

Abe & Mary's

VEGAN



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

SIGNATURE SALADS (32 oz.)

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

REBECCA

\$12.00

Spinach, strawberries, caramelized almonds, dried cranberries, sunflower seeds – Poppy seed 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

@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

Organic brown rice (\$3.50)
Organic red quinoa (\$3.75)
Organic white quinoa (\$3.75)
Tofu (\$3.50)

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

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

Balsamic*
Basil*
Lemon Garlic*
Poppy seed*
Raspberry*

*** MADE WITH GLUTEN-FREE INGREDIENTS**

SIGNATURE WRAPS

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

KALE SALAD **\$11.50**

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

QUINOA **\$12.50**

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

SOUPS

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

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

PLAIN POTATO **\$3.95**

MAKE YOUR OWN **\$9.95**

(3 TOPPINGS INCLUDED)

Choice of Russet or Sweet potato

Organic brown rice (\$3.50)

Organic red quinoa (\$3.75)

Organic white quinoa (\$3.75)

Tofu (\$3.50)

Kale (\$1.50)

Additional toppings are \$1.50 each

BREAKFAST ALWAYS

SPICY MANGO **\$9.50**

COFFEE & TEA

Choice of milk: almond milk, coconut milk, oat milk or soya milk

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

COCONUT CHAI LATTÉ <u>\$4.50</u>	MATCHA LATTÉ <u>\$5.25</u>
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TEA \$2.25

Green or Chai

SMOOTHIES

All smoothies are mixed with green tea

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

ELISHA CUTHERT \$7.50

Strawberries, pineapple & banana

ENERGIZER \$8.25

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

HEAVEN ON EARTH \$8.75

Cashews, dates, soy milk & banana

KARL WOLF \$7.50

Strawberries, mango & banana

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

TROPICAL FUN \$7.95

Grapefruit, mango, pineapple & banana

TWISTER \$7.50

Blueberries, orange, strawberries & banana

VERY BERRY **\$7.95**

Blackberries, blueberries, strawberries & banana

FRESH JUICES

Available unsweetened or sweetened with maple syrup or agave nectar

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

VAL'S CHOCOLATE COCONUT BALLS **\$2.99**

MID-DAY SQUARES **\$3.99**

Fudge Yah or Almond Crunch

SKIP THE LINE!

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

Abe & Mary's



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