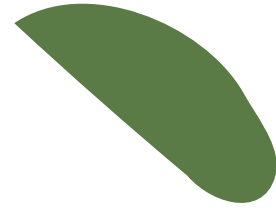




***miami***

**edition 2022**



*Welcome home!*

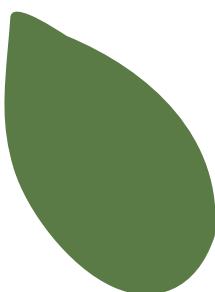
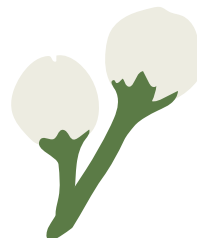
*Through quality food and coffee we have the mission of  
improving the world person by person day by day.*

*We are convinced that homemade food nourishes  
the heart and comforts the soul.*

*At OL'DAYS we respect every ingredient, celebrate everyone  
behind the creation of our food and are committed  
to giving back.*

*Lets share some love!*

OL'DAYS  
FARM  TABLE



# coffee o'clock

## COFFEE

	Single	Double
ESPRESSO	3	4
AMERICANO		4
AMERICANO w/ milk		4.5
CORTADO	3.75	
FLAT WHITE		5
MACCHIATO		4
LATTE	4.5	5.5
FLAVORED LATTES	5	6
Hazelnut, Caramel, Coconut, Vanilla		
HOT CHOCOLATE	4.5	5.5
CAPUCCINO	5	
MOCHA	5	6
WOW CHOCO		6.8

## BREWING BAR

Coffee of the month

FRENCH PRESS / CHEMEX / V-60

## ICED LATTES

Hazelnut, Caramel, Coconut, Vanilla

## TEAS & INFUSIONS

Iced or Hot

## GINGER & CARROT

Herbal blend. Ginger, turmeric & galangal. Sweet and spicy.

## JASMINE PEARLS

Hand rolled tea leaves, green tea. Delicate and aromatic.

## ROYAL FRUITS

Hibiscus, papaya and currant. Sweet and aromatic.

## ORGANIC BLACK TEA

## CHAI LATTE

## TEA LATTE

6

6.5

4.5

4.5

6

5

## Ethiopia

Shantawene Village, Sidamo.

This wonderful arabic coffee from the Sidamo region is grown at 1900-2300 masl. and thru a very loving, caring and extremely handmade process gets its complex flavour of berries, lemon, milk, chocolate and lavender. You should expect a creamy body, floral aroma and juicy acidity.

Enjoy!

TAKE IT  
HOME



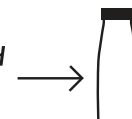
16oz.

PSS!

We also have a very good DECAF!

## ⑤ Fresh Almond & Oat Milk

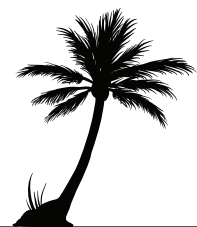
MADE FRESH  
EVERY DAY!



## coffee to go



8 oz. 16 oz.



+

## MATCHA LATTE

## MATCHA ICED LATTE

## COLD BREW BLACK

## COLD BREW WHITE

5.5

6

6

6.5

# pastry & sweets

GRANDMA'S SCONE	4.5	COCONUT & DDL ALFAJOR	4.5
CHIPA BASKET (CHEESE BREAD)	6	LEMON POUND CAKE	6
VEGAN BANANA BREAD	7	PEANUT BUTTER COOKIE	4
OATS & RAISINS COOKIES	4	CINNAMON ROLL ♡	5
CROISSANT	4	CROISSANT w/ HAM & GRUYERE	8

## CHOCO CAKE

Filled with dulce de leche and mousse.

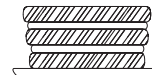
10



## CARROT CAKE

Filled with cream cheese

10



## HAPPY HOUR NIGHT MENU

Special prices  
4:00 to 7:00 pm / Monday - Friday

*Brunch*  
**All day, everyday!**

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

An 18% service charge will be added to all checks

# ihello world!

## ALL DAY BREAKFAST

### SUNRISE

Toast, cream cheese, house marmelade, brie cheese, fresh fruits and and nuts.

14

### \* WAFFLES or PANCAKES

① With maple syrup, coconut cream and fresh fruits.

15

### FRENCH TOAST

With maple syrup and fresh fruits.

16

### BREAD BASKET

With cream cheese and house marmalade.

7

### CHAMP-PANCAKES

Oats and yogurt pancake filled with mashed banana and coconut flakes on top. Served with fresh fruits and honey.

14

### ANY STYLE EGGS

Your choice of eggs: poached, scrambled or fried. Served with country potatoes and bread.

13

Organic bacon	+ 3.5
(!) Smoked Salmon	+ 7.5
Avocado	+ 3.5
Vegetables	+ 1 (each)
Cheese	+ 2

### ① AVOCADO TOAST

13

(!) Poached egg	+ 2
Hummus	+ 1
(!) Smoked Salmon	+ 7.5
Organic bacon	+ 3.5

## The Conscious Bar

12

Locally handcrafted chocolate in small batches using two delicious superfoods: Organic Cacao & Organic Dates Stacked with Antioxidants, Fiber & Micronutrients.

\* ①



pick up breakfast  
Order thru the app!

## YOGURT

### HOMEMADE YOGURT

13

With homemade granola,  
fresh fruits and agave.

①

### COCONUT YOGURT

13

With homemade granola,  
fresh fruits and agave.

## → FRESH ← FRUIT BOWL

7

### ① SMOOTHIE BOWLS

Raw-Vegan / No sugar added

### ACAÍ BOWL

With homemade granola and fresh fruits

13.5

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

(!)

# drinks

Our drinks are 100% natural and made in-house

## ⑤ VERY REFRESHING

### GLASS LEMONADE

Mint and ginger / Coconut

6

### JAR LEMONADE

Mint and ginger / Coconut

11

### AGUA DE JAMAICA

Hibiscus flower

8

### ORANGE JUICE

6

### MATCHA LEMONADE

7

### ICED TEA

4.5

## ⑤ COLDPRESSED JUICES

### SUNSHINE

Carrot, orange, ginger, apple, lemon.

11

### TIME MACHINE

Spinach, cucumber, celery, apple, lemon.

11

### FOREVER YOUNG

Pineapple, turmeric, apple, lemon.

11

### CELERY JUICE

Celery, lemon and apple.

11

### MORNING GLORY

Grapefruit, ginger and lemon.

11

### THE SHOT

Ginger, pineapple and lemon.

5

## glasses & pitchers

### MIMOSA

11

### MIMOSA

47

### PROSECCO

10

### ROSSINI

45

### ROSSINI

10

### BELLINI

45

### BELLINI

10

### WHITE SANGRIA

36

### WHITE SANGRIA

12

### RED SANGRIA

36

### RED SANGRIA

12



VERO WATER, the purest you can find in Miami! 1\$ per table so you can enjoy still water as much as you want!

# eat

## START OR ADD

⑤ ROASTED BRUSSEL SPROUTS	11	⑤ HUMMUS	10
Served with sweet corn puree.		Served with pita bread.	
* TAPIOCA BITES	9	* POLENTA	10
Served with spicy honey.		Creamy polenta with king mushrooms.	
⑤ GUACAMOLE	13	GOLDEN AREPA	14
Served with pita bread.		Corn arepa with farm cheese and salad.	

## SALADS & BOWLS

* PATAGONIA	20	CHICKEN & PARMESAN SALAD	17
(!) Smoked salmon, greens, poached egg, avocado, beets and dill dressing.		Organic chicken, parmesan cheese, croutons and tuna dressing.	
⑤ BUDDHA BOWL	16	⑤ QUINOA RAINBOW	15
* Wild quinoa, adzuki beans, tomatoes, seeds, sauteed spinach in kiwi vinaigrette, roasted hummus duo, goji berries and cashews.		* Wild quinoa, corn, red onions, avocado, pumpkin seeds, tomatoes, roasted carrots, arugula and orange vinaigrette.	
FAL iAH! FEL	17	Organic chicken + 6	
Vegan falafels with quinoa tabouleh, carrot dip, hummus, cucumber, arugula, avocado and vegan tzaziky.		Organic poached egg + 2	
		PUMPKIN & CINNAMON SOUP	9

## SANDWICHES & BURGERS

(!) SALMON BRIOCHE	16	SHORT RIB BUN	19
Smoked salmon, capers cream, avocado, and arugula.		Slow cooked, grass fed short rib, pickled onions, arugula and aioli. Served with yuca.	
(!) WAGYU BURGER	19	⑤ VEGAN BURGER	17
Homemade burger in brioche bun with lettuce, tomatoe, sweet onions and cheese. Served with yuca and our secret sauce.		Our lentil burger with homemade ketchup, vegan cheddar, carrots, sweet onions and beet hummus. Served with yuca.	
CHICKEN POCKET SANDWICH	16	HAM & GRUYERE	11
Organic roasted chicken on whole wheat pita bread with avocado and parmesan cheese.		Brioche or multigrain bread.	
		Avocado + 3.5	
		Heirloom tomatoes + 1	

An 18% service charge will be added to all checks

# eat

## WRAPS, BURRITOS & FAJITAS

### VEGAN BURRITO

Whole wheat tortilla, wild quinoa, hummus, arugula, roasted carrots, corn, avocado, tomatoes and seeds.

16

### FRESH CORN TACOS

Chicken taquitos (3) with vegan coleslaw, cream cheese and sweet onions.

14

### CHICKEN WRAP

Organic chicken, spinach, roasted carrots, mushrooms, cream cheese and sweet onions.

18

### QUESADILLAS RANCHERAS

Whole wheat tortilla, cheese, roasted carrots, sweet onions, mashed black beans, guac, and fresh pico de gallo.

15

Organic Chicken + 6  
Short Rib + 7

## MAINS

### ORGANIC ROASTED CHICKEN

With butternut squash puree, tabouleh, hummus and arugula.

23

### VEGAN RISOTTO

Wild rice and seasonal veggies with vegan parmesan cheese.

18

### BRANZINO

With heirloom tomatoes salad and quinoa tabouleh.

28

### FALAFEL BOWL

Vegan falafels with quinoa tabouleh, carrot dip, hummus, cucumber, arugula, avocado and vegan tzatziki.

17

### \* GRASS FED SHORT RIBS

Slow cooked short rib with mashed country potatoes and organic brocolini.

34

### \* GRILLED SALMON

With fresh greens salad, roasted carrots and beet hummus.

27

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## SIDES

### ROASTED VEGGIES

8

### YUCA

6

### POACHED EGG

2

### WILD RICE

6

### COUNTRY POTATOES

6

### FRIED EGGS

3.75

### FRESH FRUIT BOWL

7

### SCRAMBLED EGGS

5.5

### SMOKED SALMON

7.5

### HUMUS

5

### GUACAMOLE

5

### AVOCADO

3.5

VEGAN



Let us know if you have any food allergies, diet restrictions or anything we should have in mind when preparing your food.

Thanks!



\*Shared kitchen. We do everything to avoid cross contamination but be advised that our kitchen uses ingredients containing wheat, tree nuts, peanuts, milk and eggs.



# wine

	Glass	Bottle
<b>FORGET ME NOT, SPRING SEED - SEMILLON/SAUVIGNON BLANC</b> 2017, McLaren Vale, Australia.	12	53
<b>FINCA EL PERAL - CHARDONNAY</b> 2015, Uco Valley, Mendoza, Argentina	12	38
<b>IL NIDO - PINOT GRIGIO</b> 2017, Veneto, Italia.	12	36
<b>MONTE XANIC - SAUVIGNON BLANC</b> 2019, Valle de Guadalupe, Mexico.	13	53
<hr/>		
<b>ALES ROSES, TERRA REMOTA - RED GRENACHE</b> 2018, Catalunya, Spain.	13	48
<b>TRUFFLE HOUND, UNICO ZELO - BARBERA/NEBBIOLO</b> 2017, Clare Vale, Australia.		62
<b>ORGANIC SCARLET RUNNER SHIRAZ, SPRING SEED</b> 2016, McLaren Vale, Australia.		59
<b>E-CLASS - MALBEC</b> 2020, Lujan de Cuyo, Mendoza, Argentina.	13	46
<b>ALBAFLOR - CABERNET SAUVIGNON</b> 2017, Valle de Uco, Mendoza, Argentina.	13	55
<b>MONTE XANIC - CABERNET SAUVIGNON MERLOT</b> 2018, Valle de Guadalupe, Mexico.	14	62
<hr/>		
<b>ROSE S'IL VOUS PLAÎT GLASS - ROSE MIMOSA</b> France.	12	48
<b>ALLEGRO ROSE, BEDIN - FRIZZANTE MERLOT</b> 2017, Valle de Uco, Mendoza, Argentina.		42

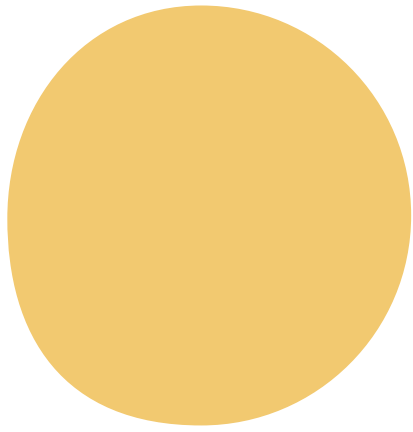
# beer

**LA RUBIA**  
**LACES IPA**

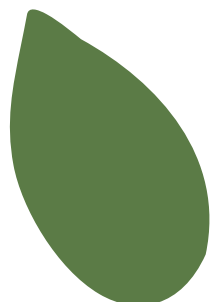
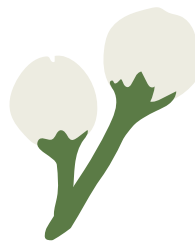
8  
8

**FUNKY BUDDHA**  
**DOGFISH 90MM IPA**

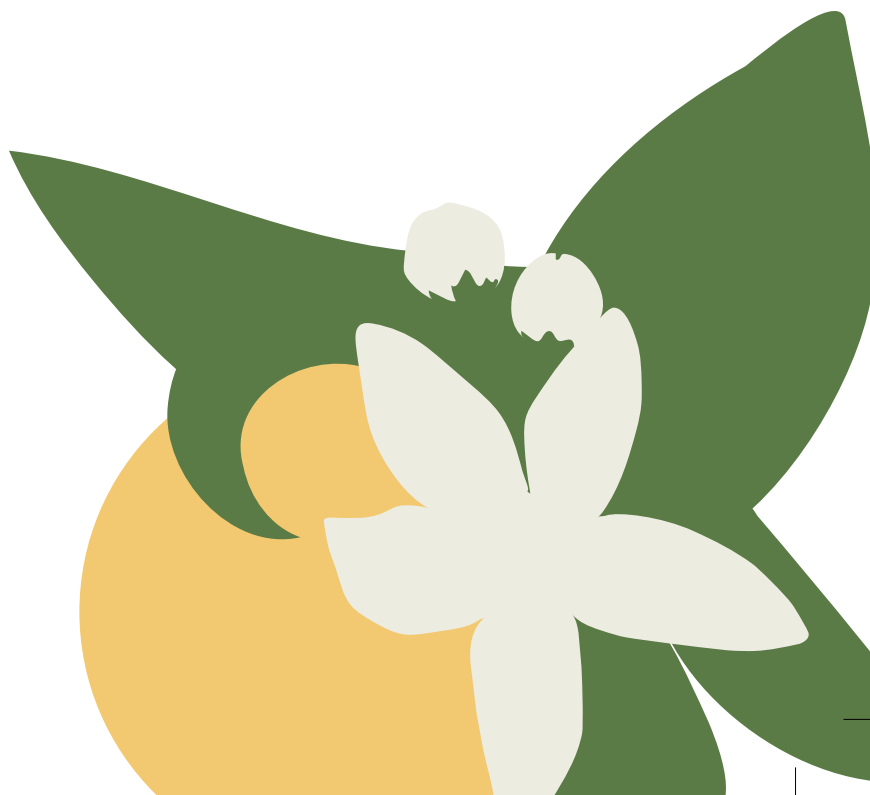
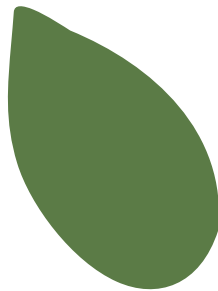
8  
11

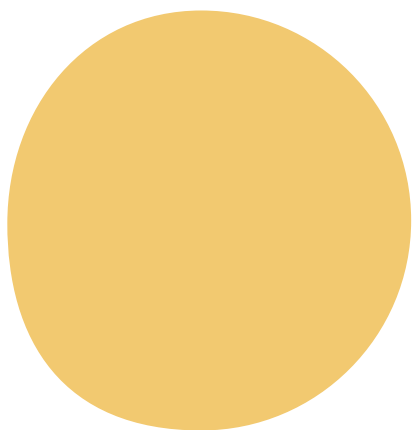


WE LOVE OUR FOOD AND TRULY  
RESPECT OUR INGREDIENTS,  
THATS WHY WE BUY FROM LOCAL  
FARMS AND PREPARE EVERYTHING  
FRESH EVERYDAY



## FOLLOW US!





OLDAYS

FARM TO TABLE

ESTD 2014

