15 MUST-TRY SALADS AND WHERE TO FIND THEM

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 crimes give us fewer salad options for missing 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. Beal 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!

17500 Collins Ave, Sunny Isles Beach, FL 33160, USA

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 bistro bun on the side.

9388 Brickell Ave, Miami, FL 33132, USA

3. Cace: Mochi 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 kofta and a spiced ginger mojito — you won’t regret it.

1770 SW 1 Ave, Miami Beach, FL 33129, USA

4. Donky: 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.

5. Harry’s Pizzeria: Warm brussel sprouts and stracchitella

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.

Harry’s Pizzeria, 2016 SW 5th Ave, Miami, FL 33129, USA

6. Labox Caffe: Avocado and seed salad

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

LaBox Caffe, 1215 S Bayshore Dr, Miami, FL 33131, USA
7. **Josie's: Mito salad**

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

    2050 3rd Ave. Miami, FL 33127, 305-263-4688

8. **Mandolin Aegean Bistro: Maroulosalata**

    Shredded romaine lettuce, dill, scallions 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.

    7700 Collins Ave. Miami Beach, FL 33141, 305-538-6609

9. **Mister Bread: Grilled chicken salad**

    Creating 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.

    2221 3rd Ave. Miami, FL 33127, 305-571-1700

10. **Novocento: Novocento salad**

    The perfect way to eat fresh 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.

    18351 Biscayne Blvd, Miami, FL 33160, 305-446-1700

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.

    200 W 58th St, Miami Beach, FL 33140, 305-377-5825

12. **OM Fish & Steak House: Modoro salad**

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

    Sth Florida Ave. Miami, FL 33141, 305-288-8889

13. **Santina: Impero salad**

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

    287 Rickenbacker Causeway, Miami Beach, FL 33140, 305-374-1229

14. **Sayaka: Guinoa 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 lynche cocktail.

    20601 E 26th Ave, Hallandale, FL 33009, 954-962-9177

15. **VeggieDough: Zucchini Salad**

    Sauce spinach, 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.

    7361 Biscayne Blvd, Miami, FL 33138, 305-402-8040