



RIPE DELRAY 4

Green Harvest Salad **\$14.00**

Dive into a vibrant mix of quinoa, fresh arugula, and kale, beautifully accented by zesty cilantro and mint. Creamy avocado, crunchy pecans, and sweet apples bring a delightful balance of textures, topped with crumbled feta for a flavor explosion that nourishes your body and brightens your day.

Garden Glow Salad **\$13.00**

Embrace the freshness of crisp mixed greens layered with velvety avocado, our signature roasted corn mix, and colorful carrots. Sweet pomegranate seeds and crunchy radishes complement the toasted sunflower seeds, creating a rainbow of flavors that'll make your health-conscious heart sing.

Lotus Salad **\$13.00**

Refresh your palate with this light and crunchy salad featuring a delightful broccoli slaw base, creamy avocado, and vibrant carrots. Crisp cucumbers, sprouted goodness, and sliced almonds add a satisfying crunch, making this bowl both nourishing and refreshing.

Tuscan Salad **\$14.00**

Transport your taste buds to Italy with a delightful combination of baby spinach, kale, and arugula. This exquisite salad features luscious burrata cheese, juicy tomatoes, sweet figs, and crunchy pistachios, offering a harmonious blend of flavors that's as beautiful as it is nourishing.

ALL DAY BREAKFAST 9

Power Omelette **\$14.00**

Wholesome cage-free eggs filled kale and spinach, earthy button mushrooms, caramelized onions, fresh tomatoes, and creamy feta for a protein-packed start to your day.

Avocado Toast Extravaganza **\$14.00**

Our artisanal sourdough is topped with creamy smashed avocado, luxurious burrata cheese, ripe tomatoes, fragrant fresh basil, crunchy pistachios, and a drizzle of balsamic glaze, creating a hearty and nourishing breakfast.

Fruit-Filled Pancakes **\$12.00**

Light and fluffy buttermilk pancakes served with a drizzle of all-natural date syrup and accompanied by a colorful selection of fresh seasonal fruit for a sweet, guilt-free indulgence.

Protein-Packed Breakfast Burrito **\$14.00**

Creamy scrambled eggs wrapped with savory turkey bacon, sharp cheddar cheese, fresh avocado for a delicious boost of energy throughout your morning.

Mediterranean Toast **\$14.00**

Delight in this vibrant dish on a sun-dried tomato and black olive roll featuring creamy red pepper hummus, crumbled feta, crisp cucumber, crunchy radish, and antioxidant-rich pomegranate seeds for a burst of flavor and nutrition.

Berry Bliss Waffles	\$14.00
Light and crispy waffles topped with a generous serving of fresh berries and sliced bananas, complemented by blueberry bourbon pecan jam, whipped cream, a hint of maple syrup, and a refreshing touch of lemon zest and mint.	
Smoked Salmon Lox	\$19.00
Indulge in thinly sliced smoked salmon atop toasted sourdough with velvety whipped chive cream cheese, juicy tomatoes, capers and tangy pickled onions for a heart-healthy, satisfying meal.	
Chicken Wrap	\$15.00
Enjoy quinoa-crusted chicken drizzled with house-made hot pepper bacon jam, paired with sharp aged cheddar, creamy avocado, crisp lettuce, and tomatoes for a deliciously filling option.	
Breakfast Bowl	\$12.00
A nourishing base of acai blended with banana and fresh berries, drizzled with raw honey, topped with crunchy granola, and finished with shaved coconut for a deliciously energizing start.	
HANDHELDS	10
Margherita Pizzette	\$14.00
Experience a healthy twist on a classic with our cauliflower crust pizza topped with a rustic tomato sauce, fresh mozzarella, and fragrant basil, creating a delectable and guilt-free option for pizza lovers.	
Artisan Flatbread	\$15.00
Enjoy our flavorful cauliflower crust flatbread featuring rich tomato sauce, tangy gorgonzola & mozzarella cheese, peppery arugula, roasted red onions, and a drizzle of apple maple bacon jam, topped with crunchy pecans for a perfect balance of taste and nutrition.	
Quinoa-Crusted Chicken Sandwich	\$16.00
A perfectly crispy quinoa-crusted chicken fillet nestled in a toasted potato bun, topped with peppery fresh arugula, crunchy coleslaw, pickles, and our creamy honey dijonnaise aioli for a delightful blend of textures and flavors.	
Vegetarian Delight Sammy	\$14.00
Savor the rich flavors of our sundried tomato and black olive ciabatta, generously filled with creamy burrata cheese, fire-roasted tomatoes, aromatic basil pesto, and crunchy crumbled pistachios, enhanced by a sweet fig balsamic reduction. A truly satisfying vegetarian choice!	
Hearty Pastrami Sammy	\$22.00
Indulge in tender, 8-hour braised brisket served on a sweet onion sourdough roll, complemented by zesty garlic kraut mustard and crisp pickles for a bold and savory flavor experience that will thrill your taste buds.	
Fresh Vegetarian Wrap	\$14.00
This vibrant wrap features a crunchy Asian kale slaw paired with protein-rich cilantro quinoa, creamy avocado, sweet carrots, and refreshing cucumber, all drizzled with rich Thai peanut sauce for a colorful and nutritious meal on the go.	
Savory Grilled Chicken Sandwich	\$14.00
Delight in our rosemary garlic grilled chicken breast served on a toasted potato bun, garnished with crisp shaved iceberg lettuce, juicy tomatoes, and a zesty cilantro-lime chimichurri for a flavorful and satisfying sandwich option.	
Zesty Falafel Wrap	\$15.00
Experience the crunch of our house-made chickpea patties, paired with creamy hummus and a fresh quinoa tabbouleh salad, all drizzled with zesty lemon labneh dip sauce for a delicious plant-based wrap that's packed with flavor.	

Chicken & Waffle Cravings	\$17.00
Treat yourself to buttermilk waffles topped with our signature quinoa-crusted chicken, served with a side of maple syrup and a hint of hot pepper bacon jam for a unique sweet and savory dish that's perfect for any craving.	

Smoked Salmon Wrap	\$17.00
Indulge in our velvety cold smoked salmon, crafted with chive whipped cream cheese, creamy avocado, fresh arugula, and ripe tomatoes, all wrapped in a light tortilla and finished with zesty lemon-basil aioli for a wholesome, delicious meal.	

BOWLS 5

Lifter Bowl	\$12.00
Elevate your wellness with vibrant edamame, creamy avocado, and a delightful roasted corn medley. Fresh carrots and crisp cucumbers mingle with nutrient-rich kale, all drizzled in our signature pistachio pesto sauce. A perfect blend of flavors and textures to fuel your active lifestyle.	

Mediterranean Bliss Bowl	\$12.00
Experience a taste of the Mediterranean with this wholesome bowl, featuring zesty quinoa tabbouleh, crispy falafel, and velvety hummus. Topped with crumbled feta, fresh carrots, buttery avocado, and crunchy sliced almonds, each bite is enhanced by our roasted garlic-lemon sauce, bringing a sunny flavor that nourishes the soul.	

Zen Bowl	\$12.00
Find your balance with our invigorating Asian-inspired slaw of tender broccoli and kale, paired with colorful carrots, green scallions, and pickled onions. Enhanced by edamame and a refreshing Thai ginger soy sauce, this bowl offers a calming escape for body and mind.	

Spice & Life Bowl	\$12.00
Ignite your taste buds with a shave of nutrient-dense kale and a savory chickpea patty. This bowl transforms tradition with a swirl of red pepper hummus, creamy labneh, and a sprinkle of crunchy cucumbers, fresh tomatoes, and radishes. Finished with a tangy sumac sauce, it's a celebration of bold flavors and vibrant health.	

Ancient Grains Bowl	\$12.00
Delight in our hearty mix of rosemary-roasted tomatoes, thyme-roasted Brussels sprouts, and creamy avocado, complemented by a sweet and savory roasted corn blend. Topped with crunchy pecans and a touch of balsamic glaze, this bowl is a nourishing homage to the goodness of ancient grains.	

LITTLE RIPES 3

Chicken Tenders with Sweet Potato Fries	\$10.00
Hand-breaded chicken tenders served with our crispy sweet potato fries, making it a favorite for the little ones.	

Cheese Quesadilla	\$9.00
A gooey cheese quesadilla grilled to perfection, offering a delightful cheesy treat that kids love!	

Cheese Pizza	\$10.00
A cheese pizza topped with melted mozzarella and served with a crispy crust, perfect for young pizza lovers!	

SIDES 5

Sweet Potato Fries Medley	\$7.00
Indulge in our crispy sweet potato fries, expertly seasoned and served with a medley of savory dips. A delicious and nutritious choice to accompany your meal.	

Yuca Fries	\$7.00
Experience the exotic crunch of golden yuca fries, a gluten-free alternative that’s crispy on the outside and tender on the inside. A delightful side for any dish!	
Garlic Fries	\$6.00
Savor the bold flavors of our garlic fries, perfectly crispy and tossed in aromatic garlic and fresh parsley for an irresistible side.	
Coleslaw	\$5.00
Refreshing and crunchy, our coleslaw is a blend of crisp vegetables tossed in a light dressing, offering a delightful crunch that's perfect with any meal.	
Tabbouleh	\$7.00
Enjoy a fresh and zesty tabbouleh made with wholesome grains, vibrant herbs, and bursts of flavor. A classic Middle Eastern side that complements any dish beautifully.	

COFFEE 5

Espresso	\$4.00
Americano	\$4.00
Cappuccino	AVAILABLE OPTIONS
	\$5.00
	Iced: \$6.00
Latte	AVAILABLE OPTIONS
	\$5.00
	Iced: \$6.00
Macchiato	AVAILABLE OPTIONS
	\$5.00
	Iced: \$6.00

SMOOTHIES 4

Kale & Apple	\$7.00
Banana & Dates	\$7.00
Red berries	\$7.00
Mango & Banana Pistachio	\$7.00