

Abe & Mary's



SKIP THE LINE!

Download & order on our
app for pickup or delivery!

SIGNATURE SALADS (32 oz.)

A&M BLT **\$15.50**

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

ADRENALINE **\$16.95**

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

ALISSA **\$15.50**

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

AUDRA'S JAPANESE **\$13.50**

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

AVO-CONDA **\$16.00**

Mixed greens, double tuna, mandarins, avocado, hearts of palm, chickpeas, caramelized almonds – Honey Dijon dressing

CC CHOPPED **\$14.50**

Kale, corn, cauliflower, broccoli, caramelized almonds, grilled chicken – Balsamic dressing

CHANTAL **\$13.00**

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

COREXKETO **\$16.00**

Half spinach, half arugula, chicken or tuna, pecans, pumpkin seeds, chia seeds, mint, goat cheese, blueberries – Lemon juice, olive oil & black pepper dressing

@DOGPOUND **\$15.50**

Kale, organic red quinoa, red onions, cucumber, cherry tomatoes, roasted sweet potato, pita chips, mint – Lemon juice, olive oil & black pepper dressing

DON **\$15.50**

Half romaine, half spinach, tuna, walnuts, avocado, red cabbage, blueberries, cucumber – Lemon juice, olive oil & black pepper dressing

JEFF LAM **\$16.95**

Half kale, half spinach, avocado, mandarins, candied pecans, cherry tomatoes, organic white quinoa, grilled chicken – Honey Dijon dressing

JOCK **\$13.50**

Mixed greens, grilled chicken, avocado, toasted almonds, organic brown rice, cucumber, chickpeas – Sesame ginger dressing

JOEL SALAD	\$15.50
Romaine lettuce, cherry tomatoes, avocado, grilled chicken, red onions, 2 boiled eggs, pita chips – Honey Dijon dressing	
JON 2.0	\$16.50
Half kale, half spinach, double avocado, shredded carrots, toasted almonds, pineapple, grilled chicken – Olive oil & balsamic vinegar dressing	
JON CHOPPED	\$14.50
Spinach, mandarins, double avocado, mushrooms, grilled chicken – Olive oil, balsamic dressing & lemon juice	
KGMTL	\$16.95
Half romaine, half kale, grilled chicken, cucumber, sliced carrots, radish, red cabbage, toasted almonds, cauliflower – Lemon juice, olive oil & black pepper dressing	
KOMO	\$13.25
Mixed greens, shredded carrots, goat cheese, green apple, pear, dried cranberries, pine nuts, pita chips – Balsamic dressing	
NYC	\$15.00
Romaine lettuce, white quinoa, chicken bacon, goat cheese, cucumber, avocado, black olives – Balsamic dressing	
OZ	\$16.95
Half kale, half spinach, chicken or tuna, red cabbage, green apple, avocado, orange & yellow peppers, green peppers, red peppers, pumpkin seeds, sunflower seeds, chia seeds, caramelized almonds, goji berries – Lemon juice, olive oil & black pepper dressing	
OZ PART 2	\$17.50
Kale, grilled chicken, green cabbage, red cabbage, mint, celery, sliced carrots, strawberries, green apple, toasted almonds, dried cranberries – Lemon juice, olive oil & black pepper dressing	
PALM CHOPPED	\$12.00
Romaine lettuce, cucumber, parmesan, crunchy noodles, caramelized almonds – Caesar dressing	
PETER	\$10.50
Romaine lettuce, avocado, pear, dried cranberries, pita chips, mandarins – Asian dressing	
PUMP	\$14.00
Half mixed greens, half romaine, cucumber, sliced carrots, hearts of palm, red cabbage, grilled chicken – Sesame ginger dressing	
REBECCA	\$10.50
Spinach, strawberries, caramelized almonds, dried cranberries, sunflower seeds – Poppy seed dressing	
RIPPING RASPBERRY	\$15.50
Spinach, goat cheese, grilled chicken, candied pecans, strawberries – Raspberry dressing	

RONNIE	\$12.00
Mixed greens, cherry tomatoes, shredded carrots, mandarins, avocado, sunflower seeds, crunchy noodles – Asian dressing	
SABRINA	\$10.50
Romaine lettuce, cherry tomatoes, mushrooms, feta, sunflower seeds, cucumber, pita chips – Lemon garlic dressing	
SICILIAN	\$16.00
Romaine lettuce, cherry tomatoes, Bocconcini cheese, dried figs, pita chips, corn, grilled chicken – Italian dressing	
STING LIKE A BEE	\$18.50
Kale, grilled chicken, boiled egg, brown rice, cucumber, roasted sweet potato, red cabbage, mandarins, green apple, avocado, toasted almonds – Balsamic dressing	
@SUBBANATOR	\$13.50
Romaine lettuce, grilled chicken, avocado, chickpeas, dried cranberry, pine nuts – Balsamic dressing	
VICIOUS VEGAN	\$15.00
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	\$14.00
Romaine lettuce, shredded carrots, cheddar, crunchy noodles, green apple, breaded chicken – Asian dressing	
ZOE	\$10.50
Romaine lettuce, cherry tomatoes, feta, red onions, orange & yellow peppers, black & green olives, cucumber – Choice of dressing	
@82SPANIARD	\$15.50
Kale, organic red quinoa, red onions, cucumber, cherry tomatoes, roasted sweet potato, pita chips, mint – Lemon juice, olive oil & black pepper dressing	
COBB SALADS (16 oz.)	
JENNY	\$12.50
Organic white quinoa, breaded chicken, cauliflower, chickpeas, red cabbage, red peppers – Balsamic dressing	
MARK	\$12.00
Breaded chicken, cauliflower, hearts of palm, chickpeas, red cabbage – Asian dressing	
MEDITERRANEAN SUPER BOOST	\$13.95
Organic brown rice, organic red quinoa & veggie mix, dried cranberries, green apple, toasted almonds, broccoli, grilled chicken – Lemon juice, olive oil & black pepper or Balsamic dressing	
WENDEEZ	\$12.00
Grilled chicken or tofu, mandarins, shredded carrots, mushrooms, crunchy noodles, sunflower seeds – Asian dressing	

MAKE YOUR OWN SALADS

3 TOPPINGS \$10.00

LETTUCE

Arugula
Full kale (\$2.75)
Half kale (\$1.50)
Mixed greens
Romaine
Spinach

PROTEIN

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)

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 \$12.00

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 COBB \$12.00

FRUIT

Blueberries
Dried cranberries
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**

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 **\$12.00**

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

CHICKEN BLT **\$13.00**

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

GRILLED CHEESE **\$6.50**

GRILLED CHEESE WITH CHICKEN BACON **\$8.25**

Cheddar cheese & chicken bacon

MOZZARELLA CAPRESE **\$9.75**

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

TUNA **\$12.00**

Tuna salad, red onions, shredded carrots, romaine lettuce, tomato – Honey Dijon dressing or Mayonnaise

TUNA MELT **\$12.00**

Tuna salad, Havarti cheese, red onions, shredded carrots, romaine lettuce, tomato – Honey Dijon dressing or Mayonnaise

VEGETARIAN **\$9.00**

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

HOUSE WRAPS

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

CHICKEN **\$12.50**

Grilled chicken breast, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato – Balsamic dressing

TUNA **\$12.50**

Tuna salad, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato

VEGETARIAN **\$9.00**

Romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato, avocado, yellow peppers – Honey Dijon dressing

VEGGIE 2.0 **\$11.50**

Romaine lettuce, Havarti cheese, organic white quinoa, shredded carrots, cucumber, tomato, chickpeas, broccoli, avocado, toasted almonds – Honey Dijon dressing

SIGNATURE WRAPS

Served on whole wheat or gluten free tortillas with a side of house salad, kettle chips, pita chips or sweet potato chips

CHICKEN BLT **\$13.50**

Chicken bacon, romaine lettuce, tomato, grilled chicken breast, avocado, cucumber – Mayonnaise or Mustard

KALE SALAD **\$10.50**

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

MYKONOS **\$10.50**

Mixed greens, cucumber, tomato, red onions, black and green olives, crushed pistachios, feta – Lemon garlic dressing

QUINOA **\$11.00**

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

MAINS

CLEAN EATS **\$14.95**

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

PROTEIN PACKED **\$14.95**

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.

BAKED POTATOES

All potatoes are served with low-fat sour cream

BKT \$10.95

Crispy chicken bacon, kale, tomatoes & cheddar

FIESTA \$12.95

Corn, cheddar, avocado, salsa, grilled chicken, crispy chicken bacon, broccoli, mushrooms, red peppers & crushed pistachios

GREEK \$10.95

Feta, cucumber, tomatoes & red onions

HEALTHY FARM \$10.95

Broccoli & cheddar

MAKE YOUR OWN \$3.95

Russet or Sweet potato

Cheese/Veggies/Nuts/Kale (\$1.50 each)

Boiled egg (\$1.75)

Breaded chicken

Chicken bacon (\$3.50)

Grilled chicken

Organic brown rice (\$3.50)

Organic red quinoa (\$3.75)

Organic white quinoa (\$3.75)

Tofu (\$3.50)

Tuna (\$4.00)

BREAKFAST ALWAYS

AVOCADO TOAST \$11.00

Served on multi-grain or gluten free toast with parmesan, sweet balsamic glaze & a boiled egg

BAGEL \$2.25

BAGEL WITH CREAM CHEESE \$3.00

BAGEL LOX & CREAM CHEESE \$10.50

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

SMOOTHIES

All smoothies are mixed with green tea
Add vanilla protein powder (\$1.00)

ANOUK \$7.75

Banana, almond milk, cinnamon, vanilla extract, dates & coconut shavings

CLASSIC \$7.00

Orange, strawberries & banana

DETOX \$7.25

Blueberries, cucumber & honey

ELISHA CUTHERT \$7.00

Strawberries, pineapple & banana

ENERGIZER \$7.95

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

GSP \$7.95

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 \$7.50

Almond milk, banana, kale & mango

TROPICAL FUN \$7.50

Grapefruit, mango, pineapple & banana

TWISTER \$7.25

Blueberries, orange, strawberries & banana

VANESSA \$7.95

Strawberries, banana, pineapple, peach & vanilla protein powder

VERY BERRY \$7.00

Blackberries, blueberries, strawberries & banana

"TASTES LIKE ICE CREAM" \$7.50

Green apple, pear & vanilla protein powder

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 \$6.95

COFFEE & TEA

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

AMERICANO <u>\$3.25</u>	CAPPUCCINO	ESPRESSO	LATTÉ <u>\$4.25</u>
Hot or Iced	Single \$3.75	Single \$3.00	Hot or Iced
	Double \$4.25	Double \$3.25	
COCONUT CHAI LATTÉ <u>\$4.50</u>		MATCHA LATTÉ <u>\$5.25</u>	
TEA <u>\$2.25</u>		SPECIAL TEA <u>\$2.50</u>	
Green or Chai		Fresh mint, ginger, and lemon with honey	

DESSERTS

BANANA CHOCOLATE CHIP MUFFINS <u>\$4.00</u>
Made with gluten free ingredients
CHOCOLATE CHIP BANANA BREAD <u>\$4.35</u>
Made with gluten free ingredients
CHOCOLATE CHIP COOKIE <u>\$2.75</u>
CHOCOLATE COVERED CHIPS <u>\$7.95</u>
Made with gluten free ingredients
CHOCOLATE DIPPED RICE CAKE <u>\$3.00</u>
Made with gluten free ingredients
COOKIES & CREAM RICE KRISPY <u>\$4.50</u>
LEN'S OREO CHEESECAKE BALLS <u>\$4.50</u>
Made with gluten free ingredients
NUTELLA OREO CHEESECAKE <u>\$5.25</u>
Made with gluten free ingredients
NUTELLA RICE KRISPY <u>\$4.75</u>
OREO CRUNCH CAKE <u>\$5.25</u>
Made with gluten free ingredients

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