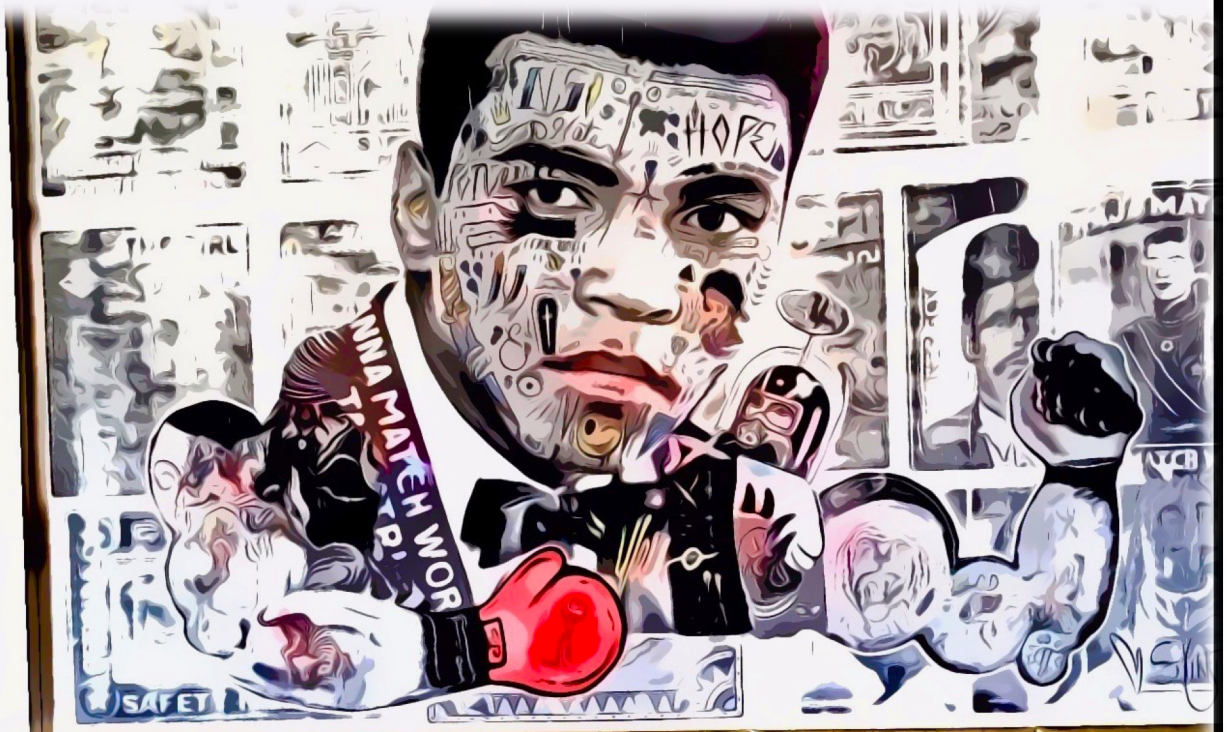


ENGLISH

# Abe & Mary's



## **SIGNATURE SALADS (32 oz.)**

- A&M BLT** **\$17.25**  
Chicken bacon, romaine lettuce, cherry tomatoes, avocado, grilled chicken, crunchy noodles, – Choice of Caesar or Honey Dijon dressing
- ADRENALINE** **\$17.50**  
Kale, roasted sweet potato, grilled chicken, avocado, red peppers, sliced carrots, organic white quinoa, cherry tomatoes – Honey Dijon dressing
- ALISSA** **\$16.75**  
Half romaine, half arugula, breaded chicken, cherry tomatoes, edamame, green apple, cucumber, avocado, pumpkin seeds, sunflower seeds – Honey Dijon dressing
- AUDRA'S JAPANESE** **\$16.25**  
Green cabbage, bean sprouts, toasted almonds, sunflower seeds, toasted sesame seeds, green onions, dry Chow Mein noodles, crunchy noodles – Sesame ginger dressing
- AVO-CONDA** **\$17.50**  
Mixed greens, tuna, mandarins, avocado, hearts of palm, chickpeas, caramelized almonds – Honey Dijon dressing
- CC CHOPPED** **\$16.95**  
Kale, corn, cauliflower, broccoli, caramelized almonds, grilled chicken – Balsamic dressing
- 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
- COREXKETO** **\$17.50**  
Half spinach, half arugula, chicken or tuna, pecans, pumpkin seeds, chia seeds, mint, goat cheese, blueberries – Lemon juice, olive oil & black pepper dressing
- CRUNCHY CHICKEN SALAD (NEW!)** **\$17.50**  
Romaine lettuce, crunchy chicken strips (gluten free), cheddar cheese, red cabbage, cucumber, sliced carrots, cherry tomatoes, avocado, crunchy noodles with Honey Dijon dressing
- @DOGPOUND** **\$17.25**  
Spinach, grilled chicken, organic brown rice, avocado, roasted sweet potato – Balsamic dressing
- DON** **\$17.25**  
Half romaine, half spinach, tuna, walnuts, avocado, red cabbage, blueberries, cucumber – Olive oil, apple cider vinegar and maple syrup dressing
- JEFF LAM** **\$17.25**  
Half kale, half spinach, avocado, mandarins, candied pecans, cherry tomatoes, organic white quinoa, grilled chicken – Honey Dijon dressing

<b>JOCK</b>	<b>\$17.25</b>
Mixed greens, grilled chicken, avocado, toasted almonds, organic brown rice, cucumber, chickpeas – Sesame ginger dressing	
<b>JOEL SALAD</b>	<b>\$17.25</b>
Romaine lettuce, cherry tomatoes, avocado, grilled chicken, red onions, 2 boiled eggs, pita chips – Honey Dijon dressing	
<b>JON 2.0</b>	<b>\$17.50</b>
Half kale, half spinach, double avocado, shredded carrots, toasted almonds, pineapple, grilled chicken – Olive oil & balsamic vinegar dressing	
<b>JON CHOPPED</b>	<b>\$17.50</b>
Spinach, mandarins, double avocado, mushrooms, grilled chicken – Olive oil, balsamic dressing & lemon juice	
<b>KOMO</b>	<b>\$16.50</b>
Mixed greens, shredded carrots, goat cheese, green apple, pear, dried cranberries, pine nuts, pita chips – Balsamic dressing	
<b>MEDITERRANEAN SUPER BOOST (16 oz.)</b>	<b>\$16.25</b>
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	
<b>NYC</b>	<b>\$17.25</b>
Romaine lettuce, white quinoa, chicken bacon, goat cheese, cucumber, avocado, black olives – Balsamic dressing	
<b>OZ</b>	<b>\$17.50</b>
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	
<b>OZ PART 2</b>	<b>\$17.50</b>
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	
<b>PALM CHOPPED</b>	<b>\$15.95</b>
Romaine lettuce, cucumber, parmesan, crunchy noodles, caramelized almonds – Caesar dressing	
<b>PETER</b>	<b>\$15.95</b>
Romaine lettuce, avocado, pear, dried cranberries, pita chips, mandarins – Asian dressing	
<b>PUMP CHOPPED (NEW!) – 395 calories</b>	<b>\$16.95</b>
Half mixed greens, half romaine, cucumber, shredded carrots, hearts of palm, red cabbage, celery, grilled chicken – Sesame ginger dressing	
<b>RIPPING RASPBERRY</b>	<b>\$16.95</b>
Spinach, goat cheese, grilled chicken, candied pecans, strawberries – Raspberry dressing	

<b>RONNIE</b>	<b>\$16.50</b>
Mixed greens, cherry tomatoes, shredded carrots, mandarins, avocado, sunflower seeds, crunchy noodles – Asian dressing	
<b>SABRINA</b>	<b>\$16.25</b>
Romaine lettuce, cherry tomatoes, mushrooms, feta, sunflower seeds, cucumber, pita chips – Lemon garlic dressing	
<b>SICILIAN</b>	<b>\$17.00</b>
Romaine lettuce, cherry tomatoes, Bocconcini cheese, dried figs, pita chips, corn, grilled chicken – Italian dressing	
<b>@SPINNERGIRL (NEW!)</b>	<b>\$17.25</b>
Romaine lettuce, tuna, caramelized almonds, corn, edamame, broccoli, mushrooms, cucumber, chopped – Sesame ginger dressing	
<b>STING LIKE A BEE</b>	<b>\$18.50</b>
Kale, grilled chicken, boiled egg, brown rice, cucumber, roasted sweet potato, red cabbage, mandarins, green apple, avocado, toasted almonds – Balsamic dressing	
<b>STIR FRY SALAD (NEW!)</b>	<b>\$16.75</b>
Spinach, organic white quinoa, roasted sweet potato, shredded carrots, chickpeas, red peppers, goat cheese, mushrooms, half an avocado – Lemon olive oil & black pepper dressing with sriracha on the side	
<b>@SUBBANATOR</b>	<b>\$16.95</b>
Romaine lettuce, grilled chicken, avocado, chickpeas, dried cranberry, pine nuts – Balsamic dressing	
<b>VICIOUS VEGAN</b>	<b>\$16.95</b>
Half romaine, half kale, organic white quinoa, edamame, sunflower seeds, avocado, red cabbage, shredded carrots – Lemon juice, olive oil & black pepper dressing	
<b>ZACH 2.0</b>	<b>\$16.95</b>
Romaine lettuce, shredded carrots, cheddar, crunchy noodles, green apple, breaded chicken – Asian dressing	
<b>ZCDMTL (NEW!)</b>	<b>\$16.95</b>
Half romaine, half kale, grilled chicken, cucumber, sliced carrots, radish, red cabbage, toasted almonds, cauliflower – Lemon juice, olive oil & black pepper dressing	
<b>@82SPANIARD</b>	<b>\$16.50</b>
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

#### LETTUCE

Arugula  
Full kale (\$3.00)  
Half kale (\$1.50)  
Mixed greens  
Romaine (\$3.00)  
Half Romaine (\$1.50)  
Spinach

#### PROTEIN

Boiled egg (\$2.00)  
Breaded chicken (\$4.50)  
Chicken bacon (\$4.00)  
Grilled chicken (\$4.50)  
Organic brown rice (\$3.75)  
Organic red quinoa (\$3.75)  
Organic white quinoa (\$3.75)  
Tofu (\$4.00)  
Tuna (\$4.00)  
Salmon Filet (\$15.00)

#### 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      \$15.00

#### 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      \$15.00

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 (\$1.50)  
Extra toppings (\$1.50 each)  
Sriracha (\$0.50)  
Split in 2 (\$1.00)

#### 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 (+\$1.50) or as a lettuce wrap with a side of house salad, kettle chips, pita chips or sweet potato chips

### **CHICKEN** **\$16.95**

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

### **TUNA** **\$17.00**

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

### **VEGETARIAN** **\$16.50**

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

### **VEGGIE 2.0** **\$16.75**

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 (+\$1.50) or as a lettuce wrap with a side of house salad, kettle chips, pita chips or sweet potato chips

### **CHICKEN BLT** **\$17.50**

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

### **CRUNCHY CHICKEN WRAP** **\$16.95**

Crunchy breaded chicken (gluten free), romaine lettuce, tomato, avocado, cheddar cheese & dijonaise sauce

### **KALE SALAD** **\$15.95**

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

### **MYKONOS** **\$15.95**

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

### **QUINOA** **\$15.95**

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

## SIGNATURE SANDWICHES

Served on multi-grain or gluten free bread (+\$1.50) with a side of house salad, kettle chips, pita chips or sweet potato chips

**CHICKEN** **\$17.00**

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

**CHICKEN BLT** **\$17.50**

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

**GRILLED CHEESE** **\$14.00**

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**GRILLED CHEESE WITH CHICKEN BACON** **\$15.00**

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Cheddar cheese & chicken bacon

**MOZZARELLA CAPRESE** **\$16.25**

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

**TUNA** **\$17.00**

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

**TUNA MELT** **\$17.50**

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

**VEGETARIAN** **\$16.50**

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

**MAINS**

**CLEAN EATS** **\$17.00**

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

**PROTEIN PACKED** **\$17.00**

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Organic brown rice, grilled chicken breast & edamame with honey Dijon dressing

**SHEPHERDS PIE** **\$17.00**

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Made with gluten free ingredients. Served with a house salad.

**SOUPS**

**BROCCOLI CHEDDAR** CUP: \$9.95 JAR: \$10.95

Vegetarian & made with gluten free ingredients

**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

**MATZO BALL** CUP: \$9.95 JAR: \$10.95

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

**BKT** \$15.00

Crispy chicken bacon, kale, tomato & cheddar

**FIESTA** \$16.25

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

**GREEK** \$15.50

Feta, cucumber, tomatoes & red onions

**HEALTHY FARM** \$14.75

Broccoli & cheddar

**MAKE YOUR OWN** \$13.00

(3 TOPPINGS INCLUDED)

Choice of Russet or Sweet potato

Boiled egg (\$2.00)

Breaded chicken (\$4.50)

Chicken bacon (\$4.00)

Grilled chicken (\$4.50)

Organic brown rice (\$3.75)

Organic red quinoa (\$3.75)

Organic white quinoa (\$3.75)

Tofu (\$4.00)

Tuna (\$4.00)

Kale (\$1.50)

Additional toppings are \$1.50 each

## BREAKFAST ALWAYS

### **AVOCADO TOAST** **\$16.50**

Served on multi-grain or gluten free toast (+\$1.50) with parmesan, sweet balsamic glaze & a boiled egg

### **AVO TOAST BOOST** **\$17.95**

Served on multi-grain or gluten free toast (+\$1.50) with mashed avocado, smoked salmon, crumbled goat cheese, fresh dill & a boiled egg sprinkled with cayenne and drizzled olive oil

### **BAGEL WITH CREAM CHEESE** **\$5.75**

### **BAGEL LOX & CREAM CHEESE** **\$17.50**

### **BREAKFAST SANDWICH** **\$15.50**

Sliced boiled egg, Havarti cheese & chicken bacon served on a choice of multi-grain or gluten free bread (+\$1.50)

### **CHIA PUDDING** **\$10.50**

Topped with seasonal berries

### **COUNTRY FRESH GRANOLA PARFAIT** **\$9.50**

Vanilla Greek yogurt, granola, blueberries, strawberries, banana & honey

### **“EGGCELENCE”** **\$15.50**

Two boiled eggs served with Havarti cheese, avocado, tomatoes, cucumber & choice of multi-grain or gluten free toast (+\$1.50)

### **FRUIT PLATE** **\$14.00**

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** **\$18.00**

Smoked salmon, cream cheese, avocado, tomatoes, red onions & choice of multi-grain or gluten free toast (+\$1.50)

### **SPICY MANGO** **\$9.50**

## COFFEE & TEA

**Choice of milk:** 2% milk, coconut milk, oat milk or almond milk

<b>AMERICANO</b> <b>\$3.25</b>	<b>CAPPUCCINO</b>	<b>ESPRESSO</b>	<b>LATTÉ</b> <b>\$4.25</b>
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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)** **\$3.50**

Fresh mint, ginger, and lemon with honey

## 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

**COACH SONIA'S ENERGY SHAKE** **\$12.95**

Banana, 2 shots of espresso, almond butter, almond milk, chia seeds, cinnamon & vanilla protein powder

**CLASSIC** **\$12.95**

Orange, strawberries & banana

**DETOX** **\$12.95**

Blueberries, cucumber & honey

**ELISHA CUTHERT** **\$12.95**

Strawberries, pineapple & banana

**ENERGIZER** **\$12.95**

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

**GSP** **\$12.95**

Blueberries, blackberries, raspberries, strawberries, mango & plain Greek yogurt

**HEAVEN ON EARTH** **\$12.95**

Cashews, dates, soy milk & banana

**KARL WOLF** **\$12.95**

Strawberries, mango & banana

**KRIS LETANG** **\$12.95**

Raspberries, banana, mango & vanilla Greek yogurt

**LOKI** **\$12.95**

Banana, mango, Hawaiiin 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, agave nectar or raw honey

<b>APPLE CARROT</b>	<b>\$9.00</b>
<b>APPLE, MINT, STRAWBERRY, LEMON</b>	<b>\$9.00</b>
<b>APPLE PEAR</b>	<b>\$9.00</b>
<b>APPLE, PINEAPPLE &amp; KALE</b>	<b>\$9.00</b>
<b>GRAPEFRUIT</b>	<b>\$9.00</b>
<b>ORANGE</b>	<b>\$9.00</b>
<b>ORANGE GRAPEFRUIT</b>	<b>\$9.00</b>
<b>PINEAPPLE, ORANGE, MINT</b>	<b>\$9.00</b>

## DESSERTS

<b>BANANA CHOCOLATE CHIP MUFFINS</b>	<b>\$4.75</b>
Made with gluten free ingredients	
<b>CHOCOLATE CHIP BANANA BREAD</b>	<b>\$4.95</b>
Made with gluten free ingredients	
<b>CHOCOLATE CHIP COOKIE</b>	<b>\$3.75</b>
<b>CHOCOLATE COVERED CHIPS</b>	<b>\$7.95</b>
Made with gluten free ingredients	
<b>CHOCOLATE DIPPED RICE CAKE</b>	<b>\$3.50</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>\$5.50</b>
Made with gluten free ingredients	
<b>NUTELLA OREO CHEESECAKE</b>	<b>\$5.50</b>
Made with gluten free ingredients	
<b>NUTELLA RICE KRISPY</b>	<b>\$4.95</b>
<b>OREO CRUNCH CAKE</b>	<b>\$5.50</b>
Made with gluten free ingredients	
<b>SNICKERDOODLE ENERGY BALLS (VEGAN)</b>	<b>\$4.00</b>
Made with gluten free ingredients	

# Abe & Mary's



**Abe & Mary's – TMR**  
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514.448.6224

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@abeandmarys