

## Fresh Ripe Juices

Regular (16 oz) 5.99 – Large (20 oz) 6.99

### Refreshing

**Ripe...** Watermelon, Strawberry, Apple, Grapefruit

**Austin Summers...** Watermelon, Apple, Strawberry, Lemon

**Apple Berry...** Apple, Strawberry

### Energizing

**Rejuvenator...** Apple, Lemon, Carrot, Beet, Ginger

**Super 6...** Carrot, Apple, Ginger, Beet, Cucumber, Celery

**The Hulk...** Cucumber, Spinach, Lemon, Apple

**Romeo and Juliet...** Carrot, Apple

**Ironman...** Carrot, Apple, Celery, Beet

### Cleansing

**Freshark...** Kale, Cucumber, Celery, Apples

**Achilles...** Celery, Spinach, Parsley, Broccoli, Cucumber

**Immune Booster...** Orange, Carrot, Ginger

### Create Your Own Combo (pick 4)

carrot, cucumber, apple, orange, beet, ginger, kale, watermelon, spinach, celery, lemon, honeydew, broccoli, grapefruit

## Pre & Post 20 oz. Workout Shakes

### Meal Replacement Shakes

**Formula 40™** ... Chocolate Isopure Zero Carb, Banana, Coffee, Skim Milk, Peanut Butter and Honey 7.49

**Lean Body...** Chocolate or Vanilla 6.75

**Low Carb Lean Body...** Chocolate or Vanilla 6.75

### Protein Shakes

**Designer...** Whey Protein Chocolate, Vanilla or Strawberry 4.99

**Isopure Zero Carb...** Chocolate, Vanilla or Strawberry 5.99

## Juice, Smoothie, & Shake Extras

Add **Designer Whey Protein, Creatine** or **Glutamine...** 1.50

Add **Wheat Germ, Granola, Echinacea,** or **Flaxseed...** 1.50

Add **Soy Milk, Juice, Skim Milk, Yogurt,** or **Peanut Butter** 1.00

Add **Acai Berries...** 1.50

Add **Cayenne Pepper...** .50

Add **Fruit...** .75 each

**Wheatgrass Shot** 1 oz... 2.99

## Fresh Ripe Smoothies

Regular (16 oz) 5.99 – Large (20 oz) 6.99

### Fun Smoothies

**Coco Cabana...** Orange, Pineapple, Mango, Coconut Milk

**Brazilian Mango...** Mango, Yogurt, Banana, Honey, Skim Milk

**Calypso...** Mango, Coconut Milk, Cantaloupe, Peach

**Tropical Storm...** Strawberry, Peach, Banana, Yogurt, skim milk

**Pina Colada...** Coconut Milk, Pineapple, Skim milk, Honey, Yogurt

**Funky Monkey...** Banana, Mango, Peach, Coconut Milk

### Protein Smoothies

**Lean Muscle...** Banana, Strawberry, Honey, Soy Milk

**Fusion...** Strawberry, Yogurt, Coconut Milk, Pineapple, Skim Milk

**Protein Blast...** Soy Milk, Peanut Butter, Banana, Honey

**Paradise...** Mango, Strawberry, Coconut Milk, Honey, Skim Milk

**Bananaberry Boost...** Strawberry, Banana, Raspberry, Yogurt, Skim Milk

### Antioxidant Smoothies

**Austin Street...** Strawberry, Raspberry, Blueberry, Banana, Honey, Soy milk

**Marathon...** Strawberry, Peach, Almond Milk, Honey

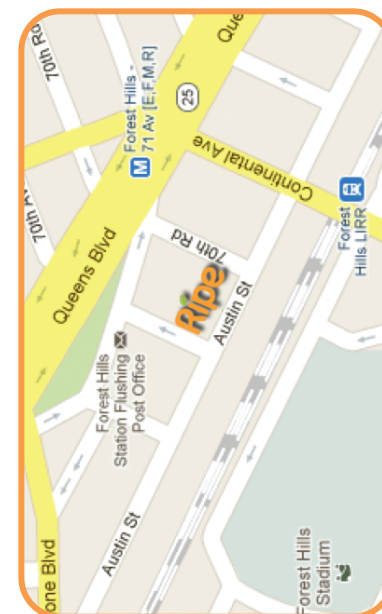
**Sunset Beach...** Raspberry, Pineapple, Orange, Strawberry, Coconut Milk

**Berryberry Ripe...** Strawberry, Raspberry, Blueberry, Yogurt, Honey, Skim Milk

**Acai Detox...** 7.49 (Large 20oz.)... blend of Acai Berries, Strawberries, Blueberry, Apple

To our guests with food sensitivities or allergies: Ripe Juice Bar & Grill cannot ensure that menu items do not contain ingredients that might cause an allergic reaction. Please consider this when ordering.

**Ripe**<sup>TM</sup>  
**JUICE BAR & GRILL**  
09/2015



**Eat Ripe... Feel Great!**<sup>TM</sup>  
**WWW.RIPEJUICEBAR.COM**

**Fresh, ripe food that's totally healthy without skipping on flavor.**

That's what you get at Ripe Juice Bar & Grill: outrageously delicious food and juices, made to order from ingredients with ready-to-pop flavors.

**So good it feels like an indulgence.**

But with our clean, healthy ingredients and simple preparation, there's no guilt. Yeah. When you eat at Ripe,

you'll wake up the next morning feeling good about yourself.

**It's a concept whose time is now.**

Order a jam-packed wrap, juicy flame-grilled entree, crispy overflowing salad, refreshing juice or smoothie online now. Or stop by Ripe Juice Bar & Grill for breakfast, lunch or dinner. You'll eat fresh, eat ripe, eat healthy — **and feel great.**

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FUN-FILLED RESTAURANT, BAR & GRILL

**EXOCOFFEE**

70-20 Austin Street  
[www.exocafe.com](http://www.exocafe.com)

**Ripe**<sup>TM</sup>  
**JUICE BAR & GRILL**

**Eat Ripe... Feel Great!**<sup>TM</sup>

**7 DAYS A WEEK**

**Breakfast • Lunch • Dinner**

**ORDER ONLINE AT**

**WWW.RIPEJUICEBAR.COM**

**Fast Free Delivery  
Catering Available**

**70-13 Austin Street  
Forest Hills, NY 11375**

**Tel: 718-261-2881**

**Fax: 718-261-2955**

**Fresh. Ripe. Healthy.**<sup>TM</sup>

## Healthy Breakfast

(served until 12:00 p.m. weekdays and 3:00 pm weekends)  
Egg whites only.

**Ripe Signature Omelet**  9.49

egg whites, spinach, mushrooms, onions, tomatoes, peppers, broccoli, and low-fat mozzarella.  
Served with mixed green salad

**Marathon Breakfast Wrap** 9.75

egg whites, grilled chicken, spinach, low-fat mozzarella, tomatoes and onion

**Sweet Potato Pancakes**  9.49

served with egg whites and turkey bacon

**Wake Up Call** 8.49

egg whites, turkey bacon, and low-fat American cheese in whole wheat wrap

**Steak and Eggs Wrap** 9.95

egg whites, lean sirloin steak marinated with our signature steak sauce in a whole wheat wrap

## Guilt-Free Snacks

**Fruit Salad** 4.99

**Yogurt with Granola & Fresh Berries** 3.95

**Berry Fresh Oatmeal V (served chilled)** 4.99

**Low-Fat Yogurt Muffins** 2.95

**Sugar Free Cheesecake** 4.95

## Soups, Starters, & Side Dishes

Our soups are made with little to no sodium **Small** 4.99 **Regular** 5.99

**Lentil Soup**  (Dairy Free & Vegetarian)

**Vegetable Soup**  (Vegetarian, Dairy, & Gluten Free)

**Chicken Noodle Soup** (Dairy Free & Low Fat)

**Small House Salad** 4.49

**Tortilla Chips & Your Choice of 4 oz. Dip: Guacamole, Pico De Gallo, or Humus** 5.99

**Black Beans** 4.29

**Tortilla Chips** 2.95

**Seasonal Steamed Vegetables** 5.49

**Jasmine Rice** 4.29

**Brown Rice** 4.29

**Baked Potato** 4.29

**Sweet Potato** 4.29

**Avocado half** 2.99 **whole** 3.99

## Fresh Salads

Dressing Choices: **Balsamic Vinaigrette, Light Raspberry, Caesar, Creamy Balsamic, Oil & Vinegar, Citrus, Light Italian, & Honey Dijon**

Add: **Extra Chicken** 3.79 **Extra Steak** 4.79 **Extra Salmon** 4.99

**Louie's Tropical Island** 11.99

grilled chicken, avocado, cilantro, mixed greens, mandarins, tomatoes & citrus dressing

**Surf's Up Salad** 11.99

grilled chicken, mixed greens, fresh pineapples, mandarins, avocado, tomatoes, almonds & citrus dressing

**Classic Caesar Salad** 9.49

fresh romaine lettuce, turkey bacon, parmesan cheese, cucumbers, tomatoes & Caesar dressing

**Balsamic Salmon Salad** 14.25

grilled salmon filet, mixed greens, tomatoes, cucumbers, & creamy balsamic

**Glazed Salmon Bowl** 14.25


grilled salmon, carrots, zucchini, broccoli, sun dried tomatoes, & teriyaki glaze over brown rice

**Steak Salad** 12.99

lean grilled sirloin steak, diced tomatoes, onions & peppers, marinated in a low sodium teriyaki sauce over lettuce & balsamic vinaigrette

**Natures Garden Salad**  9.29

fresh romaine lettuce, avocado, carrots, raisins, sunflower seeds & tomatoes in a light Italian dressing

**The Greek Salad**  8.99

ripe tomatoes, onions, cucumbers and feta served over lettuce topped with house oil & vinegar dressing

**Cancun Salad**  9.29

mixed greens, avocado, tomatoes, raisins, apples, almonds, sunflower seeds, & light raspberry dressing

\$0.75 for each additional dressing

## Wrap It Up... Or Bowl It Up!

(Wrap contents served over brown rice add 1.50)

All wraps served in a Whole Wheat Wrap

Add: **Extra Chicken** 3.79 **Extra Steak** 4.79 **Extra Salmon** 4.99

**Chicken Club** 9.95

grilled chicken, lettuce, tomatoes, lean turkey bacon, & light mayo

**Popeye** 9.95

grilled chicken, fresh spinach, & low-fat mozzarella cheese

**Chicken Cheddar Melt** 9.95

grilled chicken w/ lettuce, mild light cheddar cheese, turkey bacon, & hickory BBQ sauce

**Balsamic Chicken** 9.95

grilled chicken, lettuce, tomatoes & balsamic dressing

**Chicken Caesar** 9.95

grilled chicken, cucumbers, romaine lettuce, turkey bacon, parmesan cheese & Caesar dressing

**Chicken Club** 9.95

grilled chicken, lettuce, tomatoes, lean turkey bacon, onions, cilantro, peppers, & hot sauce

**Terrific Teriyaki** 9.95

teriyaki chicken with jasmine rice, onions, & tomatoes

**Thailand** 9.95

grilled chicken, peppers, onions, tomatoes, lettuce & Thai peanut sauce

**West Coast**  9.95

grilled chicken, spinach, avocado, sesame seeds, tomatoes, & hot sauce

**Dragon Roll**  9.95

grilled chicken, jasmine rice, onions, peppers & chili sauce

**Ginger Wrap** 9.95

grilled chicken, lettuce, tomatoes, avocado, & ginger dressing

**Chicken Club** 9.95

grilled chicken, lettuce, tomatoes, lean turkey bacon, onions, cilantro, peppers, & hot sauce

**Got Beef?** 10.95

grilled lean sirloin steak with avocado, black beans, tomatoes, lettuce, & hot sauce

**South of the Border** 10.95

grilled lean sirloin steak, black beans, brown rice, Pico de Gallo sauce, & low-fat sour cream

**Tuna Wrap** 9.69

albacore tuna salad, lettuce and tomatoes, together with light mayo

**King Salmon** 12.95

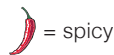
grilled salmon filet with lettuce, tomatoes & mango salsa

**Protein Garden**  8.99

roasted peppers, brown rice, black beans, avocado, & teriyaki sauce

**Salad Wrap**  8.99

mixed greens, cucumbers, red onions, tomatoes, feta cheese, oregano, oil and vinegar



= spicy



= vegetarian

## \$11.79 Lunch Box Combo Specials

Available Monday thru Friday from 11:00 am to 3:00 pm

Includes a small soup or salad & a can of soft drink

1. Chicken Caesar Wrap Combo
2. Tuna Wrap Combo
3. Got Beef Wrap Combo
4. Wrap of the Day Combo
5. Spring Mix Salad with Chicken & Choice of potato combo

## Protein Packed Grilled Entree Platters

Add: **Extra Chicken** 3.79 **Extra Steak** 4.79 **Extra Salmon** 4.99 **Extra Tilapia** 4.59

**The Great Wall** 14.29

oriental chicken, steak, and broccoli marinated in low sodium teriyaki & hot sauce


stir fried, served over jasmine rice and sesame seeds

**Protein Boost! Lean Sirloin Steak** 14.29

served with a side of black beans & seasonal steamed vegetables

**Protein Boost! Chicken** 13.49

served with a side of black beans & seasonal steamed vegetables

**Blackened Chicken**  13.49

grilled chicken served with side of steamed vegetables & brown rice

**Ginger Chicken Entrée** 13.49


grilled chicken marinated in a ginger glaze with steamed vegetables & brown rice

**Grilled Tilapia Entree** 14.29


grilled Tilapia seasoned with oregano, paprika, served with brown rice & steamed vegetable

**Grilled Salmon Entree** 16.49

fresh grilled salmon served with vegetables and brown rice

**Vegan Platter**  12.49

seasonal fresh steamed vegetables, brown rice, black beans and sweet potato

**Ripe Quesadilla**  **Chicken** 12.99 **Steak** 14.29 **Veggie** 11.99

diced tomatoes, avocado, low-fat mozzarella, hot sauce, & sour cream for dipping

**Mexican-Tex Quesadilla**  **Chicken** 12.99 **Steak** 14.29 **Veggie** 11.99

black beans, jalapenos, white onions, hot sauce, low-fat cheddar cheese, & sour cream for dipping

## Grilled Burger Platters

Served on a multi-grain honey bun

Comes with your choice of: baked potato, sweet potato, jasmine rice, brown rice, or black beans

Add: **Extra Bison Burger** 6.00 **Extra Turkey Burger** 4.99 **Extra Garden Patty** 4.95

**Bison Burger** 11.99

premium lean Canadian bison burger with lettuce, tomatoes, onions, & low-fat mozzarella

**Turkey Burger** 10.25

grilled home-style lean turkey burger served with lettuce, tomatoes, & onions

**Fresh Garden Burger**  9.69

all natural garden burger with lettuce, tomato, onions, low-fat mozzarella, & honey Dijon mustard

## ACAI Bowls \$8.99

**Acai Granola** strawberry acai granola banana peanut butter almond milk

**Peanut Butter & Berry** peanut butter banana honey acai blueberry granola almond milk

**Peach Bum** acai greek yogurt banana granola peach honey blueberry mango coconut

## Kids Menu (up to age 12)

**Mini Sweet Potato Pancakes** 5.99 (until 12:00 p.m. weekdays & 3:00 p.m. weekends)

**Grilled Cheese Quesadilla** 5.99

**Peanut Butter & Fresh Strawberry Wrap Roll up** 5.99

**Grilled Chicken Teriyaki Slices & sweet potato** 5.99

**Fresh Sliced Apples & Peanut Butter** 4.99