

Start the Day Off Right

Written by Geoffrey Anderson Jr. and Dianne Rubin, BT Contributors
April 2019 - Last Updated April 2019



Food news we know you can use

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When was the last time you went out for a good breakfast? You often hear people raving about the dinner they ate or a fun brunch spot, but it's rare to hear someone gush over a hearty breakfast. It's a shame because if you know where to look, you can find some early-morning gems in Miami.

For example, there's **Jimmy's East Side Diner** (7201 Biscayne Blvd., 305-754-3692). You

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can't talk about breakfast food in Miami without this place coming up in conversation. That was true even before the MiMo establishment made an appearance in the Oscar-winning film *Moonlight*

. For years the 305 institution has been cooking up huge portions of eggs, country sausage, corned beef hash, and hot cakes to hungry patrons, starting at 6:30 a.m. daily.

Over in Wynwood, **Miam Café** (2750 NW 3rd Ave., Suite 21, 786-703-1451) is busy providing early risers with less traditional breakfast fare, like an avocado and poached egg tartine and vegetarian breakfast burrito. Guests who prefer a sweeter touch can opt for the Pullman French toast with chocolate hazelnut spread or the organic chia pudding with tropical fruits. Traditionalists need not worry: eggs, home fries, and bacon are plentiful.

Coffee and breakfast go hand in hand, and **All Day** (1035 N. Miami Ave., 305-699-3447) is a spot that takes both seriously. Cold brew, nitro, pour over, drip coffee -- you name your type of coffee, and All Day likely has it. There are even a few coffee "cocktails" if you're feeling adventurous. On the savory side, the eggs are a highlight and available in various forms: cast iron-fried, soft-scrambled, and baked double yolk. We suggest the One-Handed egg sandwich with Florida sage sausage, double cream brie, and herb aioli; it's worth the trip to the gym.

Another coffee shop that puts as much effort into its food is **Alaska Coffee Roasting Co.** (13130 Biscayne Blvd., 786-332-4254) in North Miami. Coffee varieties here change every week, so customers are kept on their toes. Similarly, selections in the pastry case change regularly. In addition to the usual suspects, like scones and muffins, you'll find cinnamon rolls, pies, and cakes. These join savory options like "breakfast pockets" stuffed with potatoes, reindeer sausage, and other delights. Breakfast burritos are also a big thing here -- literally.

Picky eaters will find comfort in Aventura Mall's **Le Boulangerie Boul'Mich** (20475 Biscayne Blvd., Suite G7 and G8, 305-974-4634), where the menu has a little bit of everything. Are you in the mood for something healthy? Nosh on some granola or a fruit platter. Need some salt? Omelettes and eggs benedicts galore are available. Just want some pancakes? You've got it. Don't forget to pick up a chocolate croissant before you leave.

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OPENINGS

But enough about breakfast. Several new restaurants have recently arrived in Miami. One of them is Aventura's **International Smoke** (19565 Biscayne Blvd., Suite 946, 786-254-0422), a barbecue spot from television personality Ayesha Curry and chef Michael Mina. As you'd expect, smoked meats and international flavors abound. Smoked St. Louis cut pork ribs, Asian cedar-smoked salmon, and rib tip mac and cheese are just a few of the standouts on the extensive menu. This is not a place for vegetarians.

Down south in downtown Miami, **Mirabelle** (114 SE 1st St., 786-440-6561) is adding notable French cuisine to the neighborhood's growing food scene. Expect classics like escargot, niçoise salad, croque monsieur, and more. You can't go wrong with the jumbo shrimp scampi or pan-seared snapper; just save room for some profiteroles.

A little bit north in Edgewater, **Rice Mediterranean Kitchen** (2500 Biscayne Blvd., 305-705-6090) has brought nutritious, hearty bowls to the area. Customers can customize their selection with an assortment of greens, grains, dips, and proteins, including spicy baba ganoush, honey nut feta, and braised lamb. Not in the mood to make decisions? A traditional kebab menu takes most of the guesswork out of ordering.

CLOSINGS

When it rains, it pours. Some big names have recently closed up shop, including **Royal Bavarian Schnitzel Haus**

and

Paulie Gee's Miami

. A surprising announcement was the closure of

Jimmy's Kitchen

, a Wynwood institution. Due to rent increases, the Latin American restaurant finally decided to call it quits.

Mason Eatery

just a few blocks away also bade the neighborhood farewell.

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