

Abe & Mary's

VEGETARIAN



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

SIGNATURE SALADS (32 oz.)

AUDRA'S JAPANESE **\$14.50**

Green cabbage, bean sprouts, toasted almonds, sunflower seeds, toasted sesame seeds, green onions, dry Chow Mein noodles, crunchy noodles – Sesame ginger 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

KOMO **\$14.25**

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

PALM CHOPPED **\$13.00**

Romaine lettuce, cucumber, parmesan, crunchy noodles, caramelized almonds – Caesar dressing

PETER **\$12.00**

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

REBECCA **\$12.00**

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

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 WITH TOFU **\$15.50**

Romaine lettuce, tofu, mandarins, shredded carrots, mushrooms, crunchy noodles, sunflower seeds – 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)
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

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
Asian
Avocado with a Kick*
Balsamic*
Basil*
Honey Dijon*
Italian*
Japanese
Lemon Garlic*
Lemon Pepper
Poppy seed*
Raspberry*
Sesame Ginger*

*** 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

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

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

GRILLED CHEESE

\$7.00

MOZZARELLA CAPRESE

\$10.50

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

VEGETARIAN

\$9.95

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

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

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

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)

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

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

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

SPICY MANGO \$9.50

COFFEE & TEA

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

AMERICANO \$3.25 **CAPPUCCINO** **ESPRESSO** **LATTÉ** \$4.25

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)

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	
DETOX	\$7.50
Blueberries, cucumber & honey	
ELISHA CUTHERT	\$7.50
Strawberries, pineapple & banana	
ENERGIZER	\$8.25
Mango, chai tea, fresh ginger, banana, coconut milk & cinnamon	
GSP	\$8.25
Blueberries, blackberries, raspberries, strawberries, mango & plain Greek yogurt	
HEAVEN ON EARTH	\$8.75
Cashews, dates, soy milk & banana	
KARL WOLF	\$7.50
Strawberries, mango & banana	
KRIS LETANG	\$7.50
Raspberries, banana, mango & vanilla Greek yogurt	
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	
“TASTES LIKE ICE CREAM”	\$7.50
Green apple, pear & vanilla protein powder	
TROPICAL FUN	\$7.95
Grapefruit, mango, pineapple & banana	
TWISTER	\$7.50
Blueberries, orange, strawberries & banana	
VANESSA	\$8.25
Strawberries, banana, pineapple, peach & vanilla protein powder	
VERY BERRY	\$7.95
Blackberries, blueberries, strawberries & banana	

FRESH JUICES

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

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.

DESSERTS

BANANA CHOCOLATE CHIP MUFFINS	\$4.75
Made with gluten free ingredients	
CHOCOLATE CHIP BANANA BREAD	\$4.35
Made with gluten free ingredients	
CHOCOLATE CHIP COOKIE	\$3.00
CHOCOLATE COVERED CHIPS	\$7.95
Made with gluten free ingredients	
CHOCOLATE DIPPED RICE CAKE	\$3.00
Made with gluten free ingredients	
COOKIES & CREAM RICE KRISPY	\$4.95
LEN'S OREO CHEESECAKE BALLS	\$5.25
Made with gluten free ingredients	
NUTELLA OREO CHEESECAKE	\$5.25
Made with gluten free ingredients	
NUTELLA RICE KRISPY	\$4.95
OREO CRUNCH CAKE	\$5.25
Made with gluten free ingredients	

SKIP THE LINE!

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on GOLO.io for pickup or
delivery!

Abe & Mary's



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