



Las Olas Cafe

Menu Prices — August 4, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

Sandwiches

ITEM	PRICE
Cubano Sandwich Roasted Pork, Ham, Swiss cheese, pickles & mustard	\$14.34
Medianoche Sandwich Sweet bread roasted pork, ham, swiss cheese, pickles & mustard	\$14.34
Steak Sandwich	\$15.54
Pan con Lechon Sandwich Mojo & onions	\$14.34
CROQUETA PREPARADA SANDWICH	\$15.54
Sandwich de Jamon y Queso	\$9.00
Veggie Sandwich	\$15.54
Fish Sandwich	\$15.54
Sandwich de Jamon	\$9.00
Queso Sandwich	\$9.00
Tuna Sandwich	\$13.80
Turkey Sandwich	\$13.80
BLT Sandwich	\$16.74
Chicken Sandwich	\$15.54
Miami Sandwich	\$15.54
Breaded Meat Cutlet	\$15.54

Rice Bowl

ITEM	PRICE
Mexicano Yellow Rice, Beans, Chopped Beef, Pico de Gallo	\$12.95
Puertoriqueno White Rice, Fried Pork Chunck, Beans, Fried Plantains	\$12.95
Venezolano White Rice, Beans, Shredded Beef, Egg, Fried Plantains	\$12.95
Colombiano White Rice, Ground beef, Pork Sausage, Egg, Fried Plantains, Avocado	\$12.95
Salmon Tomato, Carrot, Corn, Cucumber and Rice	\$14.25
Argentino White Rice, French Fries, Skirt Steak	\$14.25
Cubano Rice & Beans, Roasted Pork, Yuca, Fried Plantains	\$12.95
Peruano White Rice, Sliced Steak, French Fries	\$12.95
Panameno White Rice, Beans, Steak & Onions, Green Plantain	\$12.95

Everyday 1 Protein + 2 Sides

ITEM	PRICE
Grilled Chicken Breast	\$16.74
Grilled Steak	\$16.74
Breaded Fish	\$16.74
Pork Chops	\$16.74
Neapolitan Chicken Cutlet	\$18.60
Skirt Steak	\$23.94

Las Olas Specialty

ITEM	PRICE
12 Hours Pork	\$16.74
Corn on the Cob	\$6.00
Tamal plate	\$5.40
Shrimp Spaghetti With Special Sauce	\$18.60
Chicharon with Tostones	\$12.60

Sides

ITEM	PRICE
Sweet Plantain	\$4.74
French Fries	\$4.74
Fried Yuca	\$4.74
Egg	\$4.20
Vegetables	\$4.74
Moro Rice	\$3.54
White Rice	\$3.54
Yellow Rice	\$3.54
Mashed Potatoes	\$4.74
Boiled Yuca	\$4.74
Tostones	\$4.74

Soups

ITEM	PRICE
Chicken Black Beans Soup 16 oz	\$5.40
Chicken Black Beans Soup 8 oz	\$4.20
Chicken Black Beans Soup 32 oz	\$7.80

Desserts	
ITEM	PRICE
Churros Serving Size 5	\$5.10
Vanilla Custard	\$5.40
Three Milks Cake	\$5.40
Rice Pudding	\$5.40
Mango Creme Brulee	\$5.40
Oreo Chocolate Mousse	\$5.40
Bread Pudding	\$5.40
Paletas De Helado	\$4.80

Breakfast Plates	
ITEM	PRICE
Skirt Steak (Breakfast Plates) 2 Fried Eggs, House Potato, Chimichurri Sauce	\$23.94
Steak and Eggs Beef Steak, 2 Fried Eggs, French Fries	\$16.74

Healthy	
ITEM	PRICE
Healthy Omelet Egg Whites, Tomato, Spinach, Red Peppers, Provolone	\$15.54
Vegan Burrito Wheat tortilla, Rice, Spinach, Avocado, Red Onions, Cilantro, Lemon, Jalapeno, House Potato	\$15.54
Avocado Toast One Fried Egg, Guacamole, Spinach & Wheat Bread	\$13.14
Açaí Bowl Banana Toasted Granola, Blueberry, Strawberry	\$13.14
Açaí Bowl Coconut Granola, Pineapple, Blueberry, Toasted Coconut, Coconut Milk	\$13.14

Toast	
ITEM	PRICE
Toast with Butter	\$1.92
Cheese	\$5.70
Ham	\$5.70
Ham and Cheese	\$5.94

Treats	
ITEM	PRICE

Croqueta Ham or Chicken	\$1.38
Meat Empanadas	\$2.34
Butter Cheese Danish pastry	\$3.00
Cherry Danish Pastry	\$3.00
Apple Danish Pastry	\$3.00
Cheese Bread	\$2.34
Pastelitos	\$1.80
Cheese Finger	\$2.34
Stuffed Potato	\$4.20
Plantain Chip	\$5.10
Plain Croissant	\$4.20
Ham and Cheese Croissant	\$9.00
Blueberry Muffin	\$3.30
Chocolate Muffin	\$3.30
BananaandNuts Muffin	\$3.30

Empanadas

ITEM	PRICE
Empanadas	\$3.50
Empanadas Colombiana	\$2.50

Wraps

ITEM	PRICE
Peruano Wrap White Rice, Sliced Steak, French fries	\$19.80
Panameno Wrap White Rice, Beans, Steak & Onions, Green Plantain	\$19.80
Venezolano Wrap White Rice, Beans, Shredded Beef, Egg, Fried Plantains	\$19.80
Cubano Wrap Rice&Beans, Roasted Pork, Yuca, Fried Plantains	\$19.80
Colombiano Wrap White Rice, Ground Beef, Pork Sausage, Egg, Fried Plantain, Avocado	\$19.80
Argentino Wrap White Rice, French Fries, Skirt Steak	\$19.80
Puertoriqueno Wrap White Rice, Fried Pork Chunck, Beans, Fried Plantains	\$19.80
Mexicano Wrap Yellow Rice, Beans, Chopped Beef, Pico de Gallo	\$19.80
Shrimp, Tomato and Basil Wrap Shrimp, Yellow Rice, Mozzarella, Olive Oil, Onions, Tomatoes, Lettuce, Green Pepper, Garlic, Salt, Black Pepper & Spicy...	\$21.00

Bagel

ITEM	PRICE
Bagel and Cream Cheese	\$4.20

Hot Dogs

ITEM	PRICE
Hot Dog	\$6.60
Hot Dog Combo	\$12.60
Comes with french fires & soda	

Panini

ITEM	PRICE
Ham and Cheese Pannini	\$9.00
Turkey Pannini	\$13.14
Chicken Pannini	\$12.95
Tuna Pannini	\$13.14

Burgers

ITEM	PRICE
Peruvian Hamburger	\$13.80
Vegan Hamburger	\$16.20
Classic Hamburger	\$16.20

Thursday'S Specials

ITEM	PRICE
Crispy Beef	\$16.74
Baked Mahi Mahi	\$16.74
16oz Split Peas	\$5.40
32oz Split Peas	\$8.22

Drinks

ITEM	PRICE
Agua Panna Bottle	\$4.80
Coke	\$1.92
Diet Coke	\$1.92
Jarrito Guava	\$3.90
Lipton Ice Tea Peach	\$1.92

ITEM	PRICE
Inca Cola	\$2.22
Coke Zero	\$1.92
Sprite	\$1.92
Pepsi	\$1.92
Fanta	\$1.92
Sunkis	\$1.92
7up	\$1.92
Canada Dry	\$1.92
Lipton Ice Tea Green Tea	\$1.95
Jupina	\$2.22
Jarrito lime	\$3.90
Jarrito Tamarindos	\$3.90
Jarrito Pineapple	\$3.90
Jarrito Mandarina	\$3.90
Jarrito Grapefruit	\$3.90
Snapple Lemon Tea	\$3.30
Snapple Kiwi Strawberry	\$3.30
Snapple Raspberry Tea	\$3.30
Snapple Mango Mandes	\$3.30
Snapple Apple	\$3.30
Malta	\$3.30
Tropical Fantasy Kiwi Strawberry	\$2.58
Arizona	\$3.30
Power Rojo	\$3.30
Power Azul	\$3.30
Power Morado	\$3.30
Gatorade Rojo	\$3.30
Gatorade Amarillo	\$3.30
Gatorade Verde	\$3.30
Gatorade Azul	\$3.30
Gatorade Blanco	\$3.30
Pepsi Bottle	\$3.30
Diet Coke Bottle	\$3.30
Coke Bottle	\$3.30
Pure Leaf Bottle	\$3.90

ITEM	PRICE
Gold Peak Bottle	\$3.90
Lemon Brisk Tea	\$1.92
Postobon Colombiana	\$3.30
Materva	\$2.22
Ironbeer	\$2.22
Agua Smart Water	\$4.80
Agua Dasani	\$4.80
Agua Pure Life	\$2.10
Perrier	\$4.50
San Pellegrino	\$4.50
Gatorade	\$3.30
Malta (Drinks)	\$3.30
Small Tropicana Orange Juice	\$2.58

Coffee & Tea

ITEM	PRICE
Cafe con Leche 20oz	\$5.40
Iced Coffe 24oz	\$5.94
Cortadito 4oz	\$2.58
Cafe con Leche 8oz	\$3.12
Cafe con Leche 16oz	\$4.20
Cafe con Leche 12oz	\$3.54
Colada 4oz	\$2.82
Ice Frappuccino Mocha 16oz	\$8.90
Ice Frappuccino Mocha 24oz	\$11.40
Ice Frappuccino Matcha Tea 16oz	\$8.88
Ice Frappuccino Matcha Tea 24oz	\$11.28
Expresso 4oz	\$1.74
Americano 8oz	\$3.12
Americano 12oz	\$3.54
Americano 16oz	\$4.20
Americano 20oz	\$5.40
Hot Chocolate 8oz	\$3.12
Hot Chocolate 12oz	\$3.54
Hot Chocolate 16oz	\$4.50

ITEM	PRICE
Hot Chocolate 20oz	\$5.40
Hot Tea 12oz	\$3.54
Hot Tea 20oz	\$3.90
Hot Mocha 16oz	\$5.94
Hot Mocha 20oz	\$7.14
Iced Coffee 16oz	\$5.40
Mocha Ice 16oz	\$5.94
Mocha Ice 24oz	\$7.14

Smoothies & Juices

ITEM	PRICE
Smoothie 24oz	\$9.00
Natural Juices 16oz	\$6.90
Organic Juice #2 small Orange, Carrot & Celery	\$8.34
Natural Juices 24oz	\$9.00
Smoothie 16oz	\$6.90
Natural Coconut Water	\$9.60
Sugar Cane Juice 16oz	\$6.90
Sugar Cane Juice 24oz	\$9.00
Organic Ginger and Honey shot 4oz	\$6.00
Organic Juice #2 large Orange, Carrot & Celery	\$11.40
Organic Juice #3 small Carrot, Apple & Ginger	\$8.34
Organic Juice #3 large Carrot, Apple & Ginger	\$11.40
Organic Juice #4 small Apple, Parsley, Cucumber, Grape & Celery	\$8.34
Organic Juice #4 large Apple, Parsley, Cucumber, Grape & Celery	\$11.40
Organic Juice #5 small Lemon, Apple & Ginger	\$8.34
Organic Juice #5 large Lemon, Apple & Ginger	\$11.40
Organic Juice #6 small Cucumber, Pineapple, Apple & Celery	\$8.34
Organic Juice #6 large Cucumber, Pineapple, Apple & Celery	\$11.40
Organic Juice #7 small Banana, Pineapple & Coconut	\$8.34

Organic Juice #7 large

\$11.40

Banana, Pineapple & Coconut