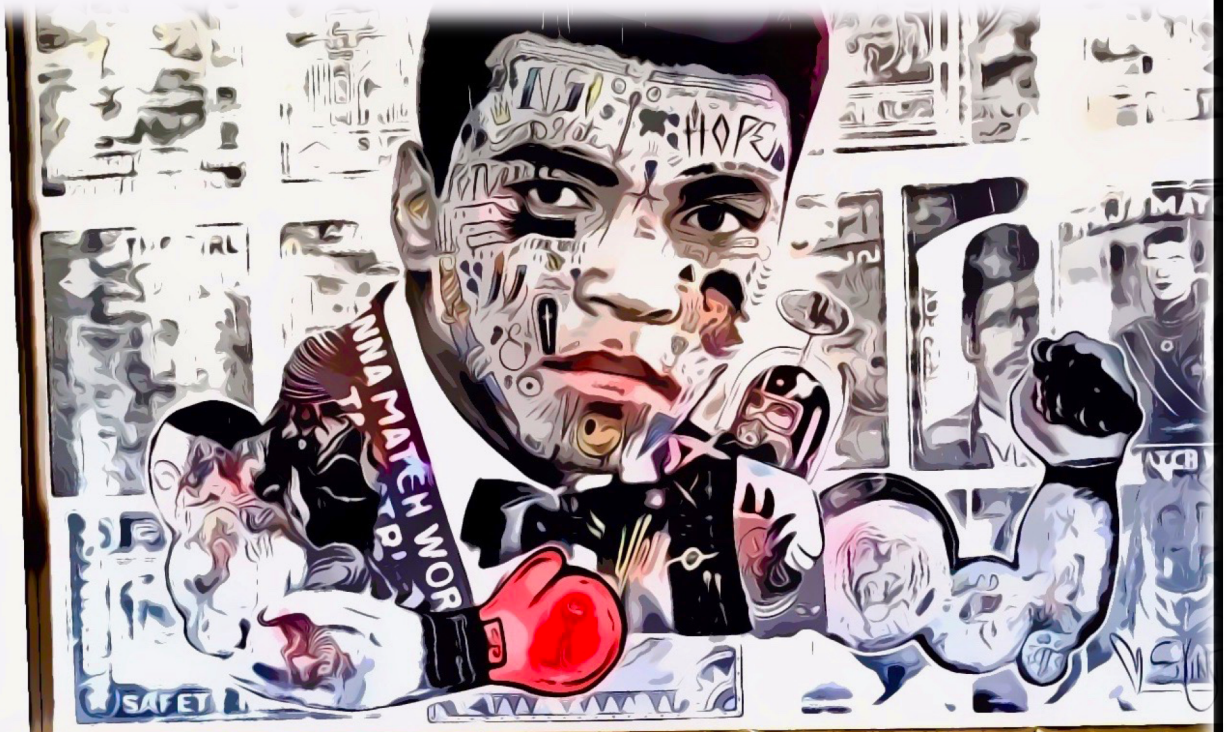


ENGLISH

Abe & Mary's



SIGNATURE SALADS (32 oz.)

A&M BLT **\$16.50**

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 **\$16.00**

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

AUDRA'S JAPANESE **\$15.50**

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

AVO-CONDA **\$16.95**

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

CC CHOPPED **\$16.50**

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

CHANTAL **\$15.25**

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 **\$16.50**

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

@DOGPOUND **\$16.50**

Spinach, grilled chicken, organic brown rice, avocado, roasted sweet potato – Balsamic dressing

DON **\$16.50**

Half romaine, half spinach, tuna, walnuts, avocado, red cabbage, blueberries, cucumber – Olive oil, apple cider vinegar and maple syrup dressing

JEFF LAM **\$16.95**

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

JOCK **\$16.50**

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

JOEL SALAD	\$16.50
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	\$16.50
Spinach, mandarins, double avocado, mushrooms, grilled chicken – Olive oil, balsamic dressing & lemon juice	
KOMO	\$15.50
Mixed greens, shredded carrots, goat cheese, green apple, pear, dried cranberries, pine nuts, pita chips – Balsamic dressing	
MEDITERRANEAN SUPER BOOST (16 oz.)	\$15.95
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	
NYC	\$16.50
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	\$15.50
Romaine lettuce, cucumber, parmesan, crunchy noodles, caramelized almonds – Caesar dressing	
PETER	\$15.50
Romaine lettuce, avocado, pear, dried cranberries, pita chips, mandarins – Asian dressing	
PUMP CHOPPED (NEW!) – 395 calories	\$16.75
Half mixed greens, half romaine, cucumber, shredded carrots, hearts of palm, red cabbage, celery, grilled chicken – Sesame ginger dressing	
RIPPING RASPBERRY	\$15.95
Spinach, goat cheese, grilled chicken, candied pecans, strawberries – Raspberry dressing	
RONNIE	\$15.95
Mixed greens, cherry tomatoes, shredded carrots, mandarins, avocado, sunflower seeds, crunchy noodles – Asian dressing	

SABRINA	\$15.95
Romaine lettuce, cherry tomatoes, mushrooms, feta, sunflower seeds, cucumber, pita chips – Lemon garlic dressing	
SICILIAN	\$16.50
Romaine lettuce, cherry tomatoes, Bocconcini cheese, dried figs, pita chips, corn, grilled chicken – Italian dressing	
@SPINNERGIRL (NEW!)	\$16.95
Romaine lettuce, tuna, caramelized almonds, corn, edamame, broccoli, mushrooms, cucumber, chopped – Sesame ginger 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	
STIR FRY SALAD (NEW!)	\$15.95
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	
@SUBBANATOR	\$16.00
Romaine lettuce, grilled chicken, avocado, chickpeas, dried cranberry, pine nuts – Balsamic dressing	
VICIOUS VEGAN	\$16.50
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	\$16.50
Romaine lettuce, shredded carrots, cheddar, crunchy noodles, green apple, breaded chicken – Asian dressing	
ZCDMTL (NEW!)	\$16.95
Half romaine, half kale, grilled chicken, cucumber, sliced carrots, radish, red cabbage, toasted almonds, cauliflower – 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 \$13.00

LETTUCE

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

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 (\$1.00)
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 (+\$1.00) or as a lettuce wrap with a side of house salad, kettle chips, pita chips or sweet potato chips

CHICKEN **\$16.50**

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

TUNA **\$16.50**

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

VEGETARIAN **\$15.50**

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

VEGGIE 2.0 **\$16.00**

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 (+\$1.00) or as a lettuce wrap with a side of house salad, kettle chips, pita chips or sweet potato chips

CHICKEN BLT **\$17.00**

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

KALE SALAD **\$15.50**

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

MYKONOS **\$15.50**

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

QUINOA **\$15.50**

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

SIGNATURE SANDWICHES

Served on multi-grain or gluten free bread (+\$1.00) with a side of house salad, kettle chips, pita chips or sweet potato chips

CHICKEN **\$16.50**

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

CHICKEN BLT **\$17.00**

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

GRILLED CHEESE **\$9.00**

GRILLED CHEESE WITH CHICKEN BACON **\$9.95**

Cheddar cheese & chicken bacon

MOZZARELLA CAPRESE **\$15.50**

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

TUNA **\$16.50**

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

TUNA MELT **\$16.50**

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

VEGETARIAN **\$15.50**

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

MAINS

CLEAN EATS **\$16.50**

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

PROTEIN PACKED **\$16.50**

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.

SOUPS

BROCCOLI CHEDDAR CUP: \$9.50 JAR: \$10.25

Vegetarian & made with gluten free ingredients

BUTTERNUT SQUASH CUP: \$9.50 JAR: \$10.25

Vegetarian, dairy free & made with gluten free ingredients

CAULIFLOWER & CARROT CUP: \$9.50 JAR: \$10.25

Vegetarian, dairy free & made with gluten free ingredients

MATZO BALL CUP: \$9.50 JAR: \$10.25

Dairy free & made with gluten free ingredients

ORGANIC LENTIL CUP: \$9.50 JAR: \$10.25

Vegetarian, dairy free & made with gluten free ingredients

COMBOS

SOUP & HALF SALAD OR SANDWICH CUP: \$17.50 JAR: \$18.50

Homemade soup with a choice of any half signature salad or sandwich

BAKED POTATOES

All potatoes are served with low-fat sour cream

BKT \$14.00

Crispy chicken bacon, kale, tomato & cheddar

FIESTA \$15.95

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

GREEK \$14.00

Feta, cucumber, tomatoes & red onions

HEALTHY FARM \$14.00

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 **\$13.50**

Served on multi-grain or gluten free toast (+\$1.00) with parmesan, sweet balsamic glaze & a boiled egg

AVO TOAST BOOST **\$16.00**

Served on multi-grain or gluten free toast (+\$1.00) 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 **\$15.00**

BREAKFAST SANDWICH **\$14.00**

Sliced boiled egg, Havarti cheese & chicken bacon served on a choice of multi-grain or gluten free bread (+\$1.00)

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” **\$14.00**

Two boiled eggs served with Havarti cheese, avocado, tomatoes, cucumber & choice of multi-grain or gluten free toast (+\$1.00)

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 **\$16.95**

Smoked salmon, cream cheese, avocado, tomatoes, red onions & choice of multi-grain or gluten free toast (+\$1.00)

SPICY MANGO **\$9.50**

COFFEE & TEA

Choice of milk: 2% milk, coconut milk, oat 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 **\$4.50** **MATCHA LATTÉ** **\$5.25**

TEA **\$2.25** **SPECIAL TEA (HOT OR ICED)** **\$2.50**

Green or Chai

Fresh mint, ginger, and lemon with honey

SMOOTHIES

All smoothies are mixed with green tea
Add vanilla vegan protein powder (\$2.00)

ANOUK **\$9.75**

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

COACH SONIA'S ENERGY SHAKE **\$9.75**

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

CLASSIC **\$8.95**

Orange, strawberries & banana

DETOX **\$9.25**

Blueberries, cucumber & honey

ELISHA CUTHERT **\$9.00**

Strawberries, pineapple & banana

ENERGIZER **\$9.50**

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

GSP **\$9.75**

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

HEAVEN ON EARTH **\$9.75**

Cashews, dates, soy milk & banana

KARL WOLF **\$9.25**

Strawberries, mango & banana

KRIS LETANG **\$9.25**

Raspberries, banana, mango & vanilla Greek yogurt

LOKI **\$9.98**

Banana, mango, Hawaiiin Spirulina, vanilla protein powder, almond butter, cinnamon & almond milk

LUCY IN THE SKY **\$9.50**

Orange, mango, banana, pineapple & strawberries

NASTIA LIUKIN **\$9.25**

Almond milk, banana, kale & mango

NICOLE **\$9.25**

Mango, banana, grapefruit, pineapple & kale

TROPICAL FUN **\$9.25**

Grapefruit, mango, pineapple & banana

VANESSA **\$9.50**

Strawberries, banana, pineapple, peach & vanilla protein powder

VERY BERRY **\$9.50**

Blackberries, blueberries, strawberries & banana

ZCD **\$9.75**

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

APPLE CARROT	\$8.50
APPLE, MINT, STRAWBERRY, LEMON	\$8.50
APPLE PEAR	\$8.50
APPLE, PINEAPPLE & KALE	\$8.50
GRAPEFRUIT	\$8.50
ORANGE	\$8.50
ORANGE GRAPEFRUIT	\$8.50
PINEAPPLE, ORANGE, MINT	\$8.50

DESSERTS

BANANA CHOCOLATE CHIP MUFFINS	\$4.75
Made with gluten free ingredients	
CHOCOLATE CHIP BANANA BREAD	\$4.95
Made with gluten free ingredients	
CHOCOLATE CHIP COOKIE	\$3.75
CHOCOLATE COVERED CHIPS	\$7.95
Made with gluten free ingredients	
CHOCOLATE DIPPED RICE CAKE	\$3.50
Made with gluten free ingredients	
COOKIES & CREAM RICE KRISPY	\$4.95
LEN'S OREO CHEESECAKE BALLS	\$5.50
Made with gluten free ingredients	
NUTELLA OREO CHEESECAKE	\$5.50
Made with gluten free ingredients	
NUTELLA RICE KRISPY	\$4.95
OREO CRUNCH CAKE	\$5.50
Made with gluten free ingredients	
SNICKERDOODLE ENERGY BALLS (VEGAN)	\$3.50
Made with gluten free ingredients	

Abe & Mary's



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