

Create Your Own Bowl or Wrap

Choose your **BASE**... \$5

Arugula	Quinoa	Penne Pasta	Fettuccine	Whole Wheat Wrap
Spinach	Brown Rice	Whole Wheat Pasta	Rice Noodles	Spinach Wrap
Romaine Lettuce	Baby Kale	Jasmine Rice	Gluten free Pasta	

Choose your **PROTEIN**...

\$2.60	\$2		\$6
Chicken	Chickpeas	Shrimp \$3.20	Seared or Raw Salmon
Bacon	Beans	Tofu crunchy \$2.60	Seared or Raw Tuna
Eggs (egg whites +\$1)	Meatballs \$2.60	Tofu scrambled \$2.60	Smoked Salmon
Tuna Salad	Vegan Patty \$3.20		
Turkey breast	Prosciutto \$3.90		

Any **CHEESE**? \$1.90 Feta Parmesan Goat Cheese
\$2.25 Burrata Vegan Cheese

Pick your **VEGGIES**... \$0.80

Tomato	Broccoli	Carrots	Avocado	Edamame	Roasted Peppers
Cucumber	Onions	Corn	Mushrooms	Green Beans	Roasted Asparagus
Jalapeños	Cranberries	Olives	Shitake	Alfalfa Sprouts	Roasted Potatoes
	Bamboo shoots		Zucchini	Bean Sprouts	Artichoke Hearts

Or **PRIME VEGGIES**... \$1.20

TOPPINGs: \$0.50

Walnuts	Cilantro
Almonds	Basil
Sunflower seeds	Parsley
Chia seeds	Green Onions
Goji Berries \$1	Pickled Ginger

DRESSING: extra dressing +\$0.50

Balsamic Vinaigrette V/GF	Ginger Soy Sauce V/GF
Cilantro Vinaigrette V/GF	Tzatziki GF
Lemon Vinaigrette V/GF	Coconut Curry*** GF
Basil Vinaigrette* V/GF	Sriracha V/GF
Tahini Turmeric V/GF	Spicy Mayo GF
Lemon Juice V/GF	"Caesar" dressing

Pasta Bowls

Pick Pasta: Regular Penne ~ Whole Wheat Penne +\$0.50 ~ Gluten Free Penne +\$1
~ Fettuccine ~ Rice Noodles Ask for complementary Parmesan Cheese!

Tomato Sauce V/GF \$8	Pesto* V/GF \$9
Olive Oil, Basil, Parmesan GF \$8	Carbonara GF (Egg, cheese, bacon) \$10
Coconut Curry* GF \$8	Caprese GF (Fresh Tomatoes, Burrata, Basil, Tomato Sauce) \$10
Arrabbiata V (Spicy Tomato sauce) \$9	Amatriciana GF (Tomato Sauce, Bacon) \$10
Cheese Pasta GF \$10	Yellow Curry GF (with Chicken, Peppers, Onions) \$12
Primavera V/GF (Zucchini, Mushrooms, Peppers, Basil, Olive Oil) \$10	
Spaghetti & Meatballs (Rice Noodles, veggie Meatballs, Tomato Sauce, fresh Tomatoes, Basil) \$12	

Kids Size Available! \$8

More **KIDS** items...

Quesadilla \$8 Peanut Butter & Banana Toast V \$6
Rice Bowl GF (with Chicken, Parmesan, and your choice of 2 Veggies) \$8

Sides V/GF

Quinoa \$3.50	Brown Rice \$3	Jasmine Rice \$3
Roasted Potatoes \$4	Roasted Garlic Asparagus \$5	
Steamed Broccoli (lemon juice) \$4	Side Salad (Lettuce, Corn, Tomato) \$4	
Fried Rice (Brown Rice, Eggs, Green Onions, Onions, Ginger Soy) \$5		
Sweet Salad (Spinach, Pineapple, Almonds, Cranberries) \$5		

* contains nuts V Vegan Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.
** may contain shellfish GF Gluten Free

Appetizers & Small Bites

Great to Share

Dumplings (chicken OR edamame) \$6 Nachos (beans, avocado, jalapenos, onions) \$8 Make it Vegan!
Guac'n'Chips (contains cilantro, tomato, onion) V \$6
Quesadilla (parmesan, mozzarella) \$8 Add Chicken/Bacon/Eggs +\$2.60 Make it Vegan!
Flatbread Rustic Italian* (fresh mozzarella & tomatoes, parmesan, tomato sauce, basil, pesto) \$8.50
Avocado Toast \$8 V (tomato, cilantro, onion) Add Eggs +\$2.60 Egg Whites +\$3 Smoked Salmon +\$3
Bruschetta V (tomato, garlic, basil) \$5 Ask for Gluten free Bread!

Burrata Caprese Plate GF (sliced tomato, burrata mozzarella, basil, drizzled in olive oil on top of arugula) \$10
Tuna or Salmon Tartare (avocado, mango, green onions, cilantro) \$10.50 Spicy Mayo/Ginger Soy GF
Power Salad V/GF (quinoa, avocado, beans, tomato, goji berries, cilantro, pepper flakes) \$8
Burrata & Prosciutto Plate GF (burrata mozzarella, prosciutto, basil, balsamic glaze, on top of arugula) \$12
Meatballs (vegetarian meatballs, tomato sauce, melted cheese) \$8 VG

Signature Bowls

Energy Bowl (Quinoa, Chicken, Roasted Red Peppers, Alfalfa Sprouts, Avocado, Olive oil) \$12
Sesame Tuna Bowl (Brown Rice, Seared Sesame Tuna, Broccoli, Carrots, Sprouts, Green onions, Ginger Soy) \$14
Lemon Salmon Bowl (Brown Rice, Lemon Salmon, Roasted Asparagus & Artichokes, Pine Nuts, Lemon vin.) \$14

Thai Curry Bowl* (Broccoli, Carrots, Onions) ** \$12
Yellow Curry Bowl (Roasted Peppers, Onions, Bamboo Shoots)

Pick Protein: Chicken, Tofu, Shrimp +\$2,
Salmon +\$2, Tuna +\$2
Pick Base: Quinoa, Brown Rice, Jasmine Rice

Lo Mein (Chicken, Spinach, Carrots, Shitake Mushrooms) \$12
Pad Thai* (Eggs, Peanuts, Peppers, Bean Sprouts, Cilantro,
Green Onions, Ginger Soy sauce) \$12

Pick Protein: Chicken +\$1, Tofu +\$1,
Shrimp +\$2, Salmon +\$2, Tuna +\$2
Pick Noodles: Wheat Noodles, Rice Noodles

Sweet & Spicy Thai Salad (Mixed Greens, Noodles, Carrots, Corn, Broccoli,
Scallions, sweet&spicy Thai sauce) \$12

Special Fried Rice (Eggs, Edamame, Green Onions, Broccoli, Mushrooms, Chicken & Shrimp, Ginger Soy) \$14

Poke Bowl (Raw Fish, Sesame seeds, Cucumber, Avocado,
Jalapenos, Mango, Bean Sprouts) \$13.50

Pick Base: Jasmine Rice, Quinoa, Brown Rice
Pick Sauce: Ginger Soy, Wasabi Aioli, Spicy Mayo
Pick Protein: Raw Tuna or Raw Salmon

Southern Bowl (Lettuce, Black Beans, Corn, Tomato, Onion, Avocado, Cilantro, Sriracha) \$11
Fresh Bowl (Lettuce, Mozzarella, Tomato, Cucumber, Avocado, Basil, Balsamic Vinaigrette) \$10
Greek Bowl (Spinach, Chickpeas, Feta, Cucumber, Onion, Olives, Tzatziki dressing) \$11
Super Cobb Salad (Lettuce, Turkey, Bacon, Goat Cheese, Eggs, Avocado, Tomato, Basil, Balsamic vin.) \$13
Kale Chicken Caesar (Kale, Chicken, Parmesan, Tomato, Pine nuts, creamy dressing) \$11

Taco Chicken (Spicy Salsa, pulled Chicken, Corn, shredded Cheese, Cilantro) \$3.50
Taco Shrimp (Cilantro & Jalapenos Cream, Shrimp, Avocado, Cucumber, Cilantro) \$4.50
Taco Vegan (Lemon & Cilantro vin., crunchy Tofu, Shitake Mushrooms, Alfalfa Sprouts, vegan Cheese, Jalapenos) \$4.20

MIX & MATCH!
Flour Tortillas

Signature Wraps

Chicken (Lettuce, Quinoa, Chicken, Peppers, Avocado, Cilantro Vinaigrette) \$10
Vegan (Spinach, Quinoa, crunchy Tofu, Mushrooms, Jalapeños, Ginger Soy sauce) \$11
Smoked Salmon (Arugula, Feta, Cucumbers, Onions, Tzatziki dressing) \$11
Tuna Salad (Lettuce, Quinoa, Carrots, Jalapeños, Olives) \$10
Super Burrito (Brown Rice, scrambled Eggs, Beans, Parmesan, Mozzarella, Tomatoes, Spicy Mayo) \$12
Poke Burrito (Jasmine Rice, Avocado, Cucumber, Alfalfa Sprouts, Carrots, Green Onions, Ginger, Cilantro, Wasabi Aioli)

Pick: Whole Wheat Wrap
Spinach Wrap

Choose raw Salmon/raw Tuna/Chicken \$13

Sandwiches

All-natural Ciabatta Bread / Gluten Free (+\$2)
Available in Full or Half Servings!

Chicken (Lettuce, Chicken, Avocado, Tomato, Cilantro Vinaigrette)	\$12.25/\$6.50
Vegan (Spinach, Tofu, Carrots, Cucumber, Sprouts, Tahini Turmeric)	\$12.50/\$6.50
Caprese (Arugula, BurrataMozzarella, Tomato, Basil Vinaigrette*)	\$10.50/\$6.50
Tuna (Lettuce, Tuna Salad, Jalapeños, Olives)	\$11.50/\$6.50
Prosciutto & Burrata (with Arugula & Balsamic glaze)	\$12.50/\$7
BLT (Bacon, Lettuce, Tomato, Onions)	\$10.50/\$6.50
Smoked Salmon (Cucumber, Sour Cream, Green Onions, Onions)	\$12.50/\$6.50
Meatball (V) (Veggie meatballs, Cheese, Tomato sauce)	\$12.50/\$7
Turkey (Turkey slices, Avocado, Tomato, Parmesan, French vin.)	\$10.50/\$6.50
Vegan Burger (Vegan patty, Avocado, Tomato, Spinach, Cilantro)	\$10

Breakfast & Brunch Served All Day, Every Day!

The Brunch Special (2 eggs any way, Bacon, Roasted Potatoes, Avocado, Cilantro)	\$12
The Vegan Brunch (Quinoa, Beans, Shitake Mushrooms, Avocado, Green Onions, Lemon vin.)	\$11
The Vegan Scramble (Scrambled turmeric Tofu, Onions, Tomatoes, served with sauteed Spinach, Potatoes, Sunflower seeds)	\$12
Morning Bowl (Spinach, cheesy scrambled Eggs, Bacon, Corn, Jalapeños, Avocado, Cilantro, Balsamic vin.)	\$12
Omelette (3 organic Eggs + Choose up to 3 ingredients for the Create your Own menu)	\$5+
Egg Sandwich (Toasted GF Bread, sunny side up Egg, Bacon, Spinach, Tomato, Cilantro vin.)	\$10
Make it Vegan! with scrambled Tofu & Mushrooms	
Breakfast Wrap (Spinach, cheesy scrambled Eggs, Beans, Avocado, Cilantro, Spicy Mayo)	\$10
Super Burrito (Brown Rice, scrambled Eggs, Bacon, Beans, Parmesan, Mozzarella, Tomato, Spicy Mayo)	\$12

Pick: Whole Wheat Wrap
Spinach Wrap

Desserts

Peanut Butter Toast (with banana and cinnamon)	\$6	Nutella Toast (with strawberries and coconut flakes)	
Chia Pudding* (chia seeds, almond milk, granola, berries)	\$8	Fruit Cup	\$8

& a Wide selection of sugar-free, gluten-free, vegan desserts from our partners!

Create your own Acai or PITAYA BOWL! \$5 Base Price + Toppings

1) Acai (Banana, Coco water)	OR	Pitaya (Mango, Almond Milk)	
2) Add Fruit Toppings: +\$1/each		3) Add Goodies! +\$1/each	
Strawberries	Mango	Granola* GF	Almonds
Blueberries	Pineapple	Chia seeds	Almond Butter +\$.50
Cranberries	Kiwi	Coconut flakes	Peanut Butter
Goji Berries+\$.50		Honey	Nutella
			Matcha +\$.50
			Wheatgrass
			Spirulina
			Maple Syrup

Juices & Smoothies

Expressed Juices: Ask us about our current Flavors!	\$7.50
Green Goddess (Spinach, Pineapple, Lemon, Spirulina, Almond Milk)	\$10
Pink Dragon (Dragonfruit, Pineapple, Lemon, Almond Milk)	\$8.50
Pina Smoothie (Pineapple, Banana, Almond Milk)	\$8
Acai Smoothie (Acai, Banana, Coconut Water, Peanut Butter)	\$8.50
Choco Dream (Nutella, Banana, Almond Milk, Almond Butter)	\$10
Rise Up (Espresso, Banana, Chia seeds, Peanut Butter, Almond Milk)	\$10
Matcha Latte (Matcha powder, Almond Milk, Honey)	\$6
Tropical Garden (Avocado, Strawberries, Mango, Basil)	\$8.50
Sugar Boost (Strawberries, Banana, Mango, Wheatgrass)	\$8
Berry Blast (Strawberries, Blueberries, Cranberries, Coconut Water)	\$9
Strawberry & Banana Smoothie	\$6
Strawberry & Guava Smoothie	\$7

Pimp your Smoothie! +\$.50/ingredient
Add: Peanut Butter, Nutella,
Chia seeds, Almonds
Wheatgrass, Spirulina, Matcha +\$1
Honey, Ginger
Almond Butter +\$.1
Protein powder +\$1.50

Tasty, Fast, made with Love



WEEKLY SPECIALS!
Mondays 50% OFF ALL SMOOTHIES
Tuesdays \$6 ALL PASTAS
Wednesdays \$8 ALL FULL SANDWICHES
Taco Thursdays any 3 Tacos for \$10
Weekly Meal Plans starting at \$55/week
 now offering **Family-sized Meals!**

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We vow to only serve non-GMO, preservative free, high-quality & all-natural ingredients, organic as possible: only simple ingredients made simply delicious!

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