

SECRET MIAMI

15 Top Miami Spots For Delicious Zero-Proof Sips This Dry January

Embracing a sober start to 2026? These Miami bars and restaurants are serving up creative mocktails that don't skimp on flavor.

The holidays are known for excess, which is why so many of us look forward to a reset come January. If you're planning to participate in Dry January or simply want a break from the booze, you're in the right place! Miami's mixologists are proving that you don't have to sacrifice flavor for the sobriety.

Keep your social life buzzing (without the booze) by visiting these Miami spots with standout mocktails:

Osaka Miami, Brickell

1300 Brickell Bay Dr, Miami, FL 33131

This Nikkei gem has you covered with multiple zero-proof offerings blending Japanese-inspired flavors and tropical flair. Try their Coco Bang, a savory-sweet mixture of coconut miso, genmaicha tea, kumquat and a hint of orange blossom. Or the Yuzu Tea, which pairs a sencha infusion with pineapple and yuzu foam for a citrusy refresher. For something richly traditional, the OSK Fresh brings tangerine cordial, rosemary and soda for crisp herbal freshness, while the Blossom Lemonade blends sakura tea, watermelon cordial and lime for a delicately fragrant mocktail.

Casadonna, Edgewater

1737 N Bayshore Dr 1st Floor, Miami, FL 33132

Casadonna's coastal Italian menu and sweeping waterfront views make it an ideal destination for some booze-free sips! This Dry January, have a Donna D'Oro, a sophisticated drink built around Almave Ámbar blue agave spirit. It's balanced with pineapple and lime, becoming an ideal companion for a refined evening where you don't want to feel left out of the toast.

Amal, Coconut Grove

3480 Main Hwy Suite 100, Miami, FL 33133

The best part about this chic hotspot is all the Lebanese cuisine to indulge in while you're going alcohol-free! Guests can enjoy drinks like the Habibi Mule (a twist on the Moscow Mule) or the bright and effervescent Yalla Spritz, crafted with martini and rossi vibrante, cranberry mango and fever-free soda. Another option includes the Hayati, a culturally inspired mocktail with coconut and lime fever-free elderflower tonic.

Delilah, Brickell

301 Brickell Key Dr, Miami, FL 33131

This modern-day supper club channeling the roaring '20s offers a touch of luxury for everyone, including those looking to cut back on alcohol. The Suns Out combines Ritual non-alcoholic rum with elderflower, lime and mint for a refreshing botanical profile, while the Peacemaker features Lyre's Non-Alcoholic Italian Spritz, mixed with grapefruit, lime and tonic. Both are so good you wouldn't even know the difference!

Rosemary's, Wynwood

322 NW 25th St, Wynwood, FL 33127

This transportive Italian eatery brings the feel of the Tuscan countryside right here to Wynwood. Their trio of thoughtfully crafted zero-proof cocktails include refreshing options like the Ghia Sour (Ghia aperitivo, lemon and egg white), the Hugo Fizz (elderflower cordial, Upside Dawn, club soda, mint and lime) and the elegant Non #1

Bollicine Rosato (raspberry, chamomile and sémillon verjus-driven non-alcoholic wine alternative).

Rosa Sky, Brickell

115 SW 8th St 22nd Floor, Miami, FL 33130

With sweeping Brickell views and a pink-hued atmosphere, this glam rooftop lounge is introducing its “Free-Spirited” menu for Dry January, filled with sips like Feeling Frisky, Rooftop Retreat and Pom Pom with ritual gin alternative, giffard vanilla, pomegranate and citrus.

Watr at 1 Hotel, South Beach

2341 Collins Ave Floor 18, Miami Beach, FL 33139

Perched 18 stories up, this eco-chic rooftop not only offers some of the best ocean views, but a refreshing non-alcoholic beverage that perfectly complements its laid-back vibe. That would be the Sunburnt on South Beach, combining hydrating coconut water with mango, lime, mint and Fever-Tree ginger beer. It's perfect for sipping while you catch the waves from the roof!

Los Fuegos by Francis Mallmann, Miami Beach

3201 Collins Ave, Miami Beach, FL 33140

Nestled within Faena Miami Beach, this sizzling hot dining destination by award-winning Argentine grillmaster Francis Mallmann offers smoky flavors and a bold setting. Additionally, their Hibiscus Bloom mocktail brings together tropical passionfruit and vibrant hibiscus tea with a soothing honey-lavender.

R House Wynwood

2727 NW 2nd Ave, Miami, FL 33127

With its high-energy drag brunches and Latin-inspired hospitality, R House's zero-proof offerings have naturally become an extension of that experience. Highlights include the Blanco Margarita (Almave Blanco, lime, agave nectar and orange bitters), the Smoky Mango Margarita (Little Saints St Ember with palo santo, ginger, cardamom, lime, mango and bee pollen) and No-Groni (Bare Vodka, Martini & Rossi Vibrante and Floreale). The Pathfinder Old Fashioned rounds out the lineup with Pathfinder Hemp & Root Spirit, brown sugar, aromatic bitters and an orange peel.

If you're with a group, they also offer zero-proof bottle service, complete with sparklers and the same full parade experience!

Beauty & the Butcher, Coral Gables

6915 Southwest 57th Avenue, S Red Rd, Coral Gables, FL 33143

At Beauty & the Butcher, you can choose between the Skinny Hinny, a crisp and energizing drink combining Seedlip Spice, sour mint cordial, ginger beer and watermelon, or the refreshing Flor y Pepe, featuring Lyre's Agave Blanco, elderflower, cucumber and lime.

JARANA, Aventura

19505 Biscayne Blvd suite 5150, Aventura, FL 33180

Just like how JARANA celebrates and showcases authentic Peruvian cuisine, their Chicha Morada is a vibrant, antioxidant-rich mocktail crafted from ancient purple corn and traditionally blended with fruit and warm spices. This isn't a modern invention but a traditional Peruvian staple!

Chop Steakhouse & Bar, Coconut Grove



3015 Grand Ave Suite 101, Coconut Grove, FL 33133

Pairing perfectly with its modern steakhouse menu, this hotspot brings a refreshing twist of thoughtful zero-proof sips like the Sparkling Yuzu Limeade and Green Tea Sour, which offers something more herbaceous. For those who prefer something more fruit-forward, the Berry Shrub brings together mixed berries, ginger beer, fresh citrus, cane sugar and a subtle hint of balsamic.

Uchi, Wynwood

252 NW 25th St, Miami, FL 33127

This upscale Japanese restaurant in the heart of Wynwood is whipping up some delicious mocktails for those who want to take a break from alcohol without sacrificing the taste. Delve into the Inari, made with seedlip grove, lychee, lemon and yuzu, and Raba, a tangy drink made with passionfruit and ginger, topped with soda. Their newest addition also includes the Ube Shima with ube, coconut milk and pineapple.

ADRIFT Mare, Brickell

1395 Brickell Ave, Miami, FL 33131

Found inside the Hotel AKA Brickell, this spot feels like a Mediterranean sanctuary floating above the city. They've got a variety of mocktails on offer, such as the Chai Life, bending spiced chai, raspberry, ginger beer and a lift of lemon for a "warm-meets-cool" flavor profile, and the Palm Paradise with coconut, cucumber, mint and lime zest. For those who prefer a classic profile, the Lyre's Amalfi Spritz and Lyre's Gin & Tonic offer the poise of Mediterranean aperitivo culture without the proof.

Divebar at Hotel Continental, Miami Beach

4000 Collins Ave, Miami Beach, FL 33140

The Hotel Continental's retro-inspired Divebar is putting a tropical spin on zero-proof sipping with its signature Divebar Fizz. It blends passion fruit purée with fresh lime and mint, topped with non-alcoholic ginger beer. Served tall over crushed ice with a mint bouquet and dehydrated lime wheel, it's the ultimate poolside cooler!

See also: [2 Sizzling Miami Steakhouses Have Been Named Among The Best In North America](#)