BREAKFAST (served until 11:30am)

All egg breakfasts include a whole wheat or white pita, organic mixed greens and tomatoes.

LIQUID BREAKFAST organic soy milk, oatmeal, banana, whey protein, peanut butter ~ 6.95

BREAKFAST SPECIAL three organic eggs (any style), toasted pita, avocado, cream cheese, coffee or tea ~ 6.95

THE SUNNY SPECIAL organic eggs sunny side up, grilled turkey breast, sesame ring, cream cheese ~ 7.50

SS PLATTER organic eggs scrambled, smoked salmon, red onions, tomatoes, sesame ring, cream cheese ~ 9.95

SS OMELETTE organic eggs, smoked salmon, scallions and tomatoes ~ 8.50

TOFU & EGGS organic eggs, organic tofu, tomatoes, spinach, red onions ~ 7.50

WHITES, TURKEY & CHEESE organic egg whites, turkey breast, tomatoes, Monterey jack (soy cheese add $1.95) ~ 7.95

GREEK MORNING organic eggs, feta, spinach, tomatoes, red onion ~ 7.95

VEGGIE EGGS organic eggs, tomatoes, portabella mushroom, Monterey jack cheese, red onion, bell peppers, spinach ~ 7.95

BREAKFAST WRAP organic eggs, tomatoes, onion and spinach ~ 7.95

JUST WHITES organic egg whites ~ 4.95

ORGANIC BREAKFAST CREPES organic eggs, Monterey jack cheese, turkey breast stuffed crepes ~ 7.95

ORGANIC OATMEAL with fresh seasonal fruit, honey and cinnamon ~ 5.95

FRESH FRUIT SALADS

Add: Low Fat Cottage Cheese ~ 1.50

SIGNATURE FRUIT SALAD seasonal fresh fruit & berries topped (upon request) with shredded coconut, raisins, cranberries, walnuts, honey Regular ~ 6.50 Large ~ 10.95

MIA CREPERIA (low fat crepes)

TUNA SALAD CRÊPES with tomatoes and sprouts ~ 7.50

CHICKEN SALAD CRÊPES with tomatoes and sprouts ~ 7.95

SPINACH CRÊPES low fat cottage cheese, spinach and walnuts ~ 6.95

NUTELLA CRÊPES with fresh strawberries and banana ~ 7.95

SOUPS & STARTERS

HOMEMADE VEGETARIAN SOUPS ask for today's selection ~ 4.50

HUMMUS APPETIZER freshly made hummus and Tahini with pita ~ 6.50

JJ GUACAMOLE freshly made, come with multigrain cracker bread or pita ~ 6.95

AVOCADO CUPS two avocado halves filled with tomatoes and feta on a bed of organic greens ~ 5.95

WRAPS

CHOICE: SPINACH, SUN DRIED TOMATO, OR WHOLE WHEAT WRAP

All wraps come with:

organic mixed greens, tomatoes, cucumber, carrots, red cabbage, sprouts, bell peppers

Dressings available upon request. Avocado add $1.95

TUNA SALAD WRAP made w/ white Albacore Tuna and veggie mayo ~ 7.50

FALAFEL WRAP baked falafel, w/ freshly made Tahina and Hummus ~ 7.50

TOFU WRAP grilled organic tofu w/vegan Java dressing ~ 7.50

CHICKEN SALAD WRAP made w/grilled chicken breast and veggie mayo ~ 7.95

VEGGIE BURGER WRAP w/ Vegan Java dressing ~ 7.50

TURKEY BURGER WRAP grilled all white meat turkey burger ~ 7.50

CHICKEN TZATZIKI WRAP grilled chicken breast w/light cucumber yogurt sauce ~ 7.95

TURKEY BREAST WRAP w/honey mustard dressing ~ 7.50

CHICKEN WRAP grilled chicken breast w/ vegan Java dressing ~ 7.95

AVOCADO WRAP w/vegan Java dressing ~ 7.50

HUMMUS FETA WRAP ~ 7.95

HUMMUS TUNA SALAD WRAP ~ 8.50

HUMMUS TURKEY BREAST WRAP ~ 8.50

CHICKEN-N-RICE WRAP organic brown rice, grilled chicken breast ~ 8.95

SALADS

Unless specified, salads come with your choice of a natural dressing on the side.

ADD TO YOUR SALAD

CHICKEN SALAD made w/veggie mayo ~ 4.50
TUNA SALAD made w/veggie mayo ~ 4.50
GRILLED ORGANIC TOFU ~ 3.50
VEGGIE BURGER ~ 2.95
TURKEY BURGER ~ 3.50
GRILLED CHICKEN ~ 4.50
GRILLED TILAPIA ~ 4.50
BAKED FALAFEL ~ 2.95
FRESH MOZZARELLA ~ 3.50
FETA CHEESE ~ 1.50
SMOKED OR GRILLED SALMON ~ 5.50
MONTEREY JACK CHEESE ~ 1.50
AVOCADO ~ 1.95

JAVA'S FAMOUS SALAD organic mixed greens, red bell peppers, scallions, imported olives, avocado, red cabbage, tomatoes, cucumbers, carrots, Feta, tossed with freshly made vegetarian dressing ~ 9.50

BEET SALAD organic mixed greens, fresh beets, carrots, red cabbage, raisins, extra virgin olive oil and fresh lemon juice ~ 7.95

TZATZIKI SALAD organic mixed greens, cucumbers, tomatoes, dill tossed with low fat yogurt dressing ~ 7.95

APPLE CABBAGE SALAD red cabbage, greens apples, carrots, walnuts, raisins, tossed with low fat cottage cheese on a bed of mixed greens ~ 7.95

PESTO SALAD organic mixed greens, cucumbers, scallions, red cabbage, garbanzo beans, tossed with freshly made Pesto, topped with Feta and tomatoes ~ 8.95

BROWN RICE SALAD organic mixed greens, organic brown rice, red cabbage, sprouts, carrots, tomatoes, extra Virgin Olive Oil, fresh lime ~ 8.95

DIETERS DELIGHT (zero fat tuna) white albacore tuna, organic mixed greens, tomatoes, sprouts, red onion, cucumbers, red cabbage, extra virgin olive oil, fresh lime, Herbamare ~ 8.50

SMOKED SALMON SALAD organic mixed greens, smoked salmon, tomatoes, bell peppers, fresh basil, balsamic vinaigrette, Herbamare ~ 9.95

ISRAELI SALAD tomatoes, cucumbers, fresh parsley, red onion, Extra Virgin olive oil, fresh lime, Herbamare on a bed of organic greens ~ 7.50

J&J SALAD organic mixed greens, tomatoes, cucumber, carrots, Garbanzo beans, sprouts ~ 7.95

GREEK SALAD organic mixed greens, tomatoes, Feta, red onion, cucumber, celery, Kalamata olives, light Greek vinaigrette ~ 8.50

STEAMED VEGGIE SALAD steamed vegetables, organic mixed greens, tomatoes, red bell peppers, sprouts tossed with Extra Virgin olive oil and lime ~ 8.95

CRANBERRY SPINACH SALAD organic mixed greens, spinach, walnuts, strawberries, cranberries, raisins, Feta ~ 7.50

CHICK PEA HERB SALAD garbanzo beans, red onion, fresh parsley, garlic, extra virgin dive oil, fresh lemon, Herbamare ~ 6.95

AVOCADO DELIGHT organic mixed greens, spinach, carrots, avocado, sprouts ~ 8.50

GREENHOUSE SALAD organic mixed greens, broccoli, cucumbers, sprouts, avocado, celery, spinach ~ 8.95

HUMMUS SALAD organic mixed greens, organic brown rice, red cabbage, sprouts, carrots, tomatoes, extra virgin olive oil, fresh lime, tossed with Hummus ~ 8.95

MOZZARELLA CAPRESSE fresh mozzarella, tomatoes, basil, red onion, imported olives, tomatoes, Zatter, extra virgin olive oil, balsamic vinegar on a bed of organic greens ~ 8.95

SMOKED SALMON CAPRESSE fresh Mozzarella, Smoked Salmon, tomatoes, fresh basil, Extra Virgin olive oil, balsamic vinegar, Zatter on a bed of organic greens ~ 11.95

POTENCIA SALAD organic mixed greens, spinach., chopped fresh Mozzarella, green olives, Zatter, red onions, Herbamare, tossed with Extra Virgin olive oil & balsamic vinegar ~ 8.95

J&J PLATTERS

Come with tomatoes, red cabbage, cucumbers, carrots, avocado

YOUR CHOICE OF:

ORGANIC BROWN RICE
ORGANIC QUINOA
BAKED SWEET POTATO
STEAMED VEGGIES

WITH YOUR CHOICE OF:

ORGANIC TOFU ~ 8.95
VEGGIE BURGER ~ 8.95
TUNA SALAD ~ 9.50
CHICKEN SALAD ~ 9.95
GRILLED TILAPIA ~ 10.95
GRILLED SALMON
TURKEY BURGER ~ 8.95
GRILLED CHICKEN ~ 9.95
STEAMED VEGGIES ~ 9.95
(WITH RICE, QUINOA OR SWEET POTATO)

SIDES

AVOCADO ~ 1.95
FRESH MOZZARELLA ~ 3.50
FRESHLY MADE HUMMUS ~ 3.50
CHICKEN SALAD TWO SCOOPS ~ 4.95
TUNA SALAD TWO SCOOPS ~ 4.95
STEAMED VEGGIES ~ 4.95
ORGANIC BROWN RICE ~ 3.95
ORGANIC QUINOA ~ 4.95

ALL-NATURAL SMOOTHIES

100% FRESH FRUITS NO SYRUPS NO SUGARS NO ADDITIVES
Reg (16oz) ~ 4.95 Lg (24 oz) ~ 5.95 Quart (32 oz) ~ 8.50

#1 ORANGE, STRAWBERRY, BANANA
#2 PINEAPPLE, MANGO, ORANGE, FRESH MINT
#3 CANTALOUPE, ORANGE, PINEAPPLE
#4 STRAWBERRY, PINEAPPLE, BANANA, KIWI
#5 PAPAYA, MANGO, STRAWBERRY, APPLE
#6 HONEYDEW, WATERMELON, BANANA, CANTALOUPE
#7 STRAWBERRY, BLUEBERRY, BANANA, MILK, HONEY
#8 COCONUT, BANANA, MANGO, PINEAPPLE
#9 APPLE, HONEYDEW, PAPAYA, MANGO
#10 GRAPEFRUIT, ORANGE, STAWBERRY, BANANA
#11 KIWI, LEMON, ORANGE, BANANA, HONEY
#12 MANGO, BLUEBERRY, STRAWBERRY, PINEAPPLE, HONEY

FRESH SQUEEZED COMBINATIONS

	Reg (16oz)	Qt (32oz)
ABC JUICE Apple, beet, carrot	4.95	8.95
RED FUSION Beets, red cabbage, celery, orange	4.95	8.95
EYE OPENER Strawberry, carrot, orange	4.95	8.95
VITALITY Carrot, celery, parsley, apple	5.50	9.50
CELERY STALKER Celery, carrot, apple	5.50	9.50
CUCUMBER COOLER Cucumber, apple, strawberry	5.50	9.50
DIGESTION AID Papaya, kiwi, pineapple	4.95	8.95
VITA-C Lemon, lime, kiwi, orange, honey	4.95	8.95
ATOMIC JUICE Seasonal fruit, carrot, spinach, mixed greens	5.95	9.95
THE CURE Carrot, celery, beet, cucumber, spinach, garlic, ginger, apple, lemon, lime	6.50	10.95
JJ'S JUICE Pineapple, mango, orange, fresh mint	5.50	9.50
GREEN LIFE Parsley, cilantro, cucumber, celery, broccoli, green apple, spinach	5.95	10.95
ORANGE ZINGER Orange, carrot, ginger root	5.50	9.50
IMMUNITY Celery, carrot, garlic, apple, ginger root	5.95	9.95
COLD BUSTER Orange, grapefruit, strawberry, Echinacea	5.95	9.95
WHEATGRASS HIGH Carrot, apple, parsley, celery, organic wheatgrass	6.50	10.95

ADD TO YOUR SMOOTHIE OR JUICE

GINSENG ~ 1.00
VITAMIN C ~ 1.00
ORGANIC SPIRULINA ~ 1.50
ECHINACIA ~ 1.50
GINGER ROOT ~ 1.00
ORGANIC GREENS PLUS ~ 1.50
SOY PROTEIN ~ 1.00
WHEY PROTEIN ~ 1.00
GINGKO BILOBA ~ 1.00
ENERGIZER ~ 1.00
GREEN TEA EXTRACT ~ 1.00
FIBER BOOST ~ 1.00

ORGANIC WEATGRASS SHOT

The fountain of youth!! Single ~ 2.50 Double ~ 4.95

FRESH SQUEEZED SOLOS

	Reg (16oz)	Qt (32oz)
CARROT	4.95	8.95
ORANGE	4.95	8.95
GRAPEFRUIT	5.50	9.50
APPLE	5.50	9.50
WATERMELON	5.95	9.95

J&J SPECIAL DRINKS

PRE-WORKOUT SHAKE orange, kiwi, strawberry, banana, Greens Plus Energy Protein ~ 5.95
POST-WORKOUT SHAKE Soy milk, strawberry, banana, mango, Whey Protein ~ 5.95
MELONADE watermelon, lemon ~ 5.50
PIÑA COLADA pineapple and coconut ~ 5.50
LEMONANA fresh lemons, lime, brown sugar, fresh mint ~ 4.50
TUTTI TOFUTTI organic tofu, strawberry, orange, banana, honey ~ 5.50
NIRVANA dates, walnuts, soy milk ~ 5.50
PHUNKY MONKEY orange, pineapple, banana, coconut ~ 4.95

MEAL REPLACEMENT SHAKES

Quart (32oz)

MYOPLEX, LEAN BODY OR WHEY PROTEIN (TWO SCOOPS)

w/water ~ 5.50
w/milk ~ 6.50
w/soy milk ~ 6.95
w/fresh fruit ~ 7.95
w/fresh squeezed grapefruit juice ~ 8.95
w/soy milk, avocado and banana ~ 8.95
w/skim milk, peanut butter and banana ~ 8.50

COFFEE CHILLERS

Blended coffees with whole or skim milk. Soy milk add $1
REG ~ 4.95 LARGE ~ 5.50

MOCHA
SUGAR FREE MOCHA
SUGAR FREE VANILLA LATTE

JAVA & TEA

FRESHLY BREWED COFFEE (ask for flavors) Sm. ~ 1.40 Reg. ~ 1.60
ESPRESSO ~ single 1.75 double 2.50
CAPPUCCINO ~ 3.10
LATTE ~ 3.10
SOY LATTE ~ 3.75
ICED COFFEE ~ 1.95
CORTADITO ~ 1.95
HERBAL AND ORGANIC HOT TEA ~ 1.95 w/fresh mint leaves ~ 2.50
GREEN ICED TEA freshly brewed green tea w/fresh mint leaves ~ 2.50

DELUXE WRAPS AND PITA

CHOICE: SPINACH, SUN DRIED TOMATO, OR WHOLE WHEAT WRAP
Dressings available upon request. Avocado add $1.95

STEAMED VEGGIES FETA WRAP steamed broccoli, cauliflower, carrots, Feta ~ 7.50

SMOKED SALMON WRAP organic mixed greens, scallions, tomatoes, low fat cucumber yogurt sauce ~ 9.50

CHICKEN PESTO WRAP grilled chicken breast, Pesto, fresh Mozzarella, tomatoes, organic mixed greens ~ 9.50

GREEK WRAP organic mixed greens, tomatoes, Feta, red onions, cucumber, imported olives, light Greek Vinaigrette ~ 7.50 with grilled chicken breast ~ 9.50

MOZZARELLA CAPRESSE WRAP fresh Mozzarella, Pesto, tomatoes, fresh basil, red onions, organic greens, Extra Virgin olive oil, balsamic vinegar ~ 8.50

SPINACH TOFU WRAP grilled organic tofu, spinach, tomatoes, red cabbage, soy cheese ~ 8.95

CHICKEN CEASAR WRAP romaine lettuce, grilled chicken breast, monterrey jack, light ceasar dressing ~ 8.50

J&J PITA grilled eggplant, fresh mozzarella, red onions, avocado, cilantro, tomatoe, extra virgin olive oil, herbamare ~ 8.95

PITA PIZZA Open Faced Melts, White or Whole Wheat Pita

With Monterey jack cheese. Soy cheese add $1.95

CHEESE ~ 4.50

TOMATO PIZZA w/ sliced tomatoes, sprinkled with dill ~ 5.50

MEDITERRANEAN PIZZA Kalamata olives, red onions, tomatoes, feta, Zatter ~ 7.95

CHICKEN PESTO PIZZA grilled chicken breast, freshly made pesto, red onions and tomatoes ~ 8.50

QUESADILLA Soy cheese add $1.95

CHICKEN QUESADILLA grilled chicken, red onions, monterey jack, garnished with mixed greens, tomatoes and salsa ~ 9.50

TURKEY BURGER QUESADILLA grilled turkey burger, red onions, monterey jack, garnished with mixed greens, tomatoes and salsa ~ 8.95

CRISPY NUTELLA QUESADILLA with bananas ~ 7.95

PITA MELTS (white or whole wheat pita)

All melts come with: organic mixed greens, tomatoes, cucumbers, carrots, red cabbage, sprouts, bell peppers, avocado with Monterey Jack cheese. Soy cheese add ~ 1.95

TUNA SALAD MELT ~ 7.50

CHICKEN SALAD MELT ~ 7.95

ZERO FAT TUNA MELT ~ 7.50

TURKEY BREAST MELT ~ 7.50

TURKEY BURGER MELT ~ 7.50

VEGGIE BURGER MELT ~ 7.50

GRILLED CHICKEN BREAST MELT ~ 7.95

J&J SPECIATIES

EGGPLANT TOSS organic quinoa, mixed greens, grilled turkey burger, eggplant, tomatoe, Feta, avocado, cilantro; all tossed with extra virgin olive oil and Herbamare ~ 10.95

MISH MASH organic brown rice, grilled turkey burger, eggplant, tomatoes, broccoli, red onion; all chopped and tossed with extra virgin olive oil and Herbamare ~ 10.95

TOFU CHOP organic brown rice, chopped grilled tofu, tossed with tomatoes, red cabbage, carrots, cucumber with Java dressing on the side ~ 9.50

GREEN RICE PILAF organic brown rice, chopped spinach, parsley, scallions, tossed with freshly made pesto, w/side of Hummus and warm pita ~ 9.95