



EXECUTIVE CHEF FABIO DELGADO

LUNCH - MONDAY TO FRIDAY 12 PM - 4 PM

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

FRESH FRUIT SALAD	12
FLORA CORN ELOTE	14
<i>Grilled Corn Cob, Sour cream, chimichurri, chipotle-guava and long-hots aioli, cotija, paprika crumbs</i>	
CAESAR SALAD	22
<i>Baby gem lettuce, Caesar dressing, boiled egg, Parmesan, avocado, focaccia croutons</i>	
<i>Add Chicken +8</i>	
CORN SALAD	23
<i>Lolla rossa and frisée, corn, Brussels sprouts, cherry tomatoes, avocado-tahini cream, queso fresco, jalapeño-passion fruit dressing, aromatic breadcrumbs</i>	
<i>Add Chicken +8</i>	
MEDITERRANEAN SALAD	23
<i>Frisée and kale with oregano dressing, topped with carrots, cucumber, heirloom tomatoes, queso fresco, black olives, avocado, mint, watermelon radish, red onion, and puff pastry crackers</i>	
<i>Add Chicken +8</i>	
GREEN BOWL	24
<i>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</i>	
<i>Add Smoked Salmon +8</i>	
SWEET POTATO BOWL	24
<i>Poached egg, queso fresco, Okinawa purple sweet potatoes, cilantro-lime rice, red beans, avocado-pea spread, pico de gallo, jitomate sauce, chimichurri, pickled onions, and micro cilantro.</i>	
CHICKEN SKEWER BOWL	25
<i>Cilantro-lime wild rice, grilled chicken skewer, chimichurri, tomato salsa, torched avocado, broccolini, watermelon radish, micro cilantro</i>	
<i>*Vegan option available*</i>	
ROPA VIEJA BOWL	28
<i>Juicy shredded beef, cilantro-lime rice, red beans, avocado, and smashed fingerling potatoes with sweet peppers and onions</i>	

TRUFFLE GRILLED CHEESE & TOMATO BISQUE	23
<i>Creamy tomato and fennel soup served with sourdough grilled cheese, truffle gouda, cheddar, tomato, and truffle butter</i>	

AVOCADO & GREEN PEA TOAST	21
<i>Multigrain toast, poached egg, cotija, cherry tomato, charred corn, radish, chili flakes</i>	

SMOKED SALMON TOAST	24
<i>Sourdough with lemon-herb ricotta, smoked salmon, crispy capers, shallot, cucumber, tomatoes, radish, everything seasoning</i>	

MUSHROOM & FONTINA SANDWICH	24
<i>shiitake and king oyster mushrooms, fontina cheese, avocado, tomato, cucumber, piquillo peppers, mixed greens, horseradish aioli, multigrain bread</i>	
<i>Choice of roasted potatoes or salad</i>	

CHICKEN PESTO SANDWICH	23
<i>Grilled chicken breast, fresh mozzarella, confit tomatoes, arugula, pine nut pesto, and stirato bread</i>	
<i>Choice of roasted potatoes or salad</i>	

STEAK SANDWICH	28
<i>Grilled sirloin steak, fontina cheese, avocado, mojo onions, mixed greens, jalapeño tartar, and stirato bread.</i>	
<i>Choice of roasted potatoes or salad</i>	

VEGGIE BURGER	23
<i>plant-powered patty, cheddar, caramelized onions, chipotle-guava aioli, mixed greens, heirloom tomato, brioche bun served with roasted potatoes</i>	

Add Egg +4 | Avocado +5 | Halloumi +6

THE HOUSE DOUBLE BURGER	29
<i>Double beef patties topped with bacon, white cheddar, mixed greens, tomato, and caramelized onions on a brioche bun.</i>	
<i>Choice of roasted potatoes or salad</i>	

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	Chicken	8
Roasted potatoes	8		
Colombian arepas	9		
<i>handmade, three pieces per order</i>			

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