

FLORA

EXECUTIVE CHEF FABIO DELGADO

BREAKFAST - MON-FRI 8 AM - 12 PM

5580 NE 4TH CT #4B, MIAMI, FL 33137

FRESH FRUIT SALAD 12

AÇAÍ BOWL 15

Blended açai with guarana, coconut water, and mango, topped with granola, dragon fruit, banana, strawberries, and toasted coconut

TROPICAL YOGURT BOWL 15

Coconut yogurt with granola, dragon fruit, mixed berries, banana, and chia

PEACH BERRY PARFAIT 18

Banana-mascarpone and vanilla yogurt, berry compote, poached peaches, raspberries, strawberries, granola

BACON EGG & CHEESE 23

2 over medium eggs, pork bacon, white cheddar, spicy honey mustard, everything brioche bun

Served with roasted potatoes or mixed greens

HAM & CHEESE SANDWICH 22

Two over medium eggs, Black Forest ham, mustard & chipotle-guava aioli, cheddar, stirato bread

choice of roasted potatoes or salad

Substitute for turkey +2

BREAKFAST SANDWICH 24

Sourdough, scrambled eggs, chipotle aioli, pine nut pesto, spinach, avocado, mozzarella

Served with roasted potatoes or mixed greens

HUEVOS PERICOS 22

Three scrambled eggs with tomato and green onion, Colombian cheese arepa, sorrel, micro cilantro, pea tendrils, radish

Add avocado +5

PROTEIN SCRAMBLE 23

Scrambled eggs, shiitake mushrooms, green onion, spinach, fresh mozzarella, torched avocado, Okinawa purple sweet potato with chimichurri and caramelized onions, aromatic herb breadcrumbs

Substitute Egg whites +3

AVOCADO & GREEN PEA TOAST 21

Multigrain toast, poached egg, cotija, cherry tomato, charred corn, radish, chili flakes

SMOKED SALMON TOAST 24

Sourdough with lemon-herb ricotta, smoked salmon, crispy capers, shallot, cucumber, tomatoes, radish, everything seasoning

BACON SCRAMBLE BOWL 21

Scrambled eggs, bacon, corn, parmesan, avocado, chives, mixed greens

Add toast +4

SUNRISE BREAKIE BOWL 22

Two sunny-side-up eggs, grilled halloumi, avocado, multigrain toast

SALMON BOWL 24

Wild smoked salmon, boiled egg, avocado, shaved fennel and celery salad, heirloom tomatoes, cucumber, dill, pickled onions, sesame seeds, Rosato balsamic

GREEN BOWL 24

scrambled eggs, baby creamer potatoes with sweet peppers and caramelized onions, salsa verde, avocado with black and white sesame seeds, mixed greens with oregano dressing, quinoa salad with cucumber and baby heirloom tomatoes

Add Smoked Salmon +8

sides

Toast	4	Smoked Salmon	8
multi-grain or sourdough		Bacon	6
Half avocado	5	Turkey Bacon	6
Two free range eggs	7	Halloumi	6
Side salad	6		
Roasted potatoes	8		
Colombian arepas	9		
handmade, three pieces per order			

All proteins are responsibly sourced, and all eggs are free-range. Please inform your server of any food allergies or dietary restrictions before ordering. Consuming raw or undercooked eggs, meats, or seafood may increase the risk of foodborne illness. A 20% service charge is added to parties of six or more.

NATURAL JUICES

Freshly pressed to order, every time.

WELLNESS SHOT 5	CREATE 13
Ginger, turmeric, lemon, agave	Cucumber, celery, spinach, lemon, ginger
ORANGE JUICE 9	LEARN 13
APPLE JUICE 9	Watermelon, strawberry, lime, mint
AMOR 11	REVITALIZE 13
Beet, orange, carrot	Pineapple, ginger, yuzu, turmeric, coconut water
REFLECT 11	EXPLORE 13
Apple, celery, ginger, spinach	Pineapple, apple, kale, lemon, jicama, yuzu
CONNECT 12	
Pineapple, melon, yuzu	
GROW 12	
Pineapple, cucumber, celery, lemongrass, spirulina	

SMOOTHIES

Add vegan protein +3

MANGO TREE 13	OCEAN BREEZE 14
Mango, pineapple, spinach, avocado, coconut yogurt, coconut water, agave	Strawberry, peach, pineapple, banana, blue spirulina, coconut yogurt, coconut water, avave
PINK ISLAND 13	PARADISE GREENS 13
Raspberry, strawberry, guanábana, coconut yogurt, chia, coconut water, agave	Passionfruit, spinach, mango, coconut yogurt, coconut water, agave
BERRY VITALITY 13	MONKEY FOREST 13
Mixed berries, açai, coconut yogurt, coconut water, agave	Peanut butter, almond butter, banana, almond milk, agave
SUN-KISSED 13	Add espresso shot +3.5
Papaya, pineapple, banana, mango, strawberry, fresh orange juice, agave	

COFFEE DEVOCIÓN

Proudly Serving Devoción Coffee from Colombia

ESPRESSO 4.5	LATTE 6.5
AMERICANO 5	VANILLA LATTE 7
MACCHIATO 5	COLD BREW 6.5
CAPPUCCINO 6	CAFÉ MOCHA 7.5

Add house made vanilla syrup +.50

TEAS & TONICS

FLORA WELLNESS TONIC 7	
Ginger Turmeric Lemon Agave	
ORGANIC TEA 5.5	
Chamomile Or Peppermint (Decaf) Green Jasmine (Caffeinated)	
MATCHA LATTE 8	
Japanese Marukyu Koyamaen Stone Mill, ceremonial-grade matcha	
CHAI LATTE 8	
Minor Figures - organic black tea, cinnamon, ginger, cardamom.	
GOLDEN TURMERIC LATTE 8	
Organic Turmeric Root Dates Cardamom Ashwagandha Vanilla Bean Black Pepper	

MIMOSAS

ORANGE MIMOSA 15
Fresh Pressed Orange Cava
WATERMELON MIMOSA 16
Fresh Pressed Watermelon Strawberry Lime Mint Cava
PASSIONFRUIT MIMOSA 16
Chinola Passion Fruit Liqueur Cava
MANGO MIMOSA 16
Chinola Mango Liqueur Cava

BEERS

CLUB COLOMBIA 9
Golden Lager Colombia
PACIFICO CLARA 9
American Style Lager Mexico
ALHAMBRA RESERVA 1925 9
Euro Strong Lager Spain
SAM ADAMS' JUST THE HAZE 7
Non-Alcoholic IPA USA

ON DRAFT

ISLANDER 9
Lager Magic 13 Brewing Co. Miami, FL

FLORA