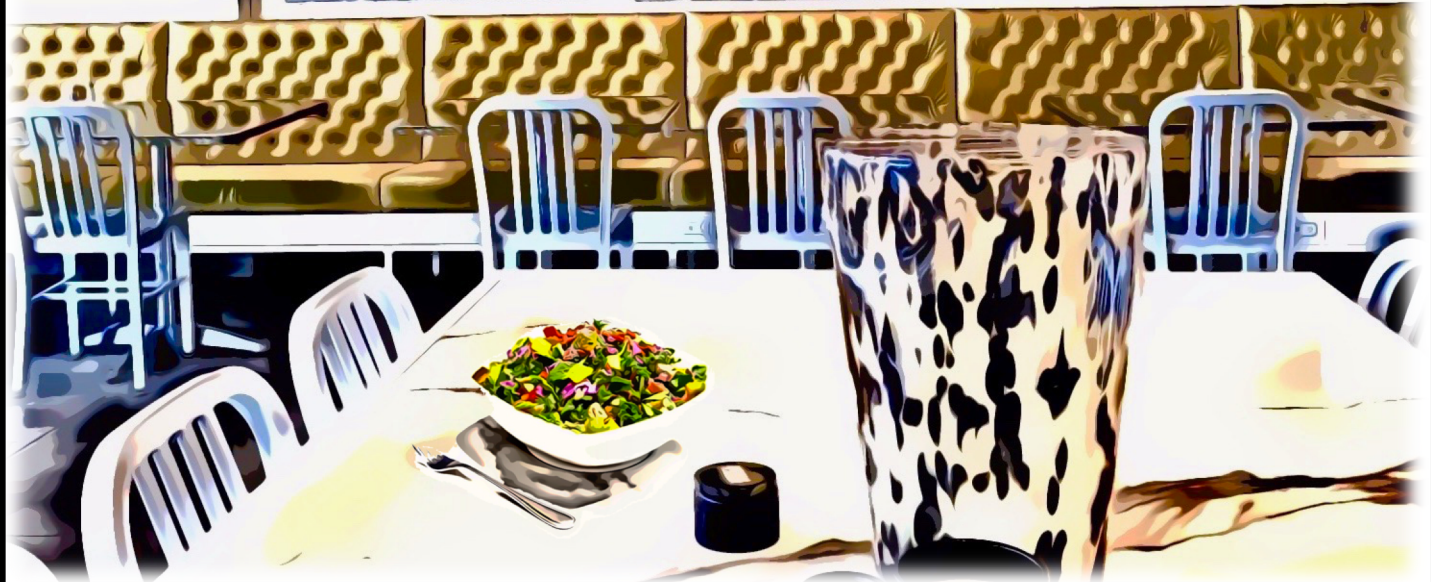
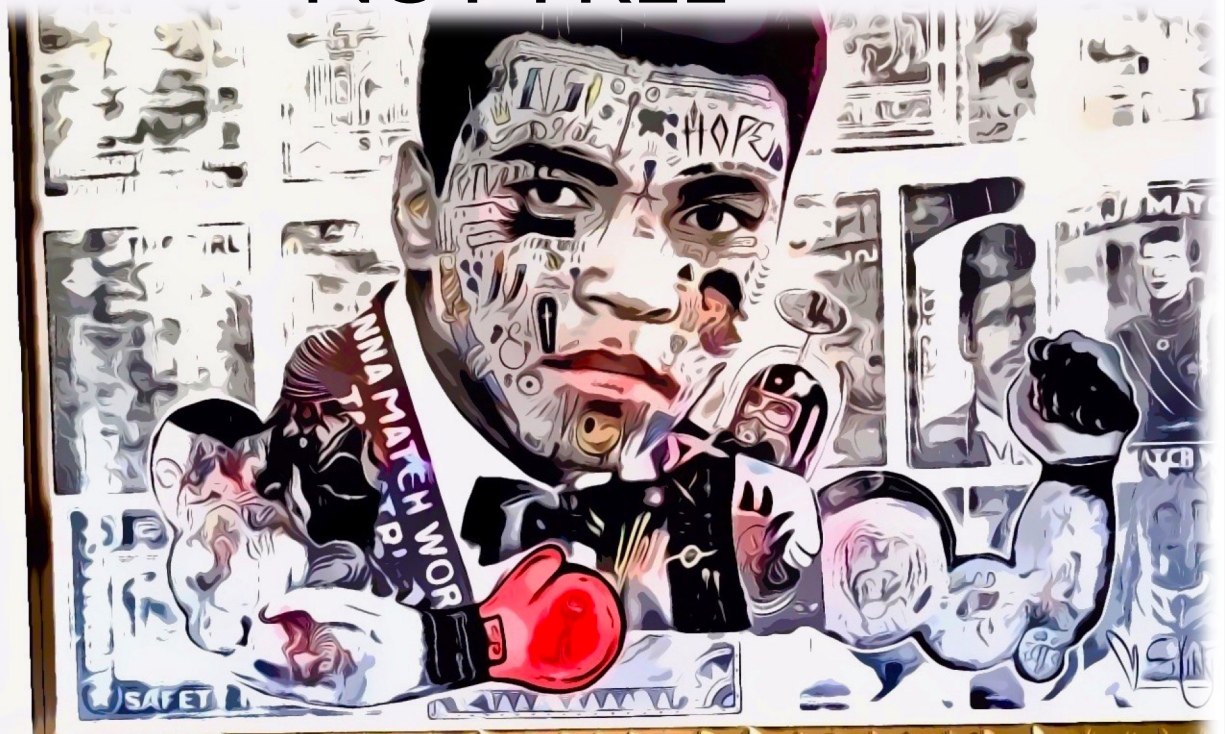


# Abe & Mary's

## NUT FREE



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

## **SIGNATURE SALADS (32 oz.)**

### **A&M BLT** **\$17.25**

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

### **ADRENALINE** **\$17.50**

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

### **ALISSA** **\$16.75**

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

### **CHANTAL** **\$16.50**

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

### **CRUNCHY CHICKEN SALAD (NEW!)** **\$17.50**

Romaine lettuce, crunchy chicken strips (gluten free), cheddar cheese, red cabbage, cucumber, sliced carrots, cherry tomatoes, avocado, crunchy noodles with Honey Dijon dressing

### **@DOGPOUND** **\$17.25**

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

### **JOEL SALAD** **\$17.25**

Romaine lettuce, cherry tomatoes, avocado, grilled chicken, red onions, 2 boiled eggs, pita chips – Honey Dijon dressing

### **JON CHOPPED** **\$17.50**

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

### **KOMO** **\$16.50**

Mixed greens, shredded carrots, goat cheese, green apple, pear, dried cranberries, pine nuts, pita chips – Balsamic dressing

### **NYC** **\$17.25**

Romaine lettuce, white quinoa, chicken bacon, goat cheese, cucumber, avocado, black olives – Balsamic dressing

### **PETER** **\$15.95**

Romaine lettuce, avocado, pear, dried cranberries, pita chips, mandarins – Asian dressing

### **PUMP CHOPPED (NEW!) – 395 calories** **\$16.95**

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

**RONNIE** **\$16.50**

Mixed greens, cherry tomatoes, shredded carrots, mandarins, avocado, sunflower seeds, crunchy noodles – Asian dressing

**SABRINA** **\$16.25**

Romaine lettuce, cherry tomatoes, mushrooms, feta, sunflower seeds, cucumber, pita chips – Lemon garlic dressing

**SICILIAN** **\$17.00**

Romaine lettuce, cherry tomatoes, Bocconcini cheese, dried figs, pita chips, corn, grilled chicken – Italian dressing

**STIR FRY SALAD (NEW!)** **\$16.75**

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

**VICIOUS VEGAN** **\$16.96**

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

**ZACH 2.0** **\$16.95**

Romaine lettuce, shredded carrots, cheddar, crunchy noodles, green apple, breaded chicken – Asian 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**      **\$13.00**

#### **LETTUCE**

Arugula  
Full kale (\$3.00)  
Half kale (\$1.50)  
Mixed greens  
Romaine (\$3.00)  
Half Romaine (\$1.50)  
Spinach

#### **PROTEIN**

Boiled egg (\$2.00)  
Breaded chicken (\$4.50)  
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**

Chia seeds  
Pumpkin seeds  
Sunflower seeds  
Toasted sesame seeds

#### **CRUNCH**

Crunchy noodles  
Dry Chow Mein noodles  
Pita chips

### **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 (\$1.50)  
Extra toppings (\$1.50 each)  
Sriracha (\$0.50)  
Split in 2 (\$1.00)

#### **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 (\$1.50) or as a lettuce wrap with a side of house salad, kettle chips, pita chips or sweet potato chips

<b>CHICKEN</b>	<b>\$16.95</b>
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Grilled chicken breast, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato – Balsamic dressing

<b>TUNA</b>	<b>\$17.00</b>
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Tuna salad, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato

<b>VEGETARIAN</b>	<b>\$16.50</b>
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Romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato, avocado, yellow peppers – Honey Dijon dressing

## SIGNATURE WRAPS

Served on a whole wheat or a gluten free tortilla (\$1.50) or as a lettuce wrap with a side of house salad, kettle chips, pita chips or sweet potato chips

<b>CHICKEN BLT</b>	<b>\$17.50</b>
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Chicken bacon, romaine lettuce, tomato, grilled chicken breast, avocado, cucumber – Mayonnaise or Mustard

<b>CRUNCHY CHICKEN WRAP</b>	<b>\$16.95</b>
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Crunchy breaded chicken (gluten free), romaine lettuce, tomato, avocado, cheddar cheese & dijonaise sauce

<b>KALE SALAD</b>	<b>\$15.95</b>
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Kale, organic white quinoa, toasted almonds, shredded carrots, tomato, cucumber – Honey Dijon dressing

<b>MYKONOS</b>	<b>\$15.95</b>
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Mixed greens, cucumber, tomato, red onions, black and green olives, feta – Lemon garlic dressing

<b>QUINOA</b>	<b>\$15.95</b>
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Organic white quinoa, hummus, cucumber, tomato, red onions, parsley – Balsamic dressing

## SIGNATURE SANDWICHES

Served on multi-grain or gluten free bread (\$1.50) with a side of house salad, kettle chips, pita chips or sweet potato chips

**CHICKEN** **\$16.50**

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

**CHICKEN BLT** **\$17.00**

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

**GRILLED CHEESE** **\$9.00**

**GRILLED CHEESE WITH CHICKEN BACON** **\$10.25**

Cheddar cheese & chicken bacon

**MOZZARELLA CAPRESE** **\$15.50**

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

**TUNA** **\$16.50**

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** **\$15.50**

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

**MAINS**

**CLEAN EATS** **\$17.00**

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

**PROTEIN PACKED** **\$17.00**

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

**SHEPHERDS PIE** **\$17.00**

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

## SOUPS

### **BROCCOLI CHEDDAR**

**CUP: \$9.95 JAR: \$10.95**

Vegetarian & made with gluten free ingredients

### **BUTTERNUT SQUASH**

**CUP: \$9.95 JAR: \$10.95**

Vegetarian, dairy free & made with gluten free ingredients

### **CAULIFLOWER & CARROT**

**CUP: \$9.95 JAR: \$10.95**

Vegetarian, dairy free & made with gluten free ingredients

### **MATZO BALL**

**CUP: \$9.95 JAR: \$10.95**

Dairy free & made with gluten free ingredients

### **ORGANIC LENTIL**

**CUP: \$9.95 JAR: \$10.95**

Vegetarian, dairy free & made with gluten free ingredients

## COMBOS

### **SOUP & HALF SALAD OR SANDWICH**

**CUP: \$18.50 JAR: \$19.50**

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

## BAKED POTATOES

All potatoes are served with low-fat sour cream

### **BKT**

**\$15.00**

Crispy chicken bacon, kale, tomato & cheddar

### **FIESTA**

**\$16.25**

Com, cheddar, avocado, salsa, grilled chicken, crispy chicken bacon, broccoli, mushrooms & red peppers

### **GREEK**

**\$15.50**

Feta, cucumber, tomatoes & red onions

### **HEALTHY FARM**

**\$14.75**

Broccoli & cheddar

### **MAKE YOUR OWN**

**\$13.00**

(3 TOPPINGS INCLUDED)

Choice of Russet or Sweet potato

Boiled egg (\$2.00)

Breaded chicken (\$4.50)

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** **\$16.50**

Served on multi-grain or gluten free toast (\$1.50) with parmesan, sweet balsamic glaze & a boiled egg

### **AVO TOAST BOOST** **\$17.95**

Served on multi-grain or gluten free toast (\$1.50) with mashed avocado, smoked salmon, crumbled goat cheese, fresh dill & a boiled egg sprinkled with cayenne and drizzled olive oil

### **BAGEL** **\$5.75**

### **BAGEL WITH CREAM CHEESE** **\$4.75**

### **BAGEL LOX & CREAM CHEESE** **\$17.50**

### **BREAKFAST SANDWICH** **\$15.50**

Sliced boiled egg, Havarti cheese & chicken bacon served on a choice of multi-grain or gluten free bread (\$1.50)

### **CHIA PUDDING** **\$10.50**

Topped with seasonal berries

### **COUNTRY FRESH GRANOLA PARFAIT** **\$9.50**

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

### **“EGGCELENCE”** **\$15.50**

Two boiled eggs served with Havarti cheese, avocado, tomatoes, cucumber & choice of multi-grain or gluten free toast (\$1.00)

### **FRUIT PLATE** **\$14.00**

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** **\$18.00**

Smoked salmon, cream cheese, avocado, tomatoes, red onions & choice of multi-grain or gluten free toast (\$1.00)

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

## COFFEE & TEA

**Choice of milk:** 2% milk, coconut milk, oat 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	Single	\$3.00	Hot or Iced
		Double	\$4.25	Double	\$3.25	

<b>COCONUT CHAI LATTÉ</b>	<b>\$4.50</b>	<b>MATCHA LATTÉ</b>	<b>\$5.25</b>
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<b>TEA</b>	<b>\$2.25</b>	<b>SPECIAL TEA (HOT OR ICED)</b>	<b>\$3.50</b>
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Green or Chai		Fresh mint, ginger, and lemon with honey	
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## SMOOTHIES

All smoothies are mixed with green tea  
Add vanilla whey protein powder (\$3.00)

<b>CLASSIC</b>	<b>\$12.95</b>
Orange, strawberries & banana	
<b>DETOX</b>	<b>\$12.95</b>
Blueberries, cucumber & honey	
<b>ELISHA CUTHERT</b>	<b>\$12.95</b>
Strawberries, pineapple & banana	
<b>ENERGIZER</b>	<b>\$12.95</b>
Mango, chai tea, fresh ginger, banana, coconut milk & cinnamon	
<b>GSP</b>	<b>\$12.95</b>
Blueberries, blackberries, raspberries, strawberries, mango & plain Greek yogurt	
<b>KARL WOLF</b>	<b>\$12.95</b>
Strawberries, mango & banana	
<b>KRIS LETANG</b>	<b>\$12.95</b>
Raspberries, banana, mango & vanilla Greek yogurt	
<b>LUCY IN THE SKY</b>	<b>\$12.95</b>
Orange, mango, banana, pineapple & strawberries	
<b>NASTIA LIUKIN</b>	<b>\$12.95</b>
Almond milk, banana, kale & mango	
<b>NICOLE</b>	<b>\$12.95</b>
Almond milk, banana, kale & mango	
<b>TROPICAL FUN</b>	<b>\$12.95</b>
Grapefruit, mango, pineapple & banana	
<b>VANESSA</b>	<b>\$12.95</b>
Strawberries, banana, pineapple, peach & vanilla protein powder	
<b>VERY BERRY</b>	<b>\$12.95</b>
Blackberries, blueberries, strawberries & banana	
<b>ZCD</b>	<b>\$12.95</b>
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

<b>APPLE CARROT</b>	<b>\$9.00</b>
<b>APPLE, MINT, STRAWBERRY, LEMON</b>	<b>\$9.00</b>
<b>APPLE PEAR</b>	<b>\$9.00</b>
<b>APPLE, PINEAPPLE &amp; KALE</b>	<b>\$9.00</b>
<b>GRAPEFRUIT</b>	<b>\$9.00</b>
<b>ORANGE</b>	<b>\$9.00</b>
<b>ORANGE GRAPEFRUIT</b>	<b>\$9.00</b>
<b>PINEAPPLE, ORANGE, MINT</b>	<b>\$9.00</b>

## DESSERTS

<b>BANANA CHOCOLATE CHIP MUFFINS</b>	<b>\$4.75</b>
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Made with gluten free ingredients

<b>CHOCOLATE CHIP BANANA BREAD</b>	<b>\$4.95</b>
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Made with gluten free ingredients

<b>CHOCOLATE CHIP COOKIE</b>	<b>\$3.75</b>
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<b>CHOCOLATE COVERED CHIPS</b>	<b>\$7.95</b>
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Made with gluten free ingredients

<b>CHOCOLATE DIPPED RICE CAKE</b>	<b>\$3.50</b>
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Made with gluten free ingredients

<b>COOKIES &amp; CREAM RICE KRISPY</b>	<b>\$4.95</b>
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<b>LEN'S OREO CHEESECAKE BALLS</b>	<b>\$5.50</b>
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Made with gluten free ingredients

<b>SNICKERDOODLE ENERGY BALLS (VEGAN)</b>	<b>\$4.00</b>
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Made with gluten free ingredients



**Abe & Mary's – TMR**  
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