

15 MUST-TRY SALADS AND WHERE TO FIND THEM

HC by HYPECRAZE



In Miami it's difficult to find a menu that doesn't have at least three or four salad options. Since it feels like summer practically all year round, a bowl of fresh veggies is always a good idea. Plus, the unseasonal winter climes give us fewer sartorial options for hiding any extra weight gain. We know salads aren't for everyone, so to help you zero in on your next healthy meal, we've put together a list of the 15 must-try salads and where you can go to find them.

1. Basil Park: Black kale and quinoa salad

A superfood salad chock-full of good-for-you stuff — sundried fruit, cashews and a creamy lemon dressing. Probably the best kale salad you'll ever try!

17608 Collins Ave, Sunny Isles Beach, FL 33100; 305-705-0004

2. Buns & Buns: Citrus Mediterranean salad

A hearty dish that combines couscous, avocado, roasted asparagus, green beans, corn, scallions, mint, parsley and watercress. And because we can't be good all of the time, this one comes with a classic brioche bun on the side.

5748 Sunset Dr, South Miami, FL 33143; 786-216-7754

3. Cleo: Moorish salad

Root vegetables are creatively combined with apple, currants, sesame seeds and tahini in this colorful Mediterranean delight. It's sweet, crunchy and chewy all at once. Pair it with the lamb kefta and a spiced ginger mojito — you won't regret it.

1776 Collins Ave, Miami Beach, FL 33139; 305-534-2536

4. Doraku: Seafood salad

Cubed tuna, salmon and yellowtail are piled atop a bed of mixed greens and tomatoes and seasoned with a soy mango sesame dressing and herb oil. It's light and refreshing, perfect for a summer lunch al fresco.

*Miami Beach: 1104 Lincoln Road, Miami Beach, FL, United States, 33139; 305-695-8383
Brickell: 900 South Miami Ave, Ste 133, Miami, FL, United States, 33131; 305-373-4633*

5. Harry's Pizzeria: Warm brussels sprouts and stracciatella

Simple and straightforward, this veggie appetizer is elevated with pears, pistachio, herbs and a creamy parmesan dressing. Give your diet a break and order one of the restaurant's signature thin-crust pizzas to complete your meal.

*Miami Design District: 3918 N Miami Ave, Miami, FL 33127; 786-275-4963
Coconut Grove: 2996 McFarlane Rd., Miami, FL 33133; 786-655-0121*

6. Icebox Cafe: Avocado and seed salad

Arugula, Grana Padano cheese, linseeds, pumpkin seeds, sunflower seeds and pine nuts all mixed with two of our most loved ingredients: quinoa and avocado. Order it as is for a light lunch or add a serving of salmon for a protein-packed meal.

1855 Purdy Ave, Miami Beach, FL 33139; 305-538-8448

7. Joey's: Mista salad

Mixed greens and cherry tomatoes enhanced by one of the best combinations ever: figs, walnuts and gorgonzola cheese. Wondering what to pair it with? A glass (or two) of Albariño would be just about perfect!

2506 NW 2nd Ave, Miami, FL 33127; 305-438-0488

8. Mandolin Aegean Bistro: Maroulosalata

Shredded romaine lettuce, dill, scallion and feta cheese — that's it. Nothing else is needed for this simple, delicious Greek salad that perfectly accompanies any dish on the restaurant's menu.

*Miami Design District: 4312 NE 2nd Ave, Miami, FL 33137; 305-576-0066
Soho Beach House: 4385 Collins Avenue, Miami Beach, FL 33140; 786-307-7900*

9. Mister Block: Grilled chicken salad

Craving a little down-home comfort? This simple, healthy salad combines grilled chicken breast, tomato, red onion, mixed greens and a yummy dressing. Plus, the dish is so light that you won't feel guilty indulging in one of the eatery's decadent pastries after your meal.

2621 NW 2nd Ave, Miami, FL 33127; 786-571-5755

10. Novecento: Novecento salad

The perfect way to eat french fries without feeling too bad. Grilled skirt steak, mixed greens, cherry tomatoes and avocado shield this guilty pleasure, while a mix of demi-glace and Dijon vinaigrette adds tons of flavor to the dish.

*Aventura: 18831 Biscayne Blvd #220, Aventura, FL 33180; 305-466-0900
Brickell: 1414 Brickell Ave, Miami, FL 33131; 305-423-0900
Midtown: 3201 N Miami Ave #116, Miami, FL 33127; 305-576-7447*

11. Oliver's Bistro: Greek salad with grilled calamari

The classic combination of chopped hearts of romaine, feta cheese, kalamata olives, tomatoes, cucumbers and red onions with the genius addition of a seafood favorite. Just squeeze some fresh lemon on top and enjoy!

959 West Ave #15, Miami Beach, FL 33139; 305-535-3050

12. PM Fish & Steak House: Madero salad

Lettuce, spinach, avocado, tomato, hearts of palm, mushrooms and goat cheese tossed with PM's special french dressing — the perfect companion for a piece of Argentinian grilled skirt steak and a glass of Malbec (of course).

1453 S Miami Ave, Miami, FL 33130; 305-200-5606

13. Sardinia: Impero salad

A Cesar salad Italianized with the addition of ciabatta croutons. If it's cheat day, follow it with the gnocchi *verdi* with lamb *sugo*, otherwise order the branzino as your main.

1801 Purdy Ave, Miami Beach, FL 33139; 305-531-2228

14. Soyka: Quinoa salad

Here the healthy protein is combined with arugula, mango, almonds and wood-roasted cherry tomatoes. Flavorful and filled with nutrients. On a leisurely lunch break? The salad pairs perfectly with an island lychee cocktail.

5556 NE 4th Ct, Miami, FL 33137; 305-759-3117

15. Vagabond: Zucchini Salad

Sauce pipian, pistachios and tarragon add sophistication to this savory raw dish. Still hungry? Order the avocado salad too; it comes with black sesame, halloumi cheese and ugly fruit, a citrus created by hybridizing a grapefruit, an orange and a tangerine.

7301 Biscayne Blvd, Miami, FL 33138; 305-400-8420