

# 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.)**

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### **A&M BLT** **\$16.50**

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

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### **ADRENALINE** **\$16.95**

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

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### **ALISSA** **\$15.50**

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

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### **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

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### **@DOGPOUND** **\$16.50**

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

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### **JENNY** **\$14.50**

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

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### **JOEL SALAD** **\$16.50**

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

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### **JON CHOPPED** **\$15.50**

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

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### **KOMO** **\$14.25**

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

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### **MARK** **\$15.50**

Romaine lettuce, breaded chicken, cauliflower, hearts of palm, chickpeas, red cabbage – Asian dressing

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### **NYC** **\$14.95**

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

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### **PETER** **\$12.00**

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

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### **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

**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

**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

**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 <sup>®</sup> (\$4.00)  
Chicken bacon (\$3.50)  
Grilled chicken <sup>®</sup> (\$4.00)  
Organic brown rice (\$3.50)  
Organic red quinoa (\$3.75)  
Organic white quinoa (\$3.75)  
Tofu (\$3.50)  
Tuna (\$4.00)

### SEEDS

Chia seeds  
Pumpkin seeds  
Sunflower seeds  
Toasted sesame seeds

### 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

|                                |  |  |                            |
|--------------------------------|--|--|----------------------------|
| <b>AMERICANO</b> <b>\$3.25</b> | <b>CAPPUCCINO</b>                            | <b>ESPRESSO</b>                              | <b>LATTÉ</b> <b>\$4.25</b> |
| Hot or Iced                    | Single <u>\$3.75</u><br>Double <u>\$4.25</u> | Single <u>\$3.00</u><br>Double <u>\$3.25</u> | Hot or Iced                |

### **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)

|  |               |
|--|---------------|
| <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 CHIP COOKIE</b>           | <b>\$3.00</b> |
| <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>COOKIES &amp; CREAM RICE KRISPY</b> | <b>\$4.95</b> |
| <b>LEN'S OREO CHEESECAKE BALLS</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



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