



## ***Ten Fruits Menu***

<https://menulist.menu>  
143 NE 3rd Ave, Miami, United States  
(+1)3053737678 - <http://www.tenfruits.com/>



The **menu of Ten Fruits** from Miami includes 125 meals. On average, *meals or drinks on [the menu](#)* cost about \$9.3. The categories can be viewed on the menu below. What [Joshua Renz](#) likes about Ten Fruits: There's no lack of smoothie or açai places in Miami. This place is definitely a go to, with great service, plenty of seating and centrally located in the city. My wife and I both enjoyed our food. [read more](#). Ten Fruits from Miami is a relaxed café, where you can have a small snack or cake with a hot coffee or a sweet chocolate, The light and healthy menus on the menu are also among the favorite dishes of the customers. It should not be forgotten that there is a comprehensive variety of coffee and tea specialties in this restaurant, there are also **delicious [vegetarian](#) menus** on the menu.

# Ten Fruits Menu



## Bagels

CHICKEN BAGEL \$8.0

## Smoothies

16 OZ. STRAWBERRY FIELDS SMOOTHIE \$9.3

## Sandwiches

PESTO SANDWICH \$7.5

## Seafood

OVEN-BAKED SALMON \$11.0

## Salad

ORANGE KALE SALAD \$8.8

## Chicken

GRILLED CHICKEN BREAST \$11.0

## Spirits

AMERICANO

## Tapas

LOMO SALTADO EMPANADAS \$5.6

## Hausgemachte Quiches

QUICHE LORRAINE \$4.8

## Bagel Classics

TURKEY BAGEL \$8.0

## Croissants

WHOLE WHEAT CROISSANT \$3.7

## Placeres Saludables

CHIA PARFAIT \$7.0

## Hot drinks

MACHIATO \$3.5

## Pastry

ALMOND PASTRY \$3.9

## Juice

16 OZ. PINEAPPLE EXPRESS JUICE \$8.8

## Popular Items

WHOLE WHEAT WAFFLES \$9.3

## Boissons Chaudes

EXPRESSO \$3.0

## Dinner Salad

SOLTERITO SALAD \$7.1

## Speciality Beverages

COLD BREW

## Insalatini

CITRUS QUINOA SALAD \$8.8

## Toasted Breakfast Sandwiches

HAM AND CHEESE CROISSANT SANDWICH \$5.5

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## DRIP COFFEE

## Pastries & Sweets

CHOCOLATE PASTRY \$3.6

## Miniature Croissants

APPLE FILLED CROISSANT \$3.9

## European Style Croissant Sandwiches

TURKEY AND CHEESE CROISSANT SANDWICH \$5.5

## Bagel and Roll

PLAIN CROISSANT \$3.7

## Super Foods

AVOCADO TOAST \$6.0

## Fresh Cut Fruit

7 FRUIT BOWL \$7.3

## Vegetarian Main Event

VEGETARIAN QUICHE \$4.8

## Starters

ROASTED CHICKEN WITH BROWN RICE AND SALAD \$11.6

QUINOA PICADILLO \$10.5

## Shots

2 OZ. HOT SHOT \$4.8

2 OZ. GINGER SHOT \$4.8

## Soups and Super Salads

QUINOA CHICKEN SOUP \$8.8

GREEN GOODNESS SOUP \$8.3

## Coffee

CORTADITO \$3.5

CAPPUCCINO \$4.5

LATTE

## Whole Wheat Waffles

HIGH PROTEIN WHOLE WHEAT WAFFLE \$10.3

WHOLE WHEAT WAFFLES AND SUPER SMOOTHIE COMBO \$14.3

HIGH PROTEIN WHOLE WHEAT WAFFLE AND SUPER SMOOTHIE COMBO \$15.3

## Daily Cleanse Programs

CLEANSE STARTER \$55.0

SUSTAINING CLEANSE \$55.0

THE CLEANSE PROFESSIONAL \$55.0

## Salads

INCAN QUINOA SALAD \$8.8

GREEN QUINOA \$10.5

SALAD WITH CHICKEN WITH SMOOTHIE \$17.5

SALAD WITH CHICKEN WITH JUICE \$17.5

# Ten Fruits Menu



## Eggs, Toasts, Sandwiches & Quiches

TORTILLA ESPANOLA QUICHE	\$4.8
PERUVIAN-STYLE TRIPLE SANDWICH	\$5.4
HEALTHY WHITE EGGS	\$9.9
ALMOND FRUIT TOAST	\$7.0

## Peruvian Empanadas

CLASSIC BEEF EMPANDA	\$4.6
CLASSIC CHICKEN EMPANDA	\$4.6
CLASSIC SPINACH RICOTTA EMPANDA	\$4.6
AJI DE GALLINA EMPANANADA	\$5.6
CLASSIC EMPANADA AND SUPER SMOOTHIE COMBO	\$12.3

## Fresh Greek Yogurt & Parfait

BLUEBERRY AND WALNUTS YOGURT	\$5.2
COCONUT AND PECAN YOGURT	\$5.2
STRAWBERRY AND HEMP GRANOLA YOGURT	\$5.2
FIG AND WALNUT YOGURT	\$5.2
CUCUMBER AND OLIVE OIL YOGURT	\$5.2

## Fruity Smoothies

16 OZ. MANGO PASSION	\$8.8
16 OZ. ORANGERIE SMOOTHIE	\$8.3
16 OZ. WATERMELON PARTY SMOOTHIE	\$8.8
16 OZ. PROM QUEEN SMOOTHIE	\$8.3

16 OZ. AMAZON REFRESHER SMOOTHIE	\$9.0
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16 OZ. COCONUT SHAKE SMOOTHIE	\$8.8
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16 OZ. PAPAYA JUNGLE SMOOTHIE	\$8.8
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## Juice Pharmacy

WHEAT GRASS SHOT 10Z	
12 OZ. LEMON ZEST	\$7.8
12 OZ. DOCTOR C	\$7.8
12 OZ. COLD KILLER	\$7.8
12 OZ. GINGER FIX	\$7.8
2 OZ. SELF-DEFENSE	\$4.8
WHEAT GRASS 2OZ	\$7.0

## Acai Power Bowls

16 OZ. ACAI COCO BOWL	\$11.2
16 OZ. GUARANA ACAI BOWL	\$11.2
16 OZ. ACAI PINEAPPLE BOWL	\$11.2
16 OZ. PB ACAI BOWL	\$11.2
16 OZ. GREEN ACAI BOWL	\$11.2
16 OZ. ALMOND ACAI BOWL	\$11.2
POWER DRAGON BOWL	\$11.2
PASSION ACAI BOWL (NEW)	\$11.2

## Fresh Juices

16 OZ. PURE COCONUT WATER	\$7.5
16 OZ. PURE PINEAPPLE JUICE	\$8.0
16 OZ. ORANGE CARROT JUICE	\$8.0
16 OZ. ORANGE GRAPEFRUIT JUICE	\$8.3
16 OZ. PURE GRAPEFRUIT JUICE	\$8.5
16 OZ. PURE CARROT JUICE	\$7.5
16 OZ. PURE WATERMELON JUICE	\$8.3

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16 OZ. ORANGE STRAWBERRY JUICE	\$8.5
16 OZ. ORANGE PINEAPPLE JUICE	\$7.5
16 OZ. ORANGE GINGER JUICE	\$7.3

## *Fresh Pressed Juices*

16 OZ. GREEN DAY JUICE	\$9.0
16 OZ. SPA DAY JUICE	\$9.0
16 OZ. REFRESHING CLEANSE JUICE	\$9.0
16 OZ. HIGH C JUICE	\$9.0
16 OZ. BACK TO WORK JUICE	\$9.0
16 OZ. SUPER LEMONADE JUICE	\$8.8
16 OZ. THE ORACLE JUICE	\$9.0
16 OZ. SUPER VEGGIE JUICE	\$8.8
16 OZ. STAY GREEN JUICE	\$9.0
16 OZ. ZEN MOMENT	\$8.8
16 OZ. PURE ORANGE JUICE	\$4.0
16 OZ. PURE APPLE JUICE	\$8.0

## *Súper Smoothies*

16 OZ. MR. GREEN SMOOTHIE	\$9.8
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16 OZ. SEVEN BERRIES SMOOTHIE	\$9.3
16 OZ. SUPER GREEN SMOOTHIE	\$9.8
16 OZ. ACAI POWER SMOOTHIE	\$9.3
16 OZ. MIAMI SUNSHINE SMOOTHIE	\$9.3
16 OZ. ACAI PEANUT BUTTER SMOOTHIE	\$9.3
16 OZ. MRS. GREEN SMOOTHIE	\$9.6
16 OZ. RED DRAGON SMOOTHIE	\$9.3
16 OZ. GREEN GIANT SMOOTHIE	\$9.3
16 OZ. ANDEAN ELIXIR SMOOTHIE	\$9.3
16 OZ. MACA SHAKE SMOOTHIE	\$9.3
16 OZ. SUPER CHOCOLATE SHAKE	\$10.3
16 OZ. ALMOND WAY SMOOTHIE	\$9.8
16 OZ. BERRY BIOTICS	\$9.8
16 OZ. GOJI BERRY SHAKE SMOOTHIE	\$9.0
16 OZ. ACAI ALMOND BUTTER SMOOTHIE	\$9.3
16 OZ. ALMOND MILK	\$8.3
16 OZ. PURE PROTEIN SUPER SMOOTHIE	\$9.8
16 OZ. PROTEIN START-UP SUPER SMOOTHIE	\$9.8



# Ten Fruits Menu



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Opening Hours:

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