GOURMET SALADS

Served with flat bread and your choice of dressing. Blue cheese, Low fat Italian, Caesar, Honey-Mustard, Ginger, Low fat Raspberry Vinaigrette, Ranch, Japanese Sesame, Thousand Island or Balsamic vinaigrette & Olive oil. For steak or turkey instead of chicken add $1.00.

1. FRENCH CHICKEN SALAD  7.55
Mixed fresh greens topped with sliced grilled chicken, crumbled goat cheese, diced tomatoes, shaved carrots & cucumbers.

2. ROMAN BEEF SALAD  7.95
Mixed fresh greens topped with marinated sliced grilled steak, tomatoes, red onions, orange sections, crumbled gorgonzola cheese & walnuts.

3. GARDEN SALAD  6.45
Mixed fresh greens topped with tomatoes, cucumbers, black olives, red onions, mushrooms, green peppers, shaved carrots, peppercorn & pecans.

4. CAPRESE SALAD  8.25
A bed of romaine lettuce topped with sliced mozzarella balls, tomatoes, red onions, black olives & a touch of pesto.

Add sliced grilled chicken breast  $2.50

5. CHEF SALAD  7.55
Mixed fresh greens topped with sliced turkey breast, ham, salami, cheddar & Swiss cheese, tomatoes, red onions, cucumbers, black olives & boiled egg.

6. GRILLED CHICKEN SALAD  7.55
Mixed fresh greens topped with slices of grilled chicken breast, tomatoes, cucumbers, red onions, shredded carrots, black olives & walnuts.

7. CHICKEN CAESAR SALAD  7.55
A bed of Romaine lettuce topped with sliced chicken breast, flavored croutons, Parmesan cheese, crumbled bacon, diced tomatoes, red onions & served with the traditional dressing.

8. MEDITERRANEAN SALAD  7.55
Mixed fresh greens topped with sliced grilled chicken breast, feta cheese, diced tomatoes, roasted peppers, black olives, pepperoncini & oregano.

9. SOUTHERN CHICKEN SALAD  7.55
Mixed fresh greens topped with slices of breaded chicken breast, tomatoes, red onions, carrots, orange sections, cucumbers & walnuts. Try it with our Ginger dressing.

10. NICOSA SALAD  8.25
A bed of Romaine lettuce topped with chunks of Albacore tuna, tomatoes, green grapes, black olives, red onions & boiled egg.

11. SPINACH SALAD  7.55
A bed of fresh spinach leaves topped with sliced grilled chicken breast, red onions, tomatoes, mushrooms, bacon, croutons & boiled egg. Try it with Honey Mustard dressing.

12. FLORIDA COBB SALAD  7.55
A bed of Romaine lettuce topped with sliced turkey breast, crumbled bacon, tomato, red onions, gorgonzola cheese, green peppers & walnuts & boiled egg.

13. TWO WAY SALAD  7.55
A bed of mixed greens topped with either tuna or chicken salad topped with tomatoes, red onions, cucumbers & black olives.

14. TRADITIONAL GREEK SALAD  6.80
A bed of Romaine lettuce topped with tomatoes, green peppers, red onions, feta cheese, cucumbers, black olives, peppers, oregano & almonds, served with olive oil & balsamic vinegar.

Salads & More Salads

Served with crackers and your choice of dressing. Blue cheese, Low fat Italian, Caesar, Honey-Mustard, Ginger, Low fat Raspberry Vinaigrette, Ranch, Japanese Sesame, Thousand Island or Balsamic vinaigrette & Olive oil. For steak or turkey instead of chicken add $1.00.

11. FIESTA SALAD  7.95
Mixed fresh greens topped with sliced grilled chicken, nacho chips, pinto beans, cheese, black & Cheddar cheeses, diced tomatoes, black olives, red onions, jalapeños, sour cream & guacamole. Served with a side of Tropical salsa.

42. CAESAR SALAD “LA ROMANA”  7.75
A bed of house & Caesar topped with sliced grilled chicken breast, flavored croutons, Parmesan cheese, crumbled bacon, diced tomatoes, red onions & served with the traditional dressing.

43. “ATKIN’S” DIET SALAD  8.65
A bed of Romaine lettuce topped with slices of roasted turkey, ham, salami, roast beef, chicken breast, boiled egg, Prosciutto, Sun, Cheddar & Mozarella cheeses. Try it with Blue cheese dressing.

44. HAWAIIAN STYLE SALAD  7.95
A bed of mixed greens topped with breaded chicken breast, pineapple chunks, tomatoes, cucumbers, red onions, shredded carrots, red seedless grapes & walnuts. Try it with fat free Raspberry vinaigrette.

45. PASTA SALAD OVER SALAD  7.00
Mixed fresh greens topped with two scoops of our Home made pasta salad, tomatoes, cucumbers, red onions, black olives, boiled egg, pepperoncini & a touch of pesto sauce. With grilled chicken breast $2.50

46. GRILLED FISH SALAD  8.65
Mixed fresh greens topped with grilled fish, tomatoes, cucumbers, red onions, black olives, chives, cilantro and a mix of Jack & Cheddar cheese. Try it with House dressing.

47. STEAMED VEGETABLES “CHEF” SALAD  7.75
Mixed fresh greens topped with steamed mixed vegetables, tomatoes, red onions, carrots, orange sections, cucumbers & crumbled goat cheese. Try it with our Ginger dressing.

48. PORK-A-FELLA SALAD  7.55
Mixed fresh greens topped with chunks of roasted pork, shredded peppers, black olives, pepperoncini & oregano.

49. CARIBBEAN STEAK SALAD  7.95
Mixed fresh greens topped with slices of grilled steak, tomatoes, shredded carrots, orange sections, cucumbers, pineapple chunks, red seedless grapes & walnuts. Try it with our Ginger dressing.

DIETER’S SUPER SPECIAL  $6.60
Two scoops of Tuna or Chicken Salad (or one of each), Cottage Cheese, Fruit Salad, and Crackers.

BREAKFAST & COFFEE

*Breakfast served from 7:30 am to 10:30 am only* Breakfast delivery minimum $7

1. FRENCH CHICKEN SALAD  7.55
Mixed fresh greens topped with sliced grilled chicken, crumbled goat cheese, diced tomatoes, shaved carrots & cucumbers.

2. ROMAN BEEF SALAD  7.95
Mixed fresh greens topped with marinated sliced grilled steak, tomatoes, red onions, orange sections, crumbled gorgonzola cheese & walnuts.

3. GARDEN SALAD  6.45
Mixed fresh greens topped with tomatoes, cucumbers, black olives, red onions, mushrooms, green peppers, shaved carrots, peppercorn & pecans.

4. CAPRESE SALAD  8.25
A bed of romaine lettuce topped with sliced mozzarella balls, tomatoes, red onions, black olives & a touch of pesto.

Add sliced grilled chicken breast  $2.50

5. CHEF SALAD  7.55
Mixed fresh greens topped with sliced turkey breast, ham, salami, cheddar & Swiss cheese, tomatoes, red onions, cucumbers, black olives & boiled egg.

6. GRILLED CHICKEN SALAD  7.55
Mixed fresh greens topped with slices of grilled chicken breast, tomatoes, cucumbers, red onions, shredded carrots, black olives & walnuts.

7. CHICKEN CAESAR SALAD  7.55
A bed of Romaine lettuce topped with sliced chicken breast, flavored croutons, Parmesan cheese, crumbled bacon, diced tomatoes, red onions & served with the traditional dressing.

8. MEDITERRANEAN SALAD  7.55
Mixed fresh greens topped with sliced grilled chicken breast, feta cheese, diced tomatoes, roasted peppers, black olives, pepperoncini & oregano.

9. SOUTHERN CHICKEN SALAD  7.55
Mixed fresh greens topped with slices of breaded chicken breast, tomatoes, red onions, carrots, orange sections, cucumbers & walnuts. Try it with our Ginger dressing.

10. NICOSA SALAD  8.25
A bed of Romaine lettuce topped with chunks of Albacore tuna, tomatoes, green grapes, black olives, red onions & boiled egg.

11. SPINACH SALAD  7.55
A bed of fresh spinach leaves topped with sliced grilled chicken breast, red onions, tomatoes, mushrooms, bacon, croutons & boiled egg. Try it with Honey Mustard dressing.

12. FLORIDA COBB SALAD  7.55
A bed of Romaine lettuce topped with sliced turkey breast, crumbled bacon, tomato, red onions, gorgonzola cheese, green peppers & walnuts & boiled egg.

13. TWO WAY SALAD  7.55
A bed of mixed greens topped with either tuna or chicken salad topped with tomatoes, red onions, cucumbers & black olives.

14. TRADITIONAL GREEK SALAD  6.80
A bed of Romaine lettuce topped with tomatoes, green peppers, red onions, feta cheese, cucumbers, black olives, peppers, oregano & almonds, served with olive oil & balsamic vinegar.
SPECIALTY SANDWICHES

Served with potato chips and potato salad, pesto salad, fruit salad or just French fries. All sandwiches available as a wrap.

15. CHICKEN PHILLY  7.35
Sliced grilled chicken breast, Provolone cheese, sautéed peppers & onions, topped with French dresser on French bread.

16. ITALIAN COMBO  7.35
Prosciutto ham, Genoa salami, mozzarella cheese, lettuce, tomato, black olives, red onions & seasoned with olive oil, balsamic vinaigrette, salad & pepper on French bread.

17. CAPRESE SANDWICH  7.35
Sliced fresh mozzarella ball, tomatoes, lettuce, red onions, black olives, a touch of pesto & seasoned with olive oil, balsamic vinaigrette, salad & pepper on French bread.

18. MEDITERRANEAN SANDWICH  7.35
Prosciutto ham, mozzarella cheese, roasted peppers, tomatoes, lettuce & seasoned with olive oil, balsamic vinaigrette, salad & pepper on French bread or Ciabatta bread.

19. CHICKEN PROVENCAL  7.35
Grilled chicken breast topped with Provolone cheese, roasted peppers, lettuce, tomatoes, & covered with Honey Mustard sauce on toasted French bread.

20. GRILLED CHICKEN SANDWICH  7.45
Grilled chicken breast topped with cheddar cheese, bacon, lettuce, tomatoes, & covered with French Dressing.

21. FRENCH CLASSIC CLUB  7.45
Sliced roasted turkey, ham, Swiss cheese, bacon, lettuce, tomatoes, mayo or mustard on French bread.

22. VEGGIE DELIGHT  6.85
Saus & Provolone cheese topped with lettuce, tomato, mushrooms, cucumbers, red onions, green peppers, black olives, roasted peppers, shredded carrots, alfalfa sprouts & seasoned with olive oil, balsamic vinaigrette, salad & pepper on French bread.

23. CALIFORNIAN STYLE  7.45
Sliced turkey breast, Saus cheese, tomatoes, romaine lettuce, avocado spread, cucumbers, alfalfa sprouts, olive oil, balsamic vinaigrette, salad & pepper on French bread.

24. PESTO CHICKEN  7.35
A grilled chicken breast, provolone cheese, basil pesto spread, romaine lettuce, tomatoes, cucumbers, alfalfa sprouts, salad & pepper on French bread or Ciabatta.

25. FRENCH DIP  7.45
Shaved roast beef, melty Provolone cheese & sautéed onions on French bread with a side of "Au Jus" for dipping.

26. SOUTH BEACH CLASSIC  7.45
Roast beef, Cheddar Cheese, roasted peppers, lettuce, tomatoes, salt & pepper on French bread with a side of horseradish.

27. STEAK SANDWICH  7.95
Marinated slices of grilled steak topped with sautéed onions, mushrooms, green peppers & melty Provolone cheese on French bread, with a side of horseradish.

DELICIOUS SIDE SANDWICHES

50. TUNA OR CHICKEN MELT  7.45
s/ Swiss on white, wheat or Rye, lettuce and tomatoes on request

51. REUBEN  7.65
Corn Beef or Swiss, Sauerkraut, Russian, on grilled rye

52. RACHEL  7.65
Pastrami or Swiss, Cole Slaw, Russian dressing, on grilled rye, pickle on the side.

53. PASTRAMI ON RYE  7.65
Hot Pastrami on Rye with Spicy brown mustard. Pickle on the side.

54. ROAST BEEF & MELTED PROVOLENE CHEESE ON FRENCH BREAD  7.70
Roast beef, swiss, grilled peppers, onions, lettuce, tomatoes, pickle on the side.

SPECIALTY BURGERS

All served with French Fries or Potato Chips Ketchup, Mayo or Mustard on the side.

28. ALL AMERICAN BURGER  7.00
A ground Sirloin patty grilled with American cheese, lettuce, tomato, pickles & red onions on a toasted bun.

29. WESTERN BURGER  7.25
A ground Sirloin patty topped with smoked Cheddar cheese, bacon, sautéed onions, lettuce & tomato on a toasted bun.

30. SWISY BURGER  7.25
A ground Sirloin patty grilled with melty Swiss cheese, mushrooms, lettuce & tomato on a toasted bun.

31. TURKEY BURGER  7.25
A ground Turkey patty, topped with melty mozzarella cheese, grilled onions & peppers, lettuce & tomato on a toasted bun.

32. VEGGIE BURGER  7.25
A meatless patty, topped with Swiss cheese, lettuce, tomato, alfalfa sprouts, red onions, green peppers, cucumbers on a toasted bun.

THE BURGERS

From La Cocina

(Entrees from our kitchen, a la carte)

Available sides: White rice & black beans, sweet plantains, yellow rice, steamed vegetables, pasta salad, mashed potatoes, yuca, or side Salad. Extra side order add $1.99

Free toppings: Grilled onions, mushroom gravy, "Mojo" sauce.

B-1 ROASTED PORK (Add $0.50)
C-1 PALOMILLA STAK (Add $1.00)
D-1 GRILLED CHICKEN BREAST
E-1 CHICKEN MILANESE (Add $0.50)
F-1 STEAK MILANESE (Add $1.00)
H-1 MIAIMI CHICKEN SANDWICH (Add $1.00)
I-1 MIAMI STEAK SANDWICH (Add $1.00)
J-1 GRILLED FISH (Add $1.00)

WITH ONE SIDE $6.95
WITH TWO SIDES $7.75
Many other specials...Check days and prices!

DESSERTS

(As Available)

Flan Caramel............. $2.00
Flan Coconut............. $2.00
Rice Pudding............. $3.50
Oven Fresh Cookies ($1.50)

FRUIT SALAD

8 oz. - $2.50
12 oz. - $3.50

All prices subject to change