

# Plnthouse

2341 Collins Ave 33139-1608 · +13056041000 · Updated: Jan 14, 2026

[View online menu](#)



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## SUNRISE TO SUNSET 6

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### PLNT Toast

avocado, chickpea hummus, organic tomatoes, chili + lemon gremolata 18

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### Sweet Potato Waffle

organic berries, maple lemon syrup, raspberry 19

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### Antioxidant Fruit Salad

vanilla greek yogurt, almond butter, granola, shaved almonds, chia seeds 17

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### Yellow Corn Empanadas

red quinoa, queso fresco, poblano pepper aioli 15

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### Root Hummus

chickpeas, roasted beets, marinated olives, organic cherry tomatoes, pecans, goat cheese, za'atar, warmed naan bread 17

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### Morning Sandwich

pasture raised egg whites, local farm greens, homemade mustard, cheddar, avocado, organic turkey bacon, artisanal croissant 18

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## BURGERS AND SANDWICHES 2

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### Crispy Chicken Wrap

free range chicken, chipotle yogurt, white cheddar, tomatoes, pickled onions, avocado, wheat tortilla wrap 25

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### Sobe Panini

oven roasted organic turkey, turkey confit, house mustard, pickles, swiss cheese, artisanal bread 26

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## CAULIFLOWER FLATBREADS 3

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### Margherita

tomato sauce, local burrata, fresh basil, evoo 22

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### Rainbow Tomatoes

fresh plums, feta cheese, evoo, parmesan cheese 24

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### Spicy 'Veggie' Sausage

mozzarella cheese, roasted mushrooms, tomatoes, chili flakes 24

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## SIGNATURE PLNTBOWLS 3

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### Wellness Bowl

veggie bulgogi, soft egg, kale, red pepper, roasted mushroom, sweet potato, pickled onions, cauliflower rice, spicy mayo, sesame seeds 26

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## Ahi Tuna Bowl

organic quinoa mix, avocado, cucumber, organic cherry tomatoes, pickled vegetables, wonton chips 35

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## 'Curry' Chicken Bowl

brown rice, rainbow slaw, cucumber, red peppers, baby radish, organic yogurt mint sauce, sunflower seeds 29

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## BUILD YOUR OWN BOWL 20 6

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### Base

choose one: organic quinoa, mix greens, organic arugula, brown rice

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### Veggies

choose up to 3: carrots, tomato, cucumbers, roasted peppers, pickled vegetables, olives, radishes, avocado +2, each additional +.50

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### Toppings

choose one: roasted cashews, dried cranberries, drunken golden raisins, local goat cheese, parmesan cheese, feta cheese, each additional +1

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### Dressing

choose one: white balsamic, detox dressing, caesar dressing, olive oil & vinegar, cucumber lime vinaigrette

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### Garnish

choose one: chia seeds, sunflower seeds, focaccia croutons, crispy wontons, crispy shallots, each additional +1

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### Proteins

tuna tartar 19, 'curry' free range chicken 16, spicy 'veggie' sausage 15, hardboiled egg 4

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## SERVICE CHARGE | FOOD DISCLAIMER 3

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19% service charge will be added to all checks and an additional 2% Culinary service charge added to all food charges

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\*

Se agregará un cargo por servicio de 19% a todos los cheques y también se agregará un cargo adicional por servicio culinario del 2% a todos los cargos por alimentos.

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19% chaj sèvis yo pral ajoute nan tout chèk ak yon chaj sèvis adisyonèl 2% te ajoute nan tout chaj manje.

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## COFFEE AND BEVERAGES 13

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### Brew Coffee

small 3 medium 4 large 5

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### Espresso

small 3 medium 4 large 5

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### Americano

small 4 medium 5 large 6

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### Cappuccino

small 5 medium 6 large 7

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## Latte

small 5 medium 6 large 7

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## Matcha Latte

small 8 medium 9 large 10

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## Chai Latte

small 6 medium 7 large 8

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## Dirty Chai Latte

small 7 medium 8 large 9

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## Macchiato

5

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## Mocha

small 6 medium 7 large 8

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## Cold Brew Explorer

small 9 medium 10 large 11

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## Iced Coffee

small 4 medium 5 large 6

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## Tea

small 7 medium 8 large 9

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## ADDED FLAVORS 5

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### Hazelnut

1

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### Caramel

1

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### Vanilla

1

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### Lavander

1

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### Chocolate

1

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## COLD PRESSED JUICES 3

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### Red Lover

13

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### Greenery

13

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## Citrus IV

13

## HEALTHY SHOTS 2

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### Comandante

6

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### Awakening

6

## FROZEN COCKTAILS 2

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### Frose All Day

pink flamingo rose, skyy vodka, lillet, peach, citrus 20

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### Skinny Piña

bacardi superior rum, malibu coconut rum, organic coconut, pineapple, lime 20

## BEER 5

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### Heineken, Lager

9

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### Lagunitas, A Little Sumpin' Sumpin' Pale Ale

9

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### Modelo Especial, Pilsner

9

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### Michelob Ultra, Light Lager

9

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### Heineken 00 Non Alcoholic

9

## WHITE 1

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### She Can Sauvignon Blanc

22

## ROSE 2

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### Underwood Rose

12

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### She Can Rose

22

## RED 1

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## Prophecy Pinot Noir

12

## HARD SELTZER 1

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### Plant Botanicals

strawberry or pineapple vodka seltzer 12

## 5 DRINKS CO. 3

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### Gin and Tonic

14

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### Margarita

14

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### Moscow Mule

14

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