

Pied à Terre

CREATE \$13.00

Healthy choices



Our pokes are made with top quality ingredients, fresh vegetables, and home-made sauces, combined into wholesome meals.

- CEREAL - (2 MAX)

- Quinoa
- Buckwheat
- Bulgur
- Sweet Organic Black Rice
- Brown Rice
- Basmati White Rice

- LEGUMES - (2 MAX)

- Chickpeas
- Black Beans
- Lentils
- Peas
- Pinto Beans

- VEGETABLES - (3 MAX)

- Green Mixed
- Tomato cherry
- Cucumber
- Avocado
- Red Onion
- Jalapeños
- Mushroom
- Carrots
- Red Cabbage
- Daikon
- Kale
- Black Olive
- Snap Peas
- Snow Peas
- Scallions
- Spinach
- Fresh Nopal
- Okra
- Broccoli
- Romaine Lettuce

- CHOICE SAUCE - (choose 1)

- Spicy Mayo
- Veggie Mayo
- Chipotle Mayo
- Japanese Teriyaki
- Ginger Misso Dressing
- Cilantro Wasabi
- Regular Vinaigrette




ORDER NOW

+1 (305) 672-6688
(305) 531-4533

+ ADD FISH PROTEIN

- Salmon or Tuna...\$7.00



PICKUP HERE  **Address:** 1701 James Ave, Miami Beach, FL 33139

Pied à Terre

SUGGESTIONS

EDAMAMI BOK CHOY BOWL \$14.50

With Buckwheat, organic Edamame Spaghetti, Soybean mushrooms, zucchini, jalapeños, ginger and decorated with Peas.



PASTA PRIMAVERA \$12.50

Linguine – Leeks and fresh tomato sauce, garlic, oregano and dry red pepper.



HOUSE PASTA \$14.50

Rigatoni - With Goat Cheese, thyme, Julienne zucchini and roasted pistachio.



GENOVESE PESTO \$14.50

Fettuccine - Spinach, green sauce, basil, parsley, olive oil, parmesan cheese decorated with pine nuts.



Pied à Terre

SIGNATURE

Spinach x2
PIZZA \$11.50



Artisan dough and gratinated with
– Parmesan Cheese



Tacos x3



OVEN ROASTED COLIFLOWER \$10.50

Yum Yum Sauce, Avocado with Chipotle
and Pome Granate.



Wrap

BLACK BEANS \$12.00

With roasted Okra, Romaine lettuce
Scallions, Fresh Tomato Sauce.



Lehmeyun x2
SPINACH \$12.50



Onions and Feta cheese Filling.
Served with Hummus, Cacik Sauce (Mixed
– cucumber in Greek yogurt) Baba Ganoush
and fresh dry mint.



Pied à Terre

DRINKS

Hibiscus Tea \$3.25



Tamarind Water \$3.25



Kombucha \$4.50
(Coffee)



Non-alcoholic

Soda (Coca-Cola line) ... \$5
Canadian Dry ... \$5
Evian Water ... \$3
St. Pellegrino ... \$5

Beers

Heineken ... \$7
Stella Artois ... \$7
Corona ... \$6

Wines

JP. Chenet ... \$27
Mezain Bordeaux ... \$27
Chateau de Montmal...\$27
Ugaba ... \$50