

GOURMET STATION. We cook, you enjoy!

Our goal is to provide our customers with delicious, healthy, low calorie meals that will keep them coming back for more! Our dishes are prepared and cooked always using fresh ingredients.

“Minimum \$8.00 order for delivery”

ENTREES



All Entrees served with two sides

GOURMET STATION WE COOK, YOU ENJOY

Churrasco Steak

\$13.50 **Extra portion add \$3.50**

Grilled to order. The famous “Nicaraguan Churrasco” is served with chimichurri sauce.



Leaned Turkey Meatloaf

\$10.50

Served with our own homemade BBQ sauce.



Chicken with Mango Sauce

\$10.50

Grilled chicken breast with mango chutney.

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Chicken Teriyaki

\$10.50

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Grilled chicken breast marinated in a teriyaki sauce and topped with sesame seeds and sliced mushrooms.



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Grilled Chicken Breast

\$10.50

Grilled to order, perfect for your daily protein intake.



Seasoned Tofu

\$10.50

Grilled tofu seasoned with a blend of spices and herbs.



Grilled Herbed Salmon

\$13.50 **Extra portion add \$3.50**

Fresh salmon grilled to perfection, served with lemon dill yogurt sauce.

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Station Daily Specials

\$10.50

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Ask about chef's daily specials. All meals come with 2 sides. *For extra portions on all meals add \$3.50



On the Side



Rosemary Potatoes

\$3.95

Oven roasted with rosemary and olive oil.



Sweet Potatoes

\$3.95

Available plain or mashed.

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- [Sweet Plantains](#)

\$3.95

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Baked ripe plantains seasoned with cinnamon.



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- [Surprise Mashed Cauliflower](#)

\$3.95

Low calorie recipe made with cauliflower.



- [Mashed Potatoes](#)

\$3.95

Everyone loves our light and fluffy mashed potatoes.



- [Gallo Pinto](#)

\$3.95

Try our famous Nicaraguan Gallo Pinto made with rice and red beans.

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- [Brown Rice](#)

\$3.95

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Try our healthy whole grain rice.



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- [Grilled Mixed Veggies](#)

\$3.95

Made with Zucchini, Yellow Squash and Eggplant.



- [Steamed Vegetables](#)

\$3.95

One of the most healthy options for your vegetables.



- [Mixed Green Salad](#)

\$3.95

Mixed greens cherry tomatoes, and cucumbers.

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Quinoa

\$3.95

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A complete protein, full of fiber and naturally gluten free



Tortellini

\$8.00

Stuffed with ricotta cheese.



Turkey Lasagna

\$9.00

Lean Ground Turkey with tomato sauce and mozzarella cheese.



[Penne Pesto](#)

\$8.50

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Penne pasta with our fresh pesto sauce.

- All pastas are served with a choice of Marinara sauce, Alfredo Sauce, Pink Sauce or Pesto. *Add chicken for \$2.00

Salads



[Fruit Salad](#)

Small \$4.75 Large \$7.00

Handmade with fresh seasonal fruits.



[Portobello Salad](#)

\$8.00

Grilled Portobello mushrooms, caramelized onions, cherry tomatoes, tangerine and walnuts on a bed of mixed greens.

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Signature Salad

\$8.00

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Chickpeas, sliced beets, tomatoes and pistachios topped with feta cheese on a bed of mixed greens.



Japanese Salad

\$7.00

Tomatoes, raw white mushrooms and cucumbers served on a bed of mixed greens. Add Chicken: \$8.00 | Add Steak: \$10.50



Caesar Salad

\$7.00

Romaine lettuce, shredded Parmesan cheese and croutons. Add Chicken: \$8.00 | Add Salmon: \$10.50

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- [Waldorf Tuna Salad](#)

\$7.50

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Tangy tuna salad with celery, raisins, chives, walnuts and apples with light mayo on a bed of mixed greens.



- [Waldorf Chicken Salad](#)

\$7.50

Shredded chicken with raisins, walnuts, celery and light mayo on a bed of mixed greens.

Sandwiches

- Choice of bread: French baguette or whole wheat bread.



- [Turkey Burger](#)

\$9.50

Turkey patty on hamburger bun with lettuce and tomatoes.

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[Steak Sandwich](#)

\$9.00

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Grilled Steak, caramelized onions, tomatoes and lettuce.



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[Italian Club](#)

\$9.00

Prosciutto, tomato, basil and mozzarella cheese.



[French Club](#)

\$8.00

Black forest ham, turkey breast, Brie cheese, lettuce and tomato.



[Mozzarella Sandwich](#)

\$7.75

Fresh Mozzarella, tomato and basil drizzled with olive oil.

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- [Tuna Salad Sandwich](#)

\$7.00

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Tuna Salad with light mayo, chives, tomatoes, lime, lettuce and tomato.



- [Roasted Turkey Sandwich](#)

\$7.00

Turkey breast, tomatoes and lettuce.



- [Croque Monsieur Sandwich](#)

\$7.00

Pressed ham and cheese.



- [Waldorf Chicken Sandwich](#)

\$7.00

Waldorf Chicken salad with light mayo, apples, walnuts and raisins.

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Wraps

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Vegetarian

\$8.00

Grilled zucchini, eggplant, yellow squash and feta cheese.



Grilled Chicken Caesar

\$8.00

Grilled chicken breast, Parmesan cheese, croutons and romaine lettuce.



Asian

\$7.75

Chicken Teriyaki, romaine lettuce, cucumber, carrots, tomatoes and sesame seeds.

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Mexican

\$7.75

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Chicken or Beef fajitas with tomatoes, cilantro and romaine lettuce.



All American

\$7.75

Turkey, Swiss cheese, tomatoes and romaine lettuce.

Desserts



Cookies

\$2.00

Try our scrumptious chocolate chip cookies.

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Banana Bread

\$2.75

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Low fat moist bread made with fresh bananas



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Double Fudge Brownies

\$2.75

Try our delicious freshly baked brownies.



Banana Cake

\$3.95

Banana cake freshly baked it is plain sinful!



Carrot Cake

\$3.95

Fresh ingredients, cream cheese icing, perfectly delicious!

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Gourmet Station Miami, would like to thank you all of you for visiting our restaurant and being part of our success.

HOPE TO SEE YOU SOON!

<http://gourmetstationmiami.com>

