

# 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** **\$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

### **JOCK** **\$14.50**

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** **\$15.50**

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

### **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

**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

**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

**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


## 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)  
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

### 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**

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 or as a lettuce wrap with a side of house salad, kettle 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 gluten free tortilla or as a lettuce wrap with a side of house salad, kettle 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 gluten free bread with a side of house salad, kettle chips or sweet potato chips

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### **CHICKEN** **\$13.00**

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

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### **CHICKEN BLT** **\$13.75**

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

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### **GRILLED CHEESE** **\$7.00**

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

Cheddar cheese & chicken bacon

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### **MOZZARELLA CAPRESE** **\$10.50**

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

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### **TUNA** **\$13.00**

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

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### **TUNA MELT** **\$14.00**

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

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### **VEGETARIAN** **\$9.95**

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

## MAINS

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### **CLEAN EATS** **\$15.95**

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

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### **PROTEIN PACKED** **\$15.95**

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

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### **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)

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 gluten free toast with parmesan, sweet balsamic glaze & a boiled egg

### **BREAKFAST SANDWICH** **\$9.75**

Sliced boiled egg, Havarti cheese & chicken bacon served on 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 & 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 & gluten free toast

### **SPICY MANGO** **\$9.50**

## COFFEE & TEA

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

<b>AMERICANO</b> <b>\$3.25</b>	<b>CAPPUCCINO</b>	<b>ESPRESSO</b>	<b>LATTÉ</b> <b>\$4.25</b>
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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 whey protein powder (\$1.00)

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

## FRESH JUICES

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

<b>APPLE CARROT</b>	<b>\$6.95</b>
<b>APPLE, MINT, STRAWBERRY, LEMON</b>	<b>\$6.95</b>
<b>APPLE PEAR</b>	<b>\$6.95</b>
<b>APPLE, PINEAPPLE &amp; KALE</b>	<b>\$6.95</b>
<b>GRAPEFRUIT</b>	<b>\$6.95</b>
<b>ORANGE</b>	<b>\$6.95</b>
<b>ORANGE GRAPEFRUIT</b>	<b>\$6.95</b>
<b>PINEAPPLE, ORANGE, MINT</b>	<b>\$6.95</b>

## DESSERTS

<b>BANANA CHOCOLATE CHIP MUFFINS</b>	<b>\$4.75</b>
Made with gluten free ingredients	
<b>CHOCOLATE CHIP BANANA BREAD</b>	<b>\$4.35</b>
Made with gluten free ingredients	
<b>CHOCOLATE COVERED CHIPS</b>	<b>\$7.95</b>
Made with gluten free ingredients	
<b>CHOCOLATE DIPPED RICE CAKE</b>	<b>\$3.00</b>
Made with gluten free ingredients	
<b>LEN'S OREO CHEESECAKE BALLS</b>	<b>\$5.25</b>
Made with gluten free ingredients	
<b>NUTELLA OREO CHEESECAKE</b>	<b>\$5.25</b>
Made with gluten free ingredients	
<b>OREO CRUNCH CAKE</b>	<b>\$5.25</b>
Made with gluten free ingredients	

# SKIP THE LINE!

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

Abe & Mary's



**Abe & Mary's – TMR**  
2346 ch. Lucerne  
TMR QC, H3R 2J8  
514.448.6224

**Abe & Mary's – Downtown**  
2170 rue De La Montagne  
Montreal QC, H3G 1Z7  
514.908.4088

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