds, almond milk

**Monkey Business** (SF, GF) 9.21  
almond butter, banana, spirulina, dates, almonds

**Tropic Escape** (NF, GF, R) 8.97  
apple, orange, mango, banana, strawberry

**Green Envy** (SF, GF, NF, R) 9.13  
spinach, kale, apple, banana, garlic, ginger

**The Omega** (NF, GF) 9.41  
blueberry, strawberry, banana, chia, flax, soy milk

**Cacao Strength** (SF, GF) 8.97  
protein powder, cacao, banana, almond milk

**The Thinner Mint** (SF, GF) 8.54  
mint, dates, cacao, spinach, banana, almond milk

**Heaven on Ice** (SF, GF) 6.97  
organic coffee, dates, cacao, almond milk, ice

### Organic Juice (All are: SF, GF, NF, R)

**Green Dinner** 10.21  
kale, apple, spinach, cucumber, lemon, ginger

**Green Machine** 10.23  
kale, spinach, apple, spirulina, cayenne, lemon, sea salt

**Alive** 9.13  
carrot, celery, spinach, lemon

**The Refresher** 9.13  
cucumber, celery, spinach, kale, collards

**Saved by the Bell** 8.54  
bell pepper, beets, onions, apple, lemon

**Custom Blend** 10.76  
**Choose 1 base:** cucumber or apple  
**Choose 3 ingredients:** apple, carrot, cucumber, celery, beet blend, spinach, kale, collards, garlic, ginger, lemon

### Organic Coffee and Tea

Ginger Soy Latte	4.75	Caffè Latte	3.75
Golden Latte	4.75	Coffee	2.50
Matcha Soy Latte	4.75	Espresso	2.75
Protein Latte	4.75	Hot Tea	3.25

### Organic Homemade Desserts

Made by us with lotsa love. Gluten free, soy free, nut free, and raw options.



**choices**  
ORGANIC CAFÉ

### UPPER EAST SIDE

646 NE 79th st  
Miami, FL 33138  
786-408-9122

### CORAL GABLES

2626 Ponce de Leon Blvd  
Coral Gables, FL 33134  
786-600-1975

### CHOICES KITCHEN

711 NW 27th Ave  
Miami, FL 33125  
786-509-6736

### COCONUT GROVE

2895 McFarlane Rd  
Coconut Grove, FL 33133  
305-569-4300

### WESTON

250 Racquet Club Rd  
Weston, FL 33326  
754-701-5575

#WeAreTheSumOfOurChoices

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[choicescafe.com](http://choicescafe.com)

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**Proudly 100% Plant-Based**


# Organic Signature Dishes

**STEP 1 Choose your base:**



Whole Grain Wrap    Gluten-Free Wrap    Collard Leaf Wrap (when available)    Salad Bowl    Rice Bowl    Quinoa Bowl + \$1

**STEP 2 Choose your side: (optional)**



Ginger Garlic Rice +1.29 (FREE when you choose a WRAP as your base)    House Salad +1    Kale Caesar Salad +2.95    Mac n' Cheese +2.95    Quinoa +2.29    Sautéed Veggies +5.94

**STEP 3 Choose your dish:**

- Mental Lentil** (SF\*, NF option, GF option) 16.37  
lentil meat, black beans, quinoa, plantain, sautéed onion, pico de gallo, cashew cheese, avocado, tahini sauce
- VA's Insane Mex** (NF option, GF option) 13.92  
soy chorizo, black beans, quinoa, plantain, pico de gallo, sautéed onion, cashew cheese, vegan mayo
- No Seas Tuna** (SF\*, NF option, GF option) 15.13  
chickpea 'tuna', sprouts, carrots, sautéed onion, mixed greens, cashew cheese, mamuket sauce
- Off The Wal'nut** (GF option, R option) 15.76  
walnut meat, carrots, sprouts, zucchini, avocado, mixed greens, house dressing in organic nori paper  
*Or swap the nori for your choice of base from above*
- No Soy Capitán** (SF\*, NF) 14.92  
coconut cutlet, mango, avocado, mixed greens, vegan mayo, lemon
- Chicken's Friend** (NF option, GF option) 14.51  
chick'n, black beans, quinoa, sautéed onion, pico de gallo, cashew cheese, vegan mayo  
*Choose breaded or GF unbreaded chick'n*
- Chicken Homie** (NF option, GF option) 14.56  
chick'n, spinach, sautéed onion, sautéed zucchini, cashew cheese, chipotle mayo  
*Choose breaded or GF unbreaded chick'n*
- California** (NF option, GF option) 12.88  
sprouted tofu, black beans, quinoa, sautéed onion, avocado, pico de gallo, cashew cheese, vegan mayo

# Organic Salads

- Everything Salad** (GF, NF option) 18.71  
sprouted tofu, soy chorizo, quinoa, black beans, sautéed mushrooms, sautéed onion, plantain, cashew cheese, avocado, pico de gallo, carrots, mixed greens, house dressing
- Sprouts & Greens Salad** (NF, GF, R) 12.94  
sprouts, mixed greens, spinach, kale, cilantro, avocado, lemon, house dressing
- All Kail Caesar!** (SF, NF, GF) 10.97  
kale, caesar dressing, homemade gluten-free croutons  
*Add breaded or GF unbreaded chick'n for \$4*
- Jason Style** (SF, GF) 15.24  
kale, spinach, sprouts, black beans, chickpea tuna, sautéed onion, lentil patty, guacamole, jalapeños, cashew cheese

# Organic Bowls

- Sergio Bowl** (NF, GF option) 15.94  
kale, spinach, chick'n, quinoa, avocado, sautéed onion, pico de gallo, chipotle mayo  
*Choose breaded or GF unbreaded chick'n*
- The Original Quinoa Bowl** (NF, GF) 12.26  
quinoa, black beans, pico de gallo, cilantro, mixed greens, lemon, house dressing  
*Add avocado for \$2*
- El Rebelde** (GF option, SF option, NF option) 16.24  
Feeling rebellious? Build your own bowl:  
**Choose 4 ingredients:** lentil meat • chickpea tuna • chik'n • chorizo • walnut meat • coconut cutlet • tofu • quinoa • sautéed mushrooms • sautéed zucchini • rice • sautéed onion • black beans • mac n' cheese • plantain • daily veggie • pico de gallo • jalapeño • guacamole • avocado • spinach • kale • mixed greens • sprouts  
**Choose 1 sauce:** caesar • pesto • tahini • house • chipotle • ginger-garlic vegan • mayo • cashew cheese • mamuket

 = customer favorite     = spicy

SF = soy free\*    GF = gluten free  
NF = nut free    R = raw

**Choices offers gluten-free options but is not a dedicated gluten-free facility**

\* House dressing and rice contain soy; soyfree dressing available upon request.

# Organic House Specials

- La Pixsa** (SF, GF) 16.91  
cashew cheese, black beans, walnut meat, carrots, pico de gallo & choice of sauce on a GF tortilla crust  
*Choose chipotle mayo, pesto sauce, or 1/2 and 1/2*
- The Geniroll Lentil** (SF, NF option, GF, R option) 13.94  
lentil meat, sprouts, avocado, spinach, zucchini, carrots, cashew cheese, mamuket sauce, wrapped in nori paper & cut into sushi style bites with a side of ginger-garlic dressing  
*Add a side of kale caesar salad for \$2.95*
- Chipotle Nachos** (SF, GF) 10.86  
GF tortilla chips, pico de gallo, cashew cheese, black beans, chipotle mayo  
*Add jalapeños for \$2 or soy chorizo for \$4*
- Mac n' Cheese** (NF) 5.97  
a cup of the classic comfort food, made in house with sprouted tofu, nutritional yeast and seasonings
- Sautéed Veggies** (GF, NF) 6.94  
organic veggie of the day lightly sautéed with tamari, topped with nutritional yeast and dulse
- Homemade Soup** cup 4.76/ Bowl 8.29  
Ask about today's homemade soup  
*Add pesto toast for \$3.75 or GF croutons for \$1.75*
- Daily Organic Plate** 12.86  
**Offered weekdays only at Choices Kitchen.**  
Varies each day, but always includes an entree, a cup of soup, and unlimited ginger-peach iced tea.  
And of course it's always 100% plant-based!



**We choose organic.**  
**We choose homemade.**

We hand-make our soups, cashew cheese, condiments, desserts, gluten free tortillas, pico de gallo, and vegan meats in our kitchen with high quality, organic ingredients.

**You're worth it.**

# Organic Meals under 10

- Basic Bitchin' Burrito** (NF, GF option) 8.79  
black beans, ginger-garlic rice, guacamole and cheese sauce wrapped up in your choice of a whole wheat or gluten free tortilla
- Lentil Biggie Burger** (NF, SF option) 8.97  
double-stacked lentil patties, vegan cheese, and chipotle mayo on sprouted grain sesame seed bun
- Insane Taco Sliders** (GF, NF) 9.91  
soy chorizo, ginger-garlic rice, plantains, guacamole and vegan mayo on non-gmo soft corn tortillas
- Avocado Toast** (SF, NF) 8.76  
avocado, tomato, cilantro, onion, smoked paprika and chipotle mayo on sprouted grain toast
- Protein Pak** (GF, NF) 9.88  
hearty flight of our homemade soy chorizo, lentil meat, chickpea tuna, guacamole and caesar dressing
- Mexicano Salad** (GF) 9.76  
black beans, ginger-garlic rice, guacamole, cashew cheese, corn tortilla chips, mixed greens and chipotle mayo
- Quesadilla** (GF option) 9.97  
cashew cheese, spinach, onions, sautéed mushrooms, and chipotle mayo on a whole wheat or GF tortilla
- R&B** (GF) 6.51  
ginger-garlic rice and black beans topped with our homemade pico de gallo and cashew cheese
- Simply Sprouted** (NF, GF) 9.77  
sprouted tofu, carrots, mixed greens, sprouts, garlic ginger dressing

**Proud to be TIP FREE**

We pay living wages, and all our team members are eligible for our profit-share program. The price you see on the menu is inclusive of your entire experience with us. We gratefully welcome your feedback, but we do not accept monetary tips.