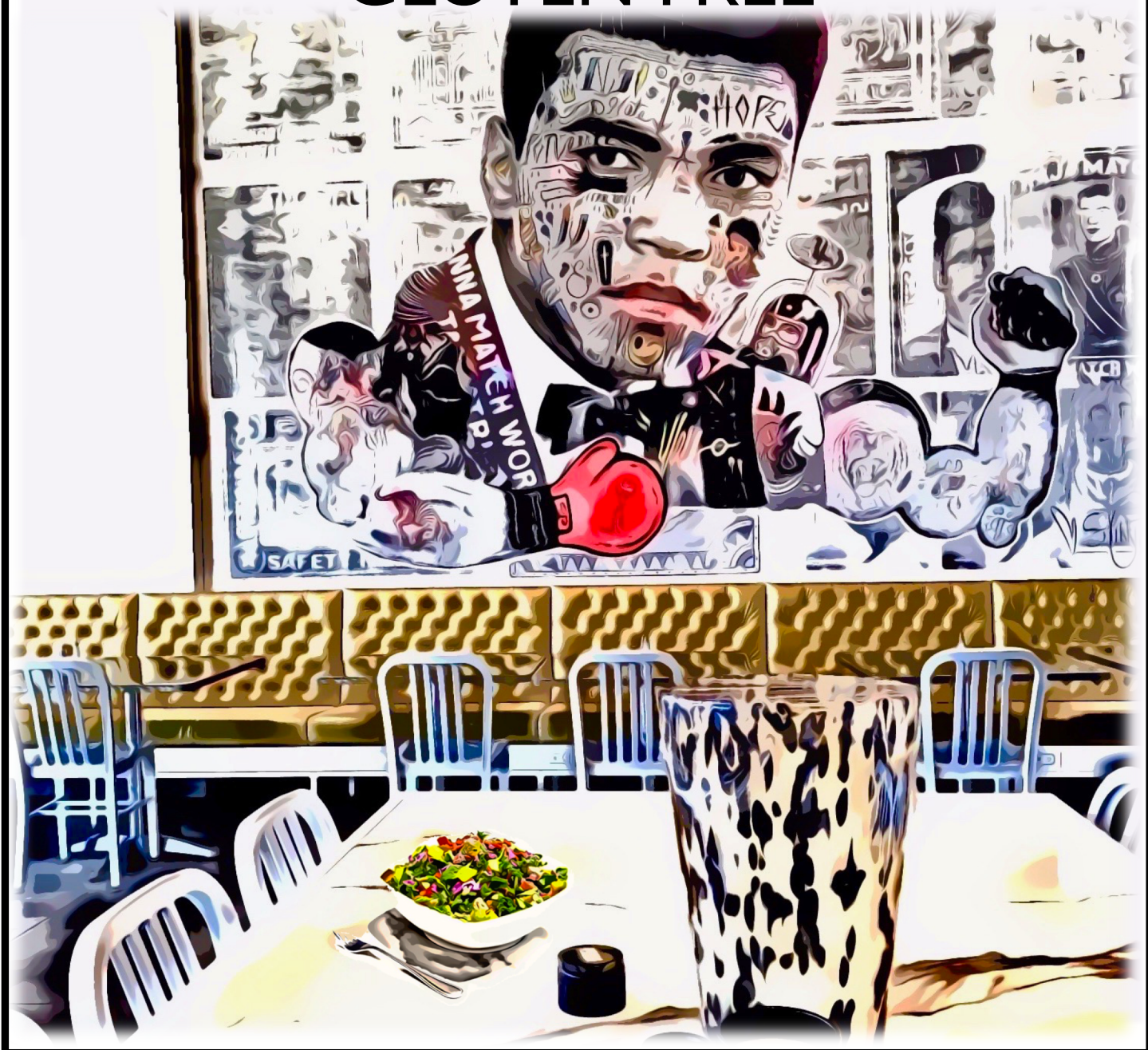


Abe & Mary's

GLUTEN FREE



PLEASE NOTE WE ARE NOT A STRICTLY GLUTEN FREE FACILITY AND WHILE WE MAKE EVERY POSSIBLE TO AVOID CROSS CONTAMINATION, THESE ITEMS ARE MADE IN AN ENVIRONMENT THAT CONTAINS GLUTEN.

SIGNATURE SALADS (32 oz.)

ADRENALINE \$16.95

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

AVO-CONDA \$16.00

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

CC CHOPPED \$16.50

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

CHANTAL \$15.25

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

JOCK \$16.50

Mixed greens, grilled chicken, avocado, toasted almonds, organic brown rice, cucumber, chickpeas – Sesame ginger 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 \$16.50

Spinach, mandarins, double avocado, mushrooms, grilled chicken – Olive oil, balsamic dressing & lemon juice

MEDITERRANEAN SUPER BOOST (16 oz.) \$15.00

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**\$15.50**

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

PUMP CHOPPED (NEW!) – 395 calories**\$16.75**

Half mixed greens, half romaine, cucumber, shredded carrots, hearts of palm, red cabbage, celery, grilled chicken – Sesame ginger dressing

RIPPING RASPBERRY**\$15.95**

Spinach, goat cheese, grilled chicken, candied pecans, strawberries – Raspberry dressing

@SPINNERGIRL (NEW!)**\$16.95**

Romaine lettuce, tuna, caramelized almonds, corn, edamame, broccoli, mushrooms, cucumber, chopped – Sesame ginger 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

STIR FRY SALAD (NEW!)**\$15.95**

Spinach, organic white quinoa, roasted sweet potato, shredded carrots, chickpeas, red peppers, goat cheese, mushrooms, half an avocado – Lemon olive oil & black pepper dressing with sriracha on the side

@SUBBANATOR**\$16.00**

Romaine lettuce, grilled chicken, avocado, chickpeas, dried cranberry, pine nuts – Balsamic dressing

VICIOUS VEGAN**\$16.50**

Half romaine, half kale, organic white quinoa, edamame, sunflower seeds, avocado, red cabbage, shredded carrots – Lemon juice, olive oil & black pepper 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

MAKE YOUR OWN SALADS

3 TOPPINGS **\$13.00**

LETTUCE

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

PROTEIN

Boiled egg (\$2.00)
Chicken bacon (\$4.00)
Grilled chicken (\$4.50)
Organic brown rice (\$3.75)
Organic red quinoa (\$3.75)
Organic white quinoa (\$3.75)
Tofu (\$4.00)
Tuna (\$4.00)

SEEDS & NUTS

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

5 TOPPINGS **\$15.00**

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 **\$15.00**

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)
Split in 2 (\$1.00)

DRESSING

Apple Cider Maple
Avocado with a Kick
Balsamic
Basil
Caesar
Honey Dijon
Italian
Lemon Garlic
Lemon Pepper
Poppy seed
Raspberry
Sesame Ginger
Tamari

*** MADE WITH GLUTEN-FREE INGREDIENTS**

HOUSE WRAPS

Served on a gluten free tortilla (\$1.00) or as a lettuce wrap with a side of house salad, kettle chips or sweet potato chips

CHICKEN

\$16.00

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

TUNA

\$16.00

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

VEGETARIAN

\$15.00

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

VEGGIE 2.0

\$15.50

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

SIGNATURE WRAPS

Served on a gluten free tortilla (\$1.00) or as a lettuce wrap with a side of house salad, kettle chips or sweet potato chips

CHICKEN BLT

\$16.95

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

KALE SALAD

\$15.50

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

MYKONOS

\$15.50

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

QUINOA

\$15.50

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

SIGNATURE SANDWICHES

Served on gluten free bread (\$1.00) with a side of house salad, kettle chips or sweet potato chips

CHICKEN **\$16.00**

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

CHICKEN BLT **\$16.50**

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

GRILLED CHEESE **\$8.50**

GRILLED CHEESE WITH CHICKEN BACON **\$9.95**

Cheddar cheese & chicken bacon

MOZZARELLA CAPRESE **\$14.50**

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

TUNA **\$16.00**

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

TUNA MELT **\$16.50**

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

VEGETARIAN **\$14.50**

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

MAINS

CLEAN EATS **\$16.50**

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

PROTEIN PACKED **\$16.50**

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: \$9.50 JAR: \$10.25
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Vegetarian & made with gluten free ingredients

BUTTERNUT SQUASH	CUP: \$9.50 JAR: \$10.25
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Vegetarian, dairy free & made with gluten free ingredients

CAULIFLOWER & CARROT	CUP: \$9.50 JAR: \$10.25
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Vegetarian, dairy free & made with gluten free ingredients

MATZO BALL	CUP: \$9.50 JAR: \$10.25
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Dairy free & made with gluten free ingredients

ORGANIC LENTIL	CUP: \$9.50 JAR: \$10.25
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Vegetarian, dairy free & made with gluten free ingredients

COMBOS

SOUP & HALF SALAD OR SANDWICH	CUP: \$17.50 JAR: \$18.50
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Homemade soup with a choice of any half signature salad or sandwich

BAKED POTATOES

All potatoes are served with low-fat sour cream

BKT	\$14.00
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Crispy chicken bacon, kale, tomato & cheddar

FIESTA	\$15.95
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Com, cheddar, avocado, salsa, grilled chicken, crispy chicken bacon, broccoli, mushrooms & red peppers

GREEK	\$14.00
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Feta, cucumber, tomatoes & red onions

HEALTHY FARM	\$13.50
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Broccoli & cheddar

MAKE YOUR OWN	\$13.00
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(3 TOPPINGS INCLUDED)

Choice of Russet or Sweet potato

Boiled egg (\$2.00)

Chicken bacon (\$4.00)

Grilled chicken (\$4.50)

Organic brown rice (\$3.75)

Organic red quinoa (\$3.75)

Organic white quinoa (\$3.75)

Tofu (\$4.00)

Tuna (\$4.00)

Kale (\$1.50)

Additional toppings are \$1.50 each

BREAKFAST ALWAYS

AVOCADO TOAST **\$13.50**

Served on gluten free toast (\$1.00) with parmesan, sweet balsamic glaze & a boiled egg

AVO TOAST BOOST **\$16.00**

Served on multi-grain or gluten free toast (\$1.00) with mashed avocado, smoked salmon, crumbled goat cheese, fresh dill & a boiled egg sprinkled with cayenne and drizzled olive oil

BREAKFAST SANDWICH **\$13.00**

Sliced boiled egg, Havarti cheese & chicken bacon served on gluten free bread (\$1.00)

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” **\$13.50**

Two boiled eggs served with Havarti cheese, avocado, tomatoes, cucumber & gluten free toast (\$1.00)

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 **\$16.95**

Smoked salmon, cream cheese, avocado, tomatoes, red onions & gluten free toast (\$1.00)

SPICY MANGO **\$9.50**

COFFEE & TEA

Choice of milk: 2% milk, coconut milk, oat milk or almond milk

AMERICANO	\$3.25	CAPPUCCINO	ESPRESSO	LATTÉ	\$4.25
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Hot or Iced

Single \$3.75

Double \$4.25

Single \$3.00

Double \$3.25

Hot or Iced

COCONUT CHAI LATTÉ **\$4.50**

MATCHA LATTÉ **\$5.25**

TEA **\$2.25**

Green or Chai

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

Fresh mint, ginger, and lemon with honey

SMOOTHIES

All smoothies are mixed with green tea
Add vanilla vegan protein powder (\$1.50)

ANOUK **\$8.95**

Banana, almond milk, cinnamon, vanilla extract, dates & coconut shavings

CLASSIC **\$8.75**

Orange, strawberries & banana

COACH SONIA'S ENERGY SHAKE **\$9.25**

Banana, 2 shots of espresso, almond butter, almond milk, chia seeds, cinnamon & vanilla protein powder

DETOX **\$8.75**

Blueberries, cucumber & honey

ELISHA CUTHERT **\$8.75**

Strawberries, pineapple & banana

ENERGIZER **\$8.75**

Mango, chai tea, fresh ginger, banana, coconut milk & cinnamon

GSP **\$8.75**

Blueberries, blackberries, raspberries, strawberries, mango & plain Greek yogurt

HEAVEN ON EARTH **\$8.95**

Cashews, dates, soy milk & banana

KARL WOLF **\$8.75**

Strawberries, mango & banana

KRIS LETANG **\$8.75**

Raspberries, banana, mango & vanilla Greek yogurt

LUCY IN THE SKY **\$8.75**

Orange, mango, banana, pineapple & strawberries

NASTIA LIUKIN **\$7.95**

Almond milk, banana, kale & mango

NICOLE **\$8.95**

Almond milk, banana, kale & mango

TROPICAL FUN **\$8.95**

Grapefruit, mango, pineapple & banana

VANESSA **\$8.95**

Strawberries, banana, pineapple, peach & vanilla protein powder

VERY BERRY **\$8.75**

Blackberries, blueberries, strawberries & banana

ZCD **\$9.25**

Spinach, banana, dates, cinnamon, vanilla syrup, oat milk, matcha powder & vanilla protein powder

FRESH JUICES

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

APPLE CARROT	\$7.50
APPLE, MINT, STRAWBERRY, LEMON	\$7.50
APPLE PEAR	\$7.50
APPLE, PINEAPPLE & KALE	\$7.50
GRAPEFRUIT	\$7.50
ORANGE	\$7.50
ORANGE GRAPEFRUIT	\$7.50
PINEAPPLE, ORANGE, MINT	\$7.50

DESSERTS

BANANA CHOCOLATE CHIP MUFFINS	\$4.75
Made with gluten free ingredients	
CHOCOLATE CHIP BANANA BREAD	\$4.95
Made with gluten free ingredients	
CHOCOLATE COVERED CHIPS	\$7.95
Made with gluten free ingredients	
CHOCOLATE DIPPED RICE CAKE	\$3.50
Made with gluten free ingredients	
LEN'S OREO CHEESECAKE BALLS	\$5.50
Made with gluten free ingredients	
NUTELLA OREO CHEESECAKE	\$5.50
Made with gluten free ingredients	
OREO CRUNCH CAKE	\$5.50
Made with gluten free ingredients	
SNICKERDOODLE ENERGY BALLS (VEGAN)	\$3.50
Made with gluten free ingredients	



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