

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 \$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

VICIOUS VEGAN \$16.95

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

<u>@82SPANIARD</u> \$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 5 TOPPINGS \$15.00 5 TOPPING BOWL \$15.00 Includes quinoa or brown rice

LETTUCE

Arugula

Full kale (\$3.00)

Half kale (\$1.50)

Mixed greens Romaine (\$3.00)

Half Romaine (\$1.50)

Spinach

PROTEIN

Organic brown rice (\$3.75) Organic red quinoa (\$3.75)

Organic white quinoa (\$3.75)

Tofu (\$4.00)

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

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

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

Balsamic*

Basil*

Lemon Garlic*

Poppy seed*

Raspberry*

Lemon Oil Pepper*

Apple cider, olive oil, maple syrup*

SIGNATURE WRAPS

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

KALE SALAD \$15.95

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

QUINOA \$15.95

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

SOUPS

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

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

PLAIN POTATO \$5.00 MAKE YOUR OWN \$13.00

(3 TOPPINGS INCLUDED)

Choice of Russet or Sweet potato

Organic brown rice (\$3.75)

Organic red quinoa (\$3.75)

Organic white quinoa (\$3.75)

Tofu (\$4.00)

Kale (\$1.50)

Additional toppings are \$1.50 each

SPICY MANGO \$9.50

COFFEE & TEA

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

<u>AMERICANO</u>	\$3.25	CAPPUCO	CINO	ESPRESSO)	<u>LATTÉ</u>	\$4.25
Hot or Iced		Single	\$3.75	Single	\$3.00	Hot or Iced	
		Double	\$4.25	Double	\$3.25		
COCONUT CHAI LATTÉ		\$4.50	<u>MATCH</u>	A LATTÉ		\$5.25	

\$2.25

Green or Chai

TEA

SMOOTHIES

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

ANOUK	\$12.95
Banana, almond milk, cinnamon, vanilla extract, dates & coconut shavings	
CLASSIC	\$12.95
Orange, strawberries & banana	
COACH SONIA'S ENERGY SHAKE	\$12.95
Banana, 2 shots of espresso, almond butter, almond milk, chia seeds, cinnamon & vanilla protein por	wder
ELISHA CUTHERT	\$12.95
Strawberries, pineapple & banana	
ENERGIZER	\$12.95
Mango, chai tea, fresh ginger, banana, coconut milk & cinnamon	
HEAVEN ON EARTH	\$12.95
Cashews, dates, soy milk & banana	
KARL WOLF	\$12.95
Strawberries, mango & banana	
LOKI	\$12.95
Banana, mango, Hawaiin Spirulina, vanilla protein powder, almond butter, cinnamon & almond milk	
LUCY IN THE SKY	\$12.95
Orange, mango, banana, pineapple & strawberries	
NASTIA LIUKIN	\$12.95
Almond milk, banana, kale & mango	
NICOLE	\$12.95
Mango, banana, grapefruit, pineapple & kale	
TROPICAL FUN	\$12.95
Grapefruit, mango, pineapple & banana	
VANESSA	\$12.95
Strawberries, banana, pineapple, peach & vanilla protein powder	
VERY BERRY	\$12.95
Blackberries, blueberries, strawberries & banana	
ZCD	\$12.95
Spinach, banana, dates, cinnamon, vanilla syrup, oat milk, matcha powder & vanilla protein powder	

FRESH JUICES

Available unsweetened or sweetened with maple syrup or agave nectar

APPLE CARROT	\$9.00
APPLE, MINT, STRAWBERRY, LEMON	\$9.00
APPLE PEAR	\$9.00
APPLE, PINEAPPLE & KALE	\$9.00
GRAPEFRUIT	\$9.00
ORANGE	\$9.00
ORANGE GRAPEFRUIT	\$9.00
PINEAPPLE, ORANGE, MINT	\$9.00
DESSERTS	
SNICKERDOODLE ENERGY BALLS (VEGAN)	\$4.00
Made with gluten free ingredients	
MID-DAY SQUARES Fudge Yah, Cookie Dough or Almond Crunch	\$3.99
raage ran, cooke Dough or Annona Chanch	



Abe & Mary's – TMR 2346 ch. Lucerne TMR QC, H3R 2J8 514.448.6224 Abe & Mary's – Downtown 2125 rue De La Montagne Montreal QC, H3G 1Z8 514.908.4088

www.abeandmarys.com

@abeandmarys