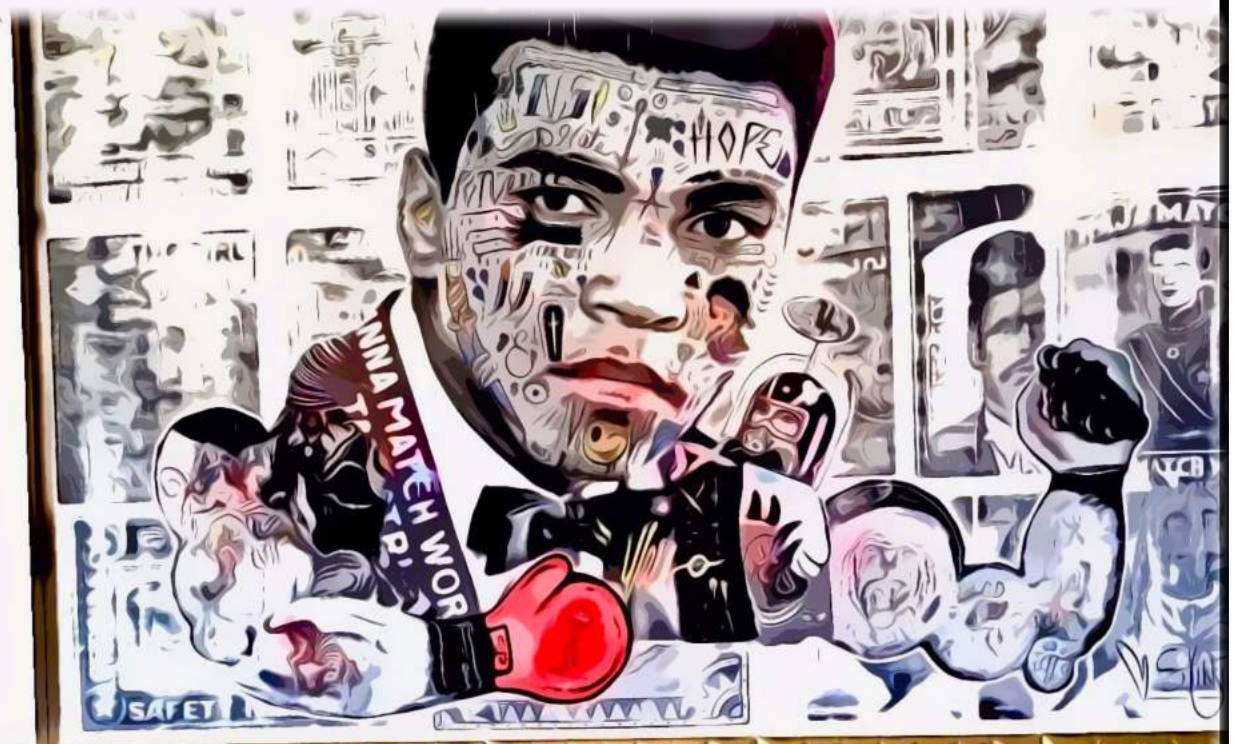


Abe & Mary's



SIGNATURE SALADS (32 oz.)

A&M BLT

\$16.50

Chicken bacon, romaine lettuce, cherry tomatoes, avocado, grilled chicken, crunchy noodles, – Choice of Caesar or Honey Dijon dressing

ADRENALINE

\$16.95

Kale, roasted sweet potato, grilled chicken, avocado, red peppers, sliced carrots, organic white quinoa, cherry tomatoes – Honey Dijon dressing

ALISSA

\$15.50

Half romaine, half arugula, breaded chicken, cherry tomatoes, edamame, green apple, cucumber, avocado, pumpkin seeds, sunflower seeds – Honey Dijon dressing

AUDRA'S JAPANESE

\$14.50

Green cabbage, bean sprouts, toasted almonds, sunflower seeds, toasted sesame seeds, green onions, dry Chow Mein noodles, crunchy noodles – Sesame ginger dressing

AVO-CONDA

\$16.00

Mixed greens, double tuna, mandarins, avocado, hearts of palm, chickpeas, caramelized almonds – Honey Dijon dressing

CC CHOPPED

\$15.50

Kale, corn, cauliflower, broccoli, caramelized almonds, grilled chicken – Balsamic dressing

CHANTAL

\$14.00

Half romaine, half spinach, red cabbage, green cabbage, shredded carrots, red peppers, broccoli, sunflower seeds, cucumber, beets, avocado – Lemon juice, olive oil & black pepper dressing

COREXKETO

\$16.00

Half spinach, half arugula, chicken or tuna, pecans, pumpkin seeds, chia seeds, mint, goat cheese, blueberries – Lemon juice, olive oil & black pepper dressing

@DOGPOUND

\$16.50

Spinach, grilled chicken, organic brown rice, avocado, roasted sweet potato – Balsamic dressing

DON

\$16.50

Half romaine, half spinach, tuna, walnuts, avocado, red cabbage, blueberries, cucumber – Olive oil, apple cider vinegar and maple syrup dressing

JEFF LAM

\$16.95

Half kale, half spinach, avocado, mandarins, candied pecans, cherry tomatoes, organic white quinoa, grilled chicken – Honey Dijon dressing

JENNY

\$14.50

Mixed greens, organic white quinoa, breaded chicken, cauliflower, chickpeas, red cabbage, red peppers – Balsamic dressing

JOCK	\$14.50
Mixed greens, grilled chicken, avocado, toasted almonds, organic brown rice, cucumber, chickpeas – Sesame ginger dressing	
JOEL SALAD	\$16.50
Romaine lettuce, cherry tomatoes, avocado, grilled chicken, red onions, 2 boiled eggs, pita chips – Honey Dijon dressing	
JON 2.0	\$16.50
Half kale, half spinach, double avocado, shredded carrots, toasted almonds, pineapple, grilled chicken – Olive oil & balsamic vinegar dressing	
JON CHOPPED	\$15.50
Spinach, mandarins, double avocado, mushrooms, grilled chicken – Olive oil, balsamic dressing & lemon juice	
KOMO	\$14.25
Mixed greens, shredded carrots, goat cheese, green apple, pear, dried cranberries, pine nuts, pita chips – Balsamic dressing	
MARK	\$15.50
Romaine lettuce, breaded chicken, cauliflower, hearts of palm, chickpeas, red cabbage – Asian dressing	
MEDITERRANEAN SUPER BOOST (16 oz.)	\$13.95
Organic brown rice, organic red quinoa & veggie mix, dried cranberries, green apple, toasted almonds, broccoli, grilled chicken – Lemon juice, olive oil & black pepper or Balsamic dressing	
NYC	\$14.95
Romaine lettuce, white quinoa, chicken bacon, goat cheese, cucumber, avocado, black olives – Balsamic dressing	
OZ	\$16.95
Half kale, half spinach, chicken or tuna, red cabbage, green apple, avocado, orange & yellow peppers, green peppers, red peppers, pumpkin seeds, sunflower seeds, chia seeds, caramelized almonds, goji berries – Lemon juice, olive oil & black pepper dressing	
OZ PART 2	\$17.50
Kale, grilled chicken, green cabbage, red cabbage, mint, celery, sliced carrots, strawberries, green apple, toasted almonds, dried cranberries – Lemon juice, olive oil & black pepper dressing	
PALM CHOPPED	\$13.00
Romaine lettuce, cucumber, parmesan, crunchy noodles, caramelized almonds – Caesar dressing	
PETER	\$12.00
Romaine lettuce, avocado, pear, dried cranberries, pita chips, mandarins – Asian dressing	
PUMP CHOPPED (NEW!) – 395 calories	\$15.25
Half mixed greens, half romaine, cucumber, shredded carrots, hearts of palm, red cabbage, celery, grilled chicken – Sesame ginger dressing	

REBECCA	\$12.00
Spinach, strawberries, caramelized almonds, dried cranberries, sunflower seeds – Poppy seed dressing	
RIPPING RASPBERRY	\$15.95
Spinach, goat cheese, grilled chicken, candied pecans, strawberries – Raspberry dressing	
RONNIE	\$13.00
Mixed greens, cherry tomatoes, shredded carrots, mandarins, avocado, sunflower seeds, crunchy noodles – Asian dressing	
SABRINA	\$11.50
Romaine lettuce, cherry tomatoes, mushrooms, feta, sunflower seeds, cucumber, pita chips – Lemon garlic dressing	
SICILIAN	\$16.50
Romaine lettuce, cherry tomatoes, Bocconcini cheese, dried figs, pita chips, corn, grilled chicken – Italian dressing	
STING LIKE A BEE	\$18.50
Kale, grilled chicken, boiled egg, brown rice, cucumber, roasted sweet potato, red cabbage, mandarins, green apple, avocado, toasted almonds – Balsamic dressing	
@SUBBANATOR	\$14.50
Romaine lettuce, grilled chicken, avocado, chickpeas, dried cranberry, pine nuts – Balsamic dressing	
VICIOUS VEGAN	\$15.95
Half romaine, half kale, organic white quinoa, edamame, sunflower seeds, avocado, red cabbage, shredded carrots – Lemon juice, olive oil & black pepper dressing	
WENDEEZ	\$15.50
Romaine lettuce, grilled chicken or tofu, mandarins, shredded carrots, mushrooms, crunchy noodles, sunflower seeds – Asian dressing	
ZACH 2.0	\$14.95
Romaine lettuce, shredded carrots, cheddar, crunchy noodles, green apple, breaded chicken – Asian dressing	
ZCDMTL (NEW!)	\$16.95
Half romaine, half kale, grilled chicken, cucumber, sliced carrots, radish, red cabbage, toasted almonds, cauliflower – Lemon juice, olive oil & black pepper dressing	
ZOE	\$12.00
Romaine lettuce, cherry tomatoes, feta, red onions, orange & yellow peppers, black & green olives, cucumber – Choice of dressing	
@82SPANIARD	\$16.50
Kale, organic red quinoa, red onions, cucumber, cherry tomatoes, roasted sweet potato, pita chips, mint – Lemon juice, olive oil & black pepper dressing	



MAKE YOUR OWN SALADS

3 TOPPINGS \$11.00

LETTUCE

Arugula
Full kale (\$2.75)
Half kale (\$1.50)
Mixed greens
Romaine
Spinach

PROTEIN

Boiled egg (\$1.75)
Breaded chicken  (\$4.00)
Chicken bacon (\$3.50)
Grilled chicken  (\$4.00)
Organic brown rice (\$3.50)
Organic red quinoa (\$3.75)
Organic white quinoa (\$3.75)
Tofu (\$3.50)
Tuna (\$4.00)

SEEDS & NUTS

Candied pecans
Caramelized almonds
Chia seeds
Pecans
Pine nuts
Pumpkin seeds
Sunflower seeds
Toasted almonds
Toasted sesame seeds
Walnuts

CRUNCH

Crunchy noodles
Dry Chow Mein noodles
Pita chips

5 TOPPINGS \$13.00

VEGETABLES

Avocado
Bean sprouts
Beets
Black olives
Broccoli
Cauliflower
Celery
Cherry tomatoes
Chickpeas
Corn
Cucumber
Edamame
Green cabbage
Green olives
Green onions
Green peppers
Hearts of palm
Mushrooms
Orange & yellow peppers
Radish
Red cabbage
Red onions
Red peppers
Roasted sweet potato
Shredded carrots
Sliced Carrots
Sundried tomatoes
Water chestnuts

CHEESE

Bocconcini
Cheddar
Goat cheese
Feta
Mozzarella
Parmesan

5 TOPPING BOWL \$14.00

Includes quinoa or brown rice

FRUIT

Blueberries
Dried cranberries
Dried figs
Goji berries
Green Apple
Mandarins
Mango
Pear
Pineapple
Raisins
Strawberries

HERBS

Basil
Mint

EXTRAS

Chopped (\$1.50)
Extra dressing (\$1.00)
Extra toppings (\$1.50 each)
Sriracha (\$0.50)

DRESSING

Asian
Avocado with a Kick*
Balsamic*
Basil*
Caesar*
Honey Dijon*
Italian*
Japanese
Lemon Garlic*
Poppy seed*
Raspberry*
Sesame Ginger*
Tamari

*** MADE WITH GLUTEN-FREE INGREDIENTS**

HOUSE WRAPS

Served on a whole wheat or a gluten free tortilla or as a lettuce wrap with a side of house salad, kettle chips, pita chips or sweet potato chips

CHICKEN

\$13.50

Grilled chicken breast, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato – Balsamic dressing

TUNA

\$13.50

Tuna salad, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato

VEGETARIAN

\$9.95

Romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato, avocado, yellow peppers – Honey Dijon dressing

VEGGIE 2.0

\$12.50

Romaine lettuce, Havarti cheese, organic white quinoa, shredded carrots, cucumber, tomato, chickpeas, broccoli, avocado, toasted almonds – Honey Dijon dressing

SIGNATURE WRAPS

Served on a whole wheat or a gluten free tortilla or as a lettuce wrap with a side of house salad, kettle chips, pita chips or sweet potato chips

CHICKEN BLT

\$14.50

Chicken bacon, romaine lettuce, tomato, grilled chicken breast, avocado, cucumber – Mayonnaise or Mustard

KALE SALAD

\$11.50

Kale, organic white quinoa, toasted almonds, shredded carrots, tomato, cucumber – Honey Dijon dressing

MYKONOS

\$12.00

Mixed greens, cucumber, tomato, red onions, black and green olives, crushed pistachios, feta – Lemon garlic dressing

QUINOA

\$12.50

Organic white quinoa, hummus, cucumber, tomato, red onions, parsley – Balsamic dressing

SIGNATURE SANDWICHES

Served on multi-grain or gluten free bread with a side of house salad, kettle chips, pita chips or sweet potato chips

CHICKEN **\$13.00**

Grilled chicken breast, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato – Dijon Mustard or Mayonnaise

CHICKEN BLT **\$13.75**

Chicken bacon, romaine lettuce, tomato, grilled chicken breast, Havarti cheese, avocado – Dijon Mustard or Mayonnaise

GRILLED CHEESE **\$7.00**

GRILLED CHEESE WITH CHICKEN BACON **\$8.00**

Cheddar cheese & chicken bacon

MOZZARELLA CAPRESE **\$10.50**

Mozzarella, tomato, basil, avocado & cucumber with olive oil, balsamic vinegar & black pepper

TUNA **\$13.00**

Tuna salad, red onions, shredded carrots, romaine lettuce, tomato – Honey Dijon dressing or Mayonnaise

TUNA MELT **\$14.00**

Tuna salad, Havarti cheese, red onions, shredded carrots, romaine lettuce, tomato – Honey Dijon dressing or Mayonnaise

VEGETARIAN **\$9.95**

Avocado, Havarti cheese, shredded carrots, cucumber, romaine lettuce, tomato – Honey Dijon dressing

MAINS

CLEAN EATS **\$15.95**

Grilled chicken breast, avocado, tomato & hummus with honey Dijon dressing

PROTEIN PACKED **\$15.95**

Organic brown rice, grilled chicken breast & edamame with honey Dijon dressing

SHEPHERDS PIE **\$16.95**

Made with gluten free ingredients. Served with a house salad.

SOUPS

BROCCOLI CHEDDAR CUP: \$8.25 JAR: \$9.25

Vegetarian & made with gluten free ingredients

BUTTERNUT SQUASH CUP: \$8.25 JAR: \$9.25

Vegetarian, dairy free & made with gluten free ingredients

CAULIFLOWER & CARROT CUP: \$8.25 JAR: \$9.25

Vegetarian, dairy free & made with gluten free ingredients

MATZO BALL CUP: \$8.25 JAR: \$9.25

Dairy free & made with gluten free ingredients

ORGANIC LENTIL CUP: \$8.25 JAR: \$9.25

Vegetarian, dairy free & made with gluten free ingredients

COMBOS

SOUP & HALF SALAD OR SANDWICH CUP: \$16.50 JAR: \$17.50

Homemade soup with a choice of any half signature salad or sandwich

BAKED POTATOES

All potatoes are served with low-fat sour cream

BKT \$11.95

Crispy chicken bacon, kale, tomato & cheddar

FIESTA \$13.95

Corn, cheddar, avocado, salsa, grilled chicken, crispy chicken bacon, broccoli, mushrooms, red peppers & crushed pistachios

GREEK \$11.95

Feta, cucumber, tomatoes & red onions

HEALTHY FARM \$11.95

Broccoli & cheddar

PLAIN POTATO \$3.95

MAKE YOUR OWN \$9.95

(3 TOPPINGS INCLUDED)

Choice of Russet or Sweet potato

Boiled egg (\$1.75)

Breaded chicken [®] (\$4.00)

Chicken bacon (\$3.50)

Grilled chicken [®] (\$4.00)

Organic brown rice (\$3.50)

Organic red quinoa (\$3.75)

Organic white quinoa (\$3.75)

Tofu (\$3.50)

Tuna (\$4.00)

Kale (\$1.50)

Additional toppings are \$1.50 each

BREAKFAST ALWAYS

AVOCADO TOAST **\$11.00**

Served on multi-grain or gluten free toast with parmesan, sweet balsamic glaze & a boiled egg

BAGEL **\$3.00**

BAGEL WITH CREAM CHEESE **\$3.75**

BAGEL LOX & CREAM CHEESE **\$12.00**

BREAKFAST SANDWICH **\$9.75**

Sliced boiled egg, Havarti cheese & chicken bacon served on a choice of multi-grain or gluten free bread

CHIA PUDDING **\$7.98**

Topped with raspberries, blueberries and blackberries

COUNTRY FRESH GRANOLA PARFAIT **\$9.50**

Vanilla Greek yogurt, granola, blueberries, strawberries, banana & honey

“EGGCELENCE” **\$9.50**

Two boiled eggs served with Havarti cheese, avocado, tomatoes, cucumber & choice of multi-grain or gluten free toast

FRUIT PLATE **\$10.25**

Banana, blueberries, blackberries, mango, grapes, green apple, orange, strawberries, pineapple, dried cranberries, pumpkin seeds, caramelized almonds, sunflower seeds, coconut shavings, walnuts & honey

SMOKED SALMON PARTY PLATE **\$15.50**

Smoked salmon, cream cheese, avocado, tomatoes, red onions & choice of multi-grain or gluten free toast

SPICY MANGO **\$9.50**

COFFEE & TEA

Choice of milk: skim milk, 2% milk, coconut milk, soy milk or almond milk

AMERICANO \$3.25 **CAPPUCCINO** **ESPRESSO** **LATTÉ** \$4.25

Hot or Iced	Single	\$3.75	Single	\$3.00	Hot or Iced
	Double	\$4.25	Double	\$3.25	

COCONUT CHAI LATTÉ \$4.50 **MATCHA LATTÉ** \$5.25

TEA \$2.25 **SPECIAL TEA (HOT OR ICED)** \$2.50

Green or Chai Fresh mint, ginger, and lemon with honey

SMOOTHIES

All smoothies are mixed with green tea
Add vanilla whey protein powder (\$1.00)

ANOUK	\$8.75
Banana, almond milk, cinnamon, vanilla extract, dates & coconut shavings	
CARLY ROSE	\$7.50
Orange, strawberries & banana	
CLASSIC	\$7.50
Orange, strawberries & banana	
DETOX	\$7.50
Blueberries, cucumber & honey	
ELISHA CUTHERT	\$7.50
Strawberries, pineapple & banana	
ENERGIZER	\$8.25
Mango, chai tea, fresh ginger, banana, coconut milk & cinnamon	
GSP	\$8.25
Blueberries, blackberries, raspberries, strawberries, mango & plain Greek yogurt	
HEAVEN ON EARTH	\$8.75
Cashews, dates, soy milk & banana	
KARL WOLF	\$7.50
Strawberries, mango & banana	
KRIS LETANG	\$7.50
Raspberries, banana, mango & vanilla Greek yogurt	
LUCY IN THE SKY	\$8.50
Orange, mango, banana, pineapple & strawberries	
NASTIA LIUKIN	\$7.95
Almond milk, banana, kale & mango	
NICOLE	\$7.50
Almond milk, banana, kale & mango	
“TASTES LIKE ICE CREAM”	\$7.50
Green apple, pear & vanilla protein powder	
TROPICAL FUN	\$7.95
Grapefruit, mango, pineapple & banana	
TWISTER	\$7.50
Blueberries, orange, strawberries & banana	
VANESSA	\$8.25
Strawberries, banana, pineapple, peach & vanilla protein powder	

VERY BERRY **\$7.95**

Blackberries, blueberries, strawberries & banana

FRESH JUICES

Available unsweetened or sweetened with maple syrup, agave nectar or raw honey

APPLE CARROT **\$6.95**

APPLE, MINT, STRAWBERRY, LEMON **\$6.95**

APPLE PEAR **\$6.95**

APPLE, PINEAPPLE & KALE **\$6.95**

GRAPEFRUIT **\$6.95**

ORANGE **\$6.95**

ORANGE GRAPEFRUIT **\$6.95**

PINEAPPLE, ORANGE, MINT **\$6.95**

DESSERTS

BANANA CHOCOLATE CHIP MUFFINS **\$4.75**

Made with gluten free ingredients

CHOCOLATE CHIP BANANA BREAD **\$4.35**

Made with gluten free ingredients

CHOCOLATE CHIP COOKIE **\$3.00**

CHOCOLATE COVERED CHIPS **\$7.95**

Made with gluten free ingredients

CHOCOLATE DIPPED RICE CAKE **\$3.00**

Made with gluten free ingredients

COOKIES & CREAM RICE KRISPY **\$4.95**

LEN'S OREO CHEESECAKE BALLS **\$5.25**

Made with gluten free ingredients

NUTELLA OREO CHEESECAKE **\$5.25**

Made with gluten free ingredients

NUTELLA RICE KRISPY **\$4.95**

OREO CRUNCH CAKE

\$5.25

Made with gluten free ingredients

SKIP THE LINE!

Download & order on our app or
on GOLO.io for pickup or
delivery!

Abe & Mary's



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