

SMOOTHIES

CHOOSE: WHOLE MILK | 2% MILK | OAT MILK | ALMOND MILK

STRAWBERRY SKY ----- \$11

STRAWBERRIES, BANANAS, WHITE CHOCOLATE, YOGURT AND VANILLA PROTEIN POWDER

PURPLE REIGN ----- \$11

BLUEBERRIES, STRAWBERRIES, RASPBERRIES, VANILLA PROTEIN POWDER AND GREEK YOGURT.

RISE AND RIPE ----- \$11

BANANAS, ESPRESSO, CHOCOLATE PROTEIN POWDER, ALMOND BUTTER AND OAT MILK

COOKIE DOUGH DREAM ----- \$11

BANANA, CASHEW BUTTER, OATS, OAT MILK, CHOCOLATE CHIPS AND VANILLA PROTEIN POWDER

SUNSHINE STATE ----- \$11

PINEAPPLE, MANGO, VANILLA PROTEIN POWDER AND COCONUT MILK

GREEN GODDESS ----- \$11

SPINACH, PINEAPPLE, MANGO, BANANA, VANILLA PROTEIN POWDER AND COCONUT WATER

MANGO COBBLER ----- \$11

MANGOS, BANANAS, OAT MILK, VANILLA PROTEIN POWDER, CINNAMON, VANILLA BEAN PASTE AND YOGURT

DATE VIBES ----- \$11

BANANAS, DATES, PEANUT BUTTER AND HONEY

PEACH, PLEASE ----- \$11

A BLEND OF PEACH, MANGO AND A TOUCH OF HONEY

BERRY RIPE ----- \$11

STRAWBERRIES, RASPBERRIES, BLUEBERRIES, GRANOLA AND HONEY

MANGO TANGO ----- \$11

MANGOS AND PINEAPPLES BELNDED WITH HONEY

BEVERAGES

ALL NATURAL STUBBORN SODA ----- \$5

FRESH BREWED FLAVORED TEA ----- \$5

BUBBLY SPARKLING WATER ----- \$5

BREAKFAST ALL DAY

POWER OMELET ----- \$14

ORGANIC EGGS FILLED KALE AND SPINACH, MUSHROOMS, CARAMELIZED ONIONS, FRESH TOMATOES, AND FETA.

AVOCADO TOAST ----- \$14

GLUTEN FREE WHITE BREAD TOPPED WITH SMASHED AVOCADO, 2 EGGS, SAUTÉED SPINACH, AND TOMATOES.

BREAKFAST BURRITO ----- \$14

SCRAMBLED EGGS WRAPPED WITH TURKEY BACON, SHARP CHEDDAR CHEESE, AND FRESH AVOCADO.

PANCAKES ----- \$12

BUTTERMILK PANCAKES SERVED WITH A DRIZZLE OF ALL-NATURAL DATE SYRUP AND FRESH SEASONAL FRUIT.

DULCE DE LECHE PANCAKES ----- \$14

CARAMEL SAUCE, WHIPPED CREAM AND TOASTED ALMONDS.

NUTELLA PANCAKES ----- \$14

HAZELNUT PASTE, WHIPPED CREAM AND TOASTED ALMONDS.

BLACK & WHITE PANCAKES: ----- \$14

DRIZZLED WITH WHITE AND DARK CHOCOLATE SAUCE, AND WHIPPED CREAM.

WAFFLES ----- \$14

LIGHT AND CRISPY WAFFLES TOPPED WITH FRESH BERRIES & SLICED BANANAS, WHIPPED CREAM, AND A DRIZZLE OF MAPLE SYRUP SYRUP

STRAWBERRY CHEESECAKE WAFFLES ----- \$18

HOME-MADE WAFFLES STUFFED WITH STRAWBERRIES & CHEESECAKE FILLING, TOPPED WITH WHIPPED CREAM, POWDERED SUGAR AND STRAWBERRY GLAZE.

HOURS OF OPERATION

MONDAY - SUNDAY

11AM-8PM

CALL US

(561) 412-3750

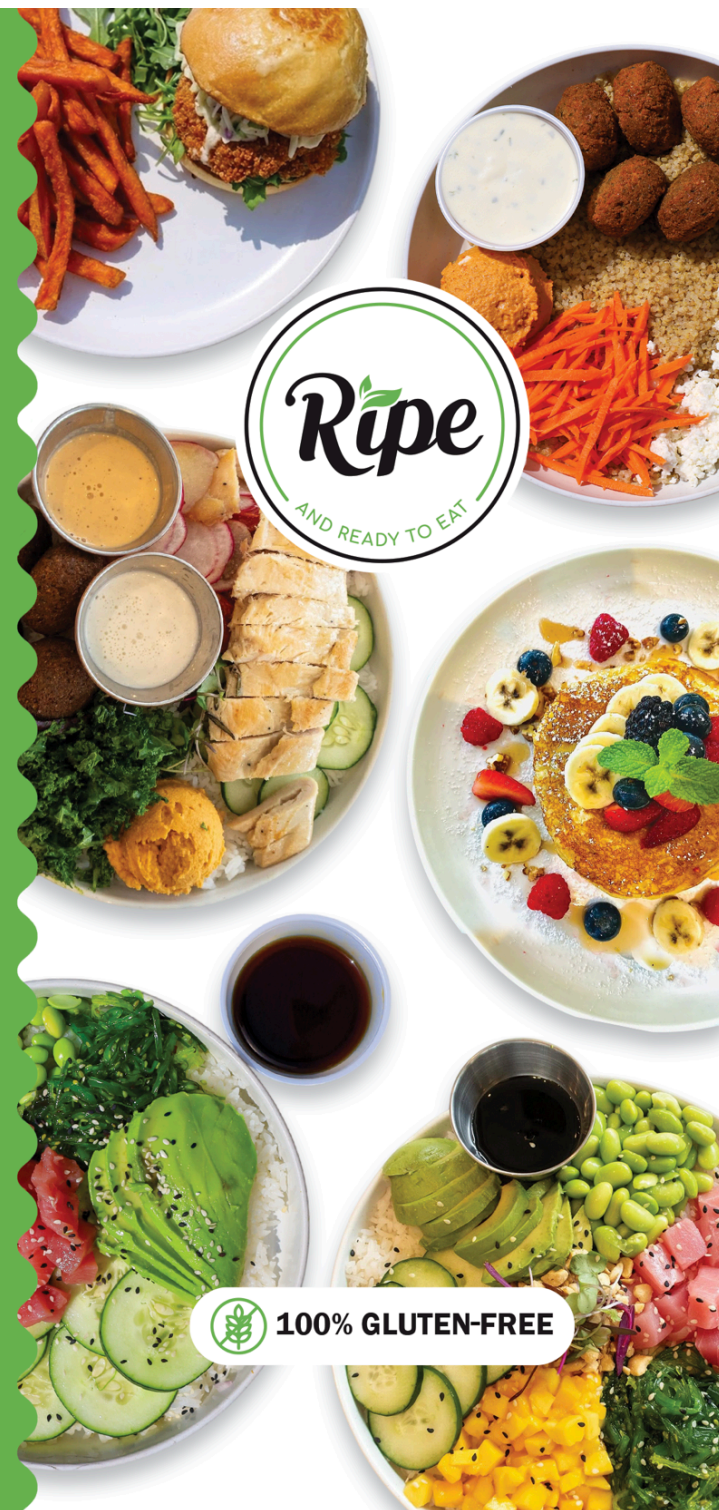
VISIT US

15084 LYONS RD. #750

DELRAY BEACH, FL 33446



Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.



100% GLUTEN-FREE

WHOLESONE BOWLS

SEASONED QUINOA OR JASMINE RICE

POWER LIFTER ----- \$15

ROASTED TURKEY, QUINOA, CILANTRO, RED ONIONS, MOZZARELLA, AVOCADO MASH, RED TZATZIKI SAUCE

MEDITERRANEAN BLISS ----- \$16

CRISPY FALAFEL, HUMMUS, CRUMBLLED FETA, CARROTS, AVOCADO, SLICED ALMONDS AND ROASTED GARLIC-LEMON SAUCE

GREEN WITH ENVY ----- \$15

ROASTED BRUSSEL SPROUTS, BROCCOLI, EDAMAME, KALE, MUSHROOMS AND PISTACHIO PESTO

TERIYAKI ----- \$15

ROASTED CHICKEN, CARROTS, EDAMAME, RED ONIONS, ROASTED JICAMA, SESAME SEEDS, SCALLIONS AND GINGER TERIYAKI SAUCE

PAD THAI ----- \$15

RICE NOODLES, SHREDDED CARROTS, BEAN SPROUTS, EDAMAME, SCALLIONS, TOASTED PEANUTS AND THAI PEANUTS SAUCE

POKE BOWL ----- \$18

AHI TUNA, SEAWEED SALAD, SLICED CUCUMBERS, AVOCADO, RED ONIONS, SESAME SEEDS AND SOY GINGER SAUCE

RIPEN IT WITH:

CHICKEN \$6 | SHRIMP \$8 | SALMON \$8 | AHI TUNA \$10 | AVO-BOWL \$4

LITTLE RIPES

INCLUDES DRINK & CHOICE: SWEET POTATO OR REGULAR FRIES

CHEESE QUESADILLA ----- \$12

CHICKEN TENDERS ----- \$13

CHEESE PIZZA ----- \$14

PIZZETTES

CALIFLOWER CRUST

THE FLORIDIAN ----- \$15

SAN MARZANO TOMATO SAUCE, ONIONS, MUSHROOMS, PEPPERS, ROASTED GARLIC AND MOZZARELLA CHEESE

THE NEW YORKER ----- \$15

SAN MARZANO TOMATO SAUCE, MOZZARELLA CHEESE

BIANCA ----- \$15

TOASTED GARLIC, OLIVE OIL, MOZZARELLA CHEESE, SLICED TOMATOES, TURKEY BACON AND FRESH BASIL

MARGHERITA ----- \$16

FRESH MOZZARELLA CHEESE OVER SAN MARZANO TOMATO SAUCE, FRESH BASIL AND OLIVE OIL

BUNTASTIC BURGERS

SUB FOR VEGGIE BURGER OR CHICKEN BREAST

THE RIPE ONE ----- \$16

ANGUS BEEF PATTY, TURKEY BACON, AMERICAN CHEESE, FRIED EGG, LETTUCE AND TOMATO ON TOASTED BUN

THE OG ----- \$15

ANGUS BEEF PATTY, AMERICAN CHEESE, GRILLED ONIONS, PICKLES AND OUR SIGNATURE RIPE SAUCE ON A TOASTED BUN

CHIPOTLE ----- \$15

ANGUS BEEF PATTY TOPPED WITH MOZZARELLA CHEESE, AVOCADO, PICO DE GALLO AND CHIPOTLE AIOLI ON A TOASTED BUN

BRAVOCADO ----- \$16

SAUTEED MUSHROOMS, SWISS CHEESE, AVOCADO, LETTUCE AND TOMATO ON A TOASTED BUN

RIPEN IT WITH

AVOCADO \$2 | FRIED EGG \$2 | TURKEY BACON \$2 | BACON \$3

RIPE GARDEN PATCH

RANCHERO ----- \$14

BLACK BEANS, FIRE ROASTED CORN, SCALLIONS, CHOPPED TOMATOES, SLICED CHEESE, AVOCADO MASH, CUCUMBERS AND RANCH DRESSING

CAESAR ----- \$13

ROMAINE HEARTS, GARLIC CROUTONS, SHAVED PARMESAN AND CAESAR DRESSING

RIPE COBB ----- \$15

AVOCADO MASH, SKIM MILK MOZZARELLA, RED CABBAGE, CHOPPED TOMATOES, RED ONIONS, CHOPPED TURKEY BACON, AND BALSAMIC VINAIGRETTE

SKINNY GREEK ----- \$14

CHOPPED TOMATO, DICED CUCUMBER, RED ONIONS, CHICK PEAS, FETA CHEESE, SLICED BANANA PEPPERS, OLIVE CRUMBLE AND GREEK VINAIGRETTE

RIPEN IT WITH:

GRILLED CHICKEN \$6 | SHRIMP \$8 | SALMON \$8 | AHI TUNA \$10

SIDES & BITES

SWEET POTATO FRIES ----- \$7

GARLIC FRIES ----- \$7

YUCA FRIES ----- \$7

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HANDHELDS & WRAPS

SERVED WITH GRILLED VEGGIES OR SUB FRIES FOR \$2

CRISPY CHICKEN SANDWICH ----- \$16

QUINOA-CRUSTED CHICKEN, FRESH ARUGULA, COLESLAW, PICKLES, HONEY DIJON AIOLI ON TOASTED POTATO BUN

GRILLED CHICKEN SANDWICH ----- \$14

ROSEMARY GARLIC GRILLED CHICKEN ON TOASTED POTATO BUN, TOPPED WITH LETTUCE, TOMATO AND ZESTY CILANTRO-LIME CHIMI

CHICKEN WRAP ----- \$15

QUINOA-CRUSTED CHICKEN, DRIZZLED WITH HOUSE-MADE HOT PEPPER BACON JAM, CHEDDER CHEESE, AVOCADO, LETTUCE AND TOMATOES

HOT HONEY CHICKEN SANDWICH ----- \$15

CHICKEN BREAST WITH HOUSE-MADE GLUTEN-FREE BREADCRUMBS FRIED, AND DRIZZLED IN OUR HOME-MADE HONEY SRIRACHA

ZESTY FALAFEL WRAP ----- \$15

HOUSE-MADE CHICKPEA PATTIES, PAIRED WITH CREAMY HUMMUS & FRESH QUINOA, DRIZZLED WITH GARLIC LEMON SAUCE

THAI VEGGIE WRAP ----- \$14

AVOCADO, SWEET POTATO, SHREDDED CARROTS, CUCUMBER AND HUMMUS WITH A THAI PEANUT SAUCE.

RIPE BURRITO ----- \$14

JASMINE RICE, PICO DE GALLO, ROASTED CORN, AVOCADO, BLACK BEANS AND CILANTRO-LIME CREMA

CHICKEN/BEEF QUESADILLA ----- \$14

CHICKEN OR BEEF WITH SHREDDED CHEESE, ROASTED CORN, PICO DE GALLO AND CHIPOTLE AIOLI

RIPEN IT WITH

GRILLED CHICKEN \$6 | SHRIMP \$8 | SALMON \$8 | AHI TUNA \$10

DESSERTS

BROOKIE ----- \$4

HALF BROWNIE, HALF COOKIE - ALL DELICIOUS!

GELATO ----- \$5

SEASONAL FLAVORS: CHOCOLATE, VANILLA, SALTED CARAMEL

COOKIES ----- \$3

BAKED DAILY - CHOCOLATE CHIP

MUFFINS ----- \$3

BAKED DAILY

WHAT IS RIPE FOR YOU?

 PALEO  VEGAN  VEGETARIAN
 KETO  NUT FREE  DAIRY FREE