



OLDAYS

FARM TO TABLE

ESTD 2014

one good thing!



New York
Miami
Buenos Aires

@oldaysUSA

pick up & delivery
Order thru the app!

all day breakfast

SUNRISE

TOAST, CREAM CHEESE, HOUSE MARMELADE, BRIE CHEESE, FRESH FRUITS AND AND NUTS.

WAFFLES or PANCAKES * ⑤

WITH MAPLE SYRUP, COCONUT CREAM AND FRESH FRUITS.

BUTTERMILK PANCAKES

WITH ORANGE INFUSED SYRUP, BUTTER AND BERRIES.

FRENCH TOAST

WITH MAPLE SYRUP AND FRESH FRUITS.

BREAD BASKET

WITH CREAM CHEESE AND HOUSE MARMALADE.

CHAMP-PANCAKES

OATS AND YOGURT PANCAKE FILLED WITH MASHED BANANA AND COCONUT FLAKES ON TOP. SERVED WITH FRESH FRUITS AND HONEY.

ANY STYLE EGGS

YOUR CHOICE OF EGGS: POACHED, SCRAMBLED OR FRIED. SERVED WITH COUNTRY POTATOES AND BREAD.

ORGANIC BACON	+ 3.5
(!) SMOKED SALMON	+ 7.5
AVOCADO	+ 3.5
VEGETABLES	+ 1 (each)
MUSHROOM	+ 2.5
CHEESE	+ 2

FRESH FRUIT BOWL

AVOCADO TOAST ⑤

(!) POACHED EGG	+ 2
(!) SCRAMBLED EGG	+ 2.5
HUMMUS	+ 1
(!) SMOKED SALMON	+ 7.5
ORGANIC BACON	+ 3.5

ACAÍ BOWL ⑤

WITH HOMEMADE GRANOLA, FRESH FRUITS AND COCONUT FLAKES.

YOGURT

With homemade granola, fresh fruits and agave.

HOMEMADE YOGURT

13

COCONUT YOGURT ⑤

13

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

VEGAN

⑤

GLUTEN FREE

*

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

An 18% service charge will be added to all checks

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	6.5
HAZELNUT, CARAMEL, COCONUT, VANILLA	

MATCHA LATTE	5.5
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MATCHA ICED LATTE	6
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MATCHA RASPBERRY LATTE	7
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COLD BREW BLACK	6.5
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COLD BREW WHITE	6.5
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TEAS & INFUSIONS	4.5
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	4.5
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CHAI LATTE	6
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TEA LATTE	5
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FRESH ALMOND MILK - MADE FRESH EVERY DAY!

We also have a very good DECAF! ←

→ & COFFEE TO GO

Brunch
All day, everyday!



start or add



ROASTED BRUSSEL SPROUTS (V)

SERVED WITH SWEET CORN PUREE.

TAPIOCA BITES *

SERVED WITH AGAVE AND SPICY HONEY.

GUACAMOLE (V)

SERVED WITH PITA BREAD.

COLIFLOWER

GRILLED COLIFLOWER WITH BRIE CHEESE SERVED OVER CARROT HUMMUS, HONEY AND PUMKIN SEED.

HUMMUS (V)

SERVED WITH PITA BREAD.

POLENTA *

CREAMY POLENTA WITH KING MUSHROOMS.

GOLDEN AREPA

CORN AREPA WITH FARM CHEESE AND SALAD.

handhelds

SALMON BRIOCHE (I)

SMOKED SALMON, CAPERS CREAM, AVOCADO, AND ARUGULA.

WAGYU BURGER (I)

HOMEMADE BURGER IN BRIOCHE BUN WITH LETTUCE, TOMATO, SWEET ONIONS AND CHEESE. SERVED WITH YUCA AND OUR SECRET SAUCE.

CHICKEN POCKET SANDWICH

ORGANIC ROASTED CHICKEN ON WHOLE WHEAT PITA BREAD WITH AVOCADO, CREAM AND PARMESAN CHEESE.

SHORT RIB BUN

SLOW COOKED, GRASS FED SHORT RIB, PICKLED ONIONS, ARUGULA AND AIOLI. SERVED WITH YUCA.

VEGAN BURGER (V)

OUR LENTIL BURGER WITH HOMEMADE KETCHUP, VEGAN CHEDDAR, CARROTS, SWEET ONIONS AND BEET HUMMUS. SERVED WITH YUCA.

HAM & GRUYERE

BRIOCHE OR MULTIGRAIN BREAD.

AVOCADO	+ 3.5
HEIRLOM TOMATOES	+ 1

CHICKEN WRAP

ORGANIC CHICKEN, SPINACH, ROASTED CARROTS, MUSHROOMS, CREAM CHEESE, FARM CHEESE AND SWEET ONIONS.

QUESADILLAS RANCHERAS

WHOLE WHEAT TORTILLA, CHEESE, ROASTED CARROTS, SWEET ONIONS, MASHED BLACK BEANS, GUAC, AND FRESH PICO DE GALLO.

ORGANIC CHICKEN	+ 6
SHORT RIB	+ 8

VEGAN BURRITO

WHOLE WHEAT TORTILLA, WILD QUINOA, HUMMUS, ARUGULA, ROASTED CARROTS, CORN, AVOCADO, TOMATOES, ONIONS AND SEEDS.

salads & bowls

PATAGONIA * (I)

SMOKED SALMON, GREENS, POACHED EGG, AVOCADO, BEETS AND DILL DRESSING.

BUDDHA BOWL (V) *

WILD QUINOA, ADZUKI BEANS, TOMATOES, SEEDS, SAUTEED SPINACH IN KIWI VINAGRETTE, ROASTED HUMMUS DUO, GOJI BERRIES AND CASHEWS.

FAL İAHİ FEL BOWL *

VEGAN FALAFELS WITH QUINOA TABOULEH, CARROT DIP, HUMMUS, CUCUMBER, ARUGULA, AVOCADO AND VEGAN TZAZIKY.

CHICKEN & PARMESAN SALAD

ORGANIC CHICKEN, PARMESAN CHEESE, CROUTONS AND TUNA DRESSING.

QUINOA RAINBOW (V) *

WILD QUINOA, CORN, RED ONIONS, AVOCADO, PUMPKIN SEEDS, TOMATOES, ROASTED CARROTS, ARUGULA AND ORANGE VINAGRETTE.

ORGANIC CHICKEN	+ 6
ORGANIC POACHED EGG	+ 2
SALMON	+ 11

mains

ORGANIC ROASTED CHICKEN *

WITH BUTTERNUT SQUASH PUREE, TABOULEH, HUMMUS AND ARUGULA.

VEGAN RISOTTO *

WILD RICE AND SEASONAL VEGGIES WITH VEGAN PARMESAN CHEESE.

BRANZINO *

WITH HEIRLOM TOMATOES SALAD AND QUINOA TABOULEH.

GRASS FED SHORT RIBS *

SLOW COOKED SHORT RIB WITH MASHED COUNTRY POTATOES, PEPPERS AND ORGANIC BROCOLINI.

GRILLED SALMON *

WITH FRESH GREENS SALAD, ROASTED CARROTS AND BEET HUMMUS.

PUMPKIN SOUP (V)

LENTIL SOUP (V)

sides

ROASTED VEGGIES

WILD RICE

FRESH FRUIT BOWL

HUMUS

YUCA

COUNTRY POTATOES

SCRAMBLED EGGS

GUACAMOLE

POACHED EGG

FRIED EGGS

SMOKED SALMON

AVOCADO

21

16



17

18

15

18

20

16

20

17

11

19

16

17

23

18

28

34

27

10

13

8

6

9

5

6

6

5.5

5

2

3.75

7.5

3.5

beverages

MINT & GINGER LEMONADE	6 / 11
COOL LEMONADES	7 / 12
MATCHA / COCONUT / RASPBERRY	
AGUA DE JAMAICA	8
HIBISCUS FLOWER	
ORANGE JUICE	6
ICED TEA	5

cold pressed

SUNSHINE	11.5
CARROT, ORANGE, GINGER, APPLE, LEMON.	
FOREVER YOUNG	
PINEAPPLE, TURMERIC, APPLE, LEMON.	
MORNING GLORY	
GRAPEFRUIT, GINGER AND LEMON.	
TIME MACHINE	
SPINACH, CUCUMBER, CELERY, APPLE, LEMON.	
CELERY JUICE	
CELERY, LEMON AND APPLE.	
THE SHOT	5
GINGER, PINEAPPLE AND LEMON.	

drinks

MIMOSA	11 / 47
PROSECCO	10
BELLINI	10
WHITE SANGRIA	12 / 38
RED SANGRIA	12 / 38



VERO

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

beer

LA RUBIA	8
LACES IPA	8
FUNKY BUDDHA	8
DOGFISH 90MM IPA	11

happy hour - night menu

2X1 WINE GLASS

4:00 TO 7:00 PM / MONDAY-FRIDAY

wine

	Glass	Bottle
SAUVIGNON BLANC, RYAN PATRICK COLUMBIA, VALLEY	12	53
FINCA EL PERAL - CHARDONNAY 2015, UCO VALLEY, MENDOZA, ARGENTINA.	12	38
IL NIDO - PINOT GRIGIO 2017, VENETO, ITALIA.	12	36
MONTE XANIC - SAUVIGNON BLANC 2019, VALLE DE GUADALUPE, MEXICO.	13	53

ALES ROSES, TERRA REMOTA - RED GRENACHE 2018, CATALUNYA, SPAIN.	13	48
TRUFFLE HOUND, UNICO ZELO - BARBERA/NEBBIOLO 2017, MCLAREN VALE, AUSTRALIA.		62
ORGANIC SCARLET RUNNER, SHIRAZ SPRING SEED 2016, MCLAREN VALE, AUSTRALIA.		59
MALBEC, FINCA EL PERAL TUPUNGATO, MENDOZA	13	46
ALBAFLOR - CABERNET SAUVIGNON 2017, VALLE DE UCO, MENDOZA, ARGENTINA.	13	55
MONTE XANIC - CABERNET SAUVIGNON MERLOT 2018, VALLE DE GUADALUPE, MEXICO.	14	62

ROSE S'IL VOUS PLAÎT GLASS - ROSE MIMOSA FRANCE.	12	48
ALLEGRO ROSE, BEDIN - FRINZZANTE MERLOT 2017, VALLE DE UCO, MENDOZA, ARGENTINA		42

pastry & sweets

GRANDMA'S SVONE	4.5
CHIPA BASKET (CHEESE BREAD) *	6
VEGAN BANANA BREAD	7
OATS & RAISINS COOKIES	4
CROISSANT	4.5
COCONUT & DDL ALFAJOR *	4.5
LEMON POUND CAKE	6
PEANUT BUTTER COOKIE *	4
CINNAMON ROLL	5
CROISSANT WITH HAM & GRUYERE	8
CHOCO CAKE	10
CARROT CAKE	10

