




Menu





Abe & Mary's - De La Montagne

2125 Rue De La Montagne, Montréal, QC H3G | (514) 908-4088

Faites votre propre salade / Make Your Own Salad

	5 Toppings	15,00 \$
	5 Topping Bowl Includes quinoa or brown rice	15,00 \$
	3 Toppings	13,00 \$

Salade signature / Signature Salad

	Pump Chopped (NEW!) - 395 Calories Half mixed greens, half romaine, cucumber, shredded carrots, hearts of palm, red cabbage, celery, grilled chicken - Sesame ginger dressing	16,95 \$
	ZCDMTL (NEW!) Half romaine, half kale, grilled chicken, cucumber, sliced carrots, radish, red cabbage, toasted almonds, cauliflower - Lemon juice, olive oil & black pepper dressing	16,95 \$
	Crunchy Chicken Salad Romaine lettuce, crunchy chicken strips, cheddar cheese, red cabbage, cucumber, sliced carrots, cherry tomatoes, avocado, crunchy noodles with honey dijon dressing	18,50 \$
	Adrenaline Kale, roasted sweet potato, grilled chicken, avocado, red peppers, sliced carrots, organic white quinoa, cherry tomatoes - Honey Dijon dressing	17,50 \$

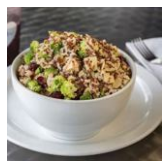
Menu Abe & Mary's - De La Montagne



NYC

Romaine lettuce, organic white quinoa, chicken bacon, goat cheese, cucumber, avocado, black olives - Balsamic dressing

17,25 \$



Mediterranean Super Boost (16oz)

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

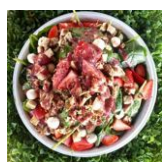
16,25 \$



Palm Chopped

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

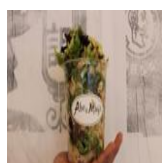
15,95 \$



Ripping Raspberry

Spinach, goat cheese, grilled chicken, candied pecans, strawberries - Raspberry dressing

17,25 \$



Jock

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

17,25 \$



CoreXKeto

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

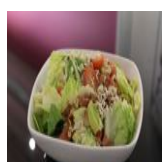
17,50 \$



Avo-conda

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

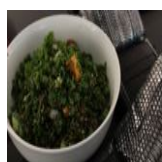
17,50 \$



A&M BLT

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

17,25 \$



@82Spaniard

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

16,50 \$

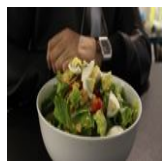
Menu Abe & Mary's - De La Montagne



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



Joel Salad

17,25 \$

Romaine lettuce, cherry tomatoes, avocado, grilled chicken, red onions, 2 boiled eggs, pita chips - Honey Dijon dressing



Stir Fry Salad (NEW!)

16,75 \$

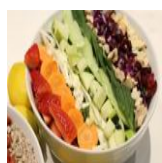
Spinach, organic white quinoa, roasted sweet potato, shredded carrots, chickpeas, red peppers, goat cheese, mushrooms, half an avocado - Lemon olive oil & black pepper dressing with sriracha on the side



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



OZ Part 2

17,50 \$

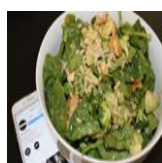
Kale, grilled chicken, green cabbage, red cabbage, mint, celery, sliced carrots, strawberries, green apple, toasted almonds, dried cranberries - Lemon juice, olive oil & black pepper dressing



Jeff Lam

17,25 \$

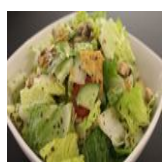
Half kale, half spinach, avocado, mandarins, candied pecans, cherry tomatoes, organic white quinoa, grilled chicken - Honey Dijon dressing



@Dogpound

17,25 \$

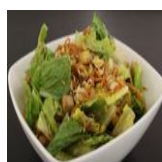
Spinach, grilled chicken, organic brown rice, avocado, roasted sweet potato - Balsamic dressing



Sabrina

16,25 \$

Romaine lettuce, cherry tomatoes, mushrooms, feta, sunflower seeds, cucumber, pita chips - Lemon garlic dressing



Zach 2.0

16,95 \$

Romaine lettuce, shredded carrots, cheddar, crunchy noodles, green apple, breaded chicken - Asian dressing

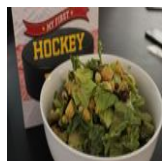
Menu Abe & Mary's - De La Montagne



Jon 2.0

Half kale, half spinach, double avocado, shredded carrots, toasted almonds, pineapple, grilled chicken - Olive oil & balsamic vinegar dressing

17,50 \$



@Subbanator

Romaine lettuce, grilled chicken, avocado, chickpeas, dried cranberry, pine nuts - Balsamic dressing

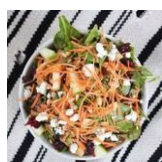
16,95 \$



Jon Chopped

Spinach, mandarins, double avocado, mushrooms, grilled chicken - Olive oil, balsamic dressing & lemon juice

17,50 \$



Komo

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

16,50 \$



Don

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

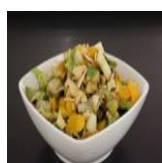
17,25 \$



Ronnie

Mixed greens, cherry tomatoes, shredded carrots, mandarins, avocado, sunflower seeds, crunchy noodles - Asian dressing

16,50 \$



Peter

Romaine lettuce, avocado, pear, dried cranberries, pita chips, mandarins - Asian

15,95 \$



Israeli Salad

Chopped tomatoes, cucumber, red onion, parsley & lemon garlic dressing

16,50 \$



Slaw Salad

Half chopped romaine, half kale, green cabbage, red cabbage, dill, feta, cauliflower, green onions - Caesar dressing

16,50 \$

Menu Abe & Mary's - De La Montagne



Vicious Vegan

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

16,95 \$



Kale it with Kat

Kale, organic red quinoa, feta, blueberries, edamame, pumpkin seeds, pita chips - balsamic dressing

16,95 \$

CC Chopped

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

17,50 \$

SPINNERGIRL

Romaine lettuce, tuna, caramelized almonds, cucumber, broccoli, edamame, corn, mushrooms, sesame ginger dressing, chopped

17,25 \$

OZ

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

17,50 \$

Sicilian

Romaine lettuce, cherry tomatoes, Bocconcini cheese, dried figs, pita chips, corn, grilled chicken - Italian dressing

17,00 \$

Alissa

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

16,75 \$

Wraps maison / House Wraps



Tuna Wrap

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

17,50 \$

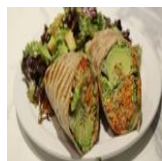
Menu Abe & Mary's - De La Montagne



Chicken Wrap

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

17,25 \$



Veggie 2.0 Wrap

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

16,95 \$

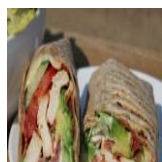


Vegetarian Wrap

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

16,95 \$

Signature Wraps



Chicken BLT Wrap

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

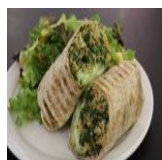
17,95 \$



Crunchy Chicken Wrap

Crunchy breaded chicken, romaine lettuce, tomatoes, avocado, cheddar cheese, dijonnaise

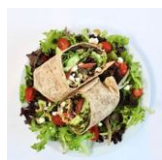
18,25 \$



Kale Salad Wrap

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

16,50 \$



Mykonos Wrap

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

16,25 \$



Quinoa Wrap

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

16,50 \$

Signature Sandwiches



Chicken BLT Sandwich

17,95 \$

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



Chicken Sandwich

17,25 \$

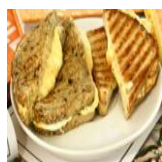
Grilled chicken breast, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato - Dijon Mustard or Mayonnaise



Tuna Melt Sandwich

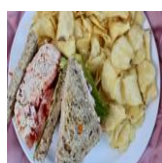
17,50 \$

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



Grilled Cheese Sandwich

14,00 \$



Tuna Sandwich

17,25 \$

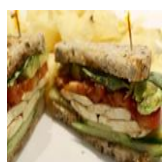
Tuna salad, red onions, shredded carrots, romaine lettuce, tomato - Honey Dijon dressing or Mayonnaise



Grilled Cheese with Chicken Bacon Sandwich

15,50 \$

Cheddar cheese & chicken bacon



Mozzarella Caprese Sandwich

16,25 \$

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

Vegetarian Sandwich

17,25 \$

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

Soupes / Soups



Butternut Squash

Vegetarian & made with gluten free ingredients

10,25 \$



Butternut Squash 32oz

Vegetarian & made with gluten free ingredients

19,95 \$

Combos



Soup & Half Salad

Homemade soup with a choice of any half signature salad

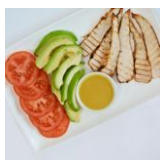
19,50 \$

Soup & Half Sandwich

Homemade soup with a choice of any half signature sandwich

19,50 \$

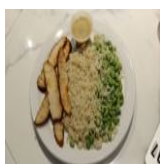
Plats principaux / Mains



Clean Eats

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

18,00 \$



Protein Packed

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

18,50 \$



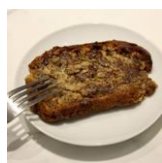
A&M Chicken Bowl

Organic Brown Rice, grilled chicken breast or chicken schnitzel, edamame, green onion, corn, shredded carrots, broccoli, sesame seeds & sesame ginger dressing

25,25 \$

Menu Abe & Mary's - De La Montagne

Desserts



Chocolate Chip Banana Bread

4,95 \$

Made with gluten free ingredients



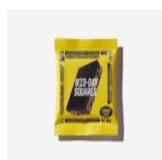
Nutella Rice Krispy

4,95 \$



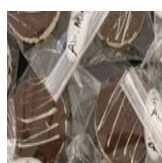
Chocolate Chip Cookie

4,25 \$



Cookie Dough Squares

2,99 \$



Chocolate Dipped Rice Cake

3,50 \$

Made with gluten free ingredients



Almond Crunch Squares

2,99 \$



Fudge Yah Squares

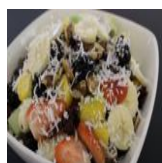
2,99 \$



BOX of Cookie Dough Squares (12)

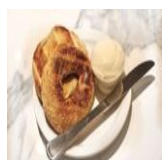
35,00 \$

Déjeuner / Breakfast



Fruit Plate

14,00 \$



Montreal Sesame Bagel

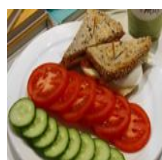
6,50 \$



"Eggcellence"

Two boiled eggs served with Havarti cheese, avocado, tomatoes, cucumber & choice of multi-grain or gluten free toast

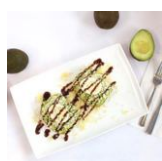
15,50 \$



Breakfast Sandwich

Sliced boiled egg, Havarti cheese & chicken bacon served on a choice of multi-grain or gluten free bread

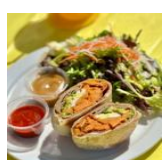
16,50 \$



Avocado Toast

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

16,50 \$



Breakfast Wrap

Boiled egg, chicken bacon, havarti cheese, sweet potato, avocado, side of sriracha

16,50 \$

Smoothies



Coach Sonia Energy Shake

2 shots of espresso, Banana, Almond Milk, Cinnamon, Almond Butter, Vegan Vanilla Protein, Chia Seeds

12,95 \$



Lucy in the Sky

Orange, mango, banana, pineapple & strawberries

12,95 \$

Menu Abe & Mary's - De La Montagne



The Loki

Banana, mango, Hawaiian spirulina, vanilla protein, almond butter, cinnamon & almond milk

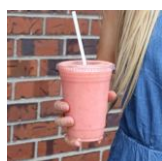
12,95 \$



Energizer

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

12,95 \$



Lana Banana

Strawberries, banana, pineapple, peach & vanilla protein powder

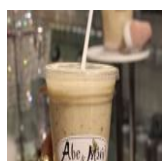
12,95 \$



GSP

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

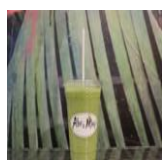
12,95 \$



Anouk

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

12,95 \$



Nastia Liukin

Almond milk, banana, kale & mango

12,95 \$



ZCD

Spinach, banana, dates, cinnamon, vanilla syrup, oat milk, matcha powder & vanilla protein powder

12,95 \$



Elisha Cuthbert

Strawberries, pineapple & banana

12,95 \$



Very Berry

Blackberries, blueberries, strawberries & banana

12,95 \$

Menu Abe & Mary's - De La Montagne



Karl Wolf

Strawberries, mango & banana

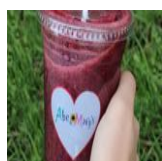
12,95 \$



Heaven on Earth

Cashews, dates, soy milk & banana

12,95 \$



Detox

Blueberries, cucumber & honey

12,95 \$



Tropical Fun

Grapefruit, mango, pineapple & banana

12,95 \$



Nicole

Kale, grapefruit, mango, pineapple & banana

12,95 \$



Classic

Orange, strawberries & banana

12,95 \$



Kris Letang

Raspberries, banana, mango & vanilla Greek yogurt

12,95 \$

Jus frais / Fresh Juices



Health Shot

Ginger, Lemon, Cayenne & Turmeric Shot

6,00 \$

Menu Abe & Mary's - De La Montagne



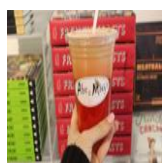
Apple, Pineapple & Kale

9,00 \$



Apple Carrot

9,00 \$



Apple, Mint, Strawberry, Lemon

9,00 \$



Orange

9,00 \$



Apple Pear

9,00 \$



Pineapple, Orange, Mint

9,00 \$

Coffee/Tea



Green Tea

2,25 \$

Breuvages / Beverages

Diet Coke

3,55 \$

Menu Abe & Mary's - De La Montagne

Perrier 2,95 \$

Gingerale 3,55 \$

Coke 3,55 \$

Grapefruit Perrier 3,35 \$

Produits / Produce



Arugula

Lettuce in 32oz container

2,50 \$



Romaine

Lettuce in 32oz container

3,00 \$



Spinach

Lettuce in 32oz container

2,50 \$



Kale

Lettuce in 32oz container

3,50 \$

Menu Abe & Mary's - De La Montagne



Mixed Greens

Lettuce in 32oz container

2,50 \$

Banana

1,50 \$

Avocado

3,00 \$

Pear

1,50 \$

Green Apple

1,50 \$

Raw Eggs (6)

1,50 \$

Carrot

1,50 \$

Tomato

1,50 \$

Red Onion

1,50 \$

Menu Abe & Mary's - De La Montagne

Butternut Squash 5,00 \$

Chopped Spinach 3,00 \$

Lettuce in 32oz container

Pineapple 6,00 \$

Red Cabbage 4,00 \$

Green Cabbage 4,00 \$

Orange 1,50 \$

Grapefruit 1,50 \$

Yukon Potato 1,50 \$

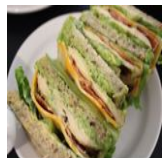
Sweet Potato 1,50 \$

Menu Abe & Mary's - De La Montagne

Cucumber

3,00 \$

Abes Gourmet



The Double Decker

18,00 \$

*ONLY AVAILABLE ON SPROUTED MULTIGRAIN OR GLUTEN-FREE BREAD -- TWO LAYERS OF GRILLED CHICKEN BREAST, CRISPY CHICKEN BACON, MASHED AVOCADO, MARBLED CHEDDAR AND ROMAINE LETTUCE WITH DIJONNAISE



Spicy Tuna Lettuce Wrap

17,00 \$

SPICY TUNA, SHREDDED CARROTS, SLICED TOMATO, CUCUMBER AND RED CABBAGE WITH HONEY DIJON ON THE SIDE



The Schnitz

17,50 \$

*NOT AVAILABLE GLUTEN FREE -- CHICKEN SCHNITZEL, MARBLED CHEDDAR CHEESE AND ROMAINE LETTUCE WITH A CHOICE OF DIJONNAISE, KETCHUP OR DIJON MUSTARD ON A FRESH CHALLAH ROLL



The Chomedey Special

16,95 \$

CHOPPED EGG SALAD MADE WITH GREEN PEPPERS, RED ONIONS, PAPRIKA & MAYONNAISE WITH SLICED TOMATO AND ROMAINE LETTUCE ON A FRESH CHALLAH ROLL



Not Your Mother's Bagel Lox

17,50 \$

SMOKED SALMON, CRUMBLED GOAT CHEESE AND FRESH DILL WITH SESAME GINGER AND A SIDE OF CRUSHED KETTLE CHIPS FOR DIPPING



MTL Bagel Lox

17,50 \$

CREAM CHEESE, SMOKED SALMON, SLICED TOMATO, RED ONION AND AVOCADO ON A MONTREAL SESAME SEED BAGEL

Cobb Salad Sandwich

16,95 \$

GRILLED CHICKEN BREAST, SLICED HARD-BOILED EGG, AVOCADO, ARUGULA, SLICED TOMATO AND CRUMBLED GOAT CHEESE WITH DIJONNAISE ON A TOASTED CIABATTA ROLL

Menu Abe & Mary's - De La Montagne

Spicy Tuna Sandwich

17,50 \$

SPICY TUNA, SHREDDED CARROTS, SLICED TOMATO, CUCUMBER AND RED CABBAGE ON A TOASTED CIABATTA ROLL WITH HONEY DIJON ON THE SIDE

Misc



Dressing Bottles

7,98 \$



Gluten Free Homemade GRANOLA

13,75 \$



Pita Chips Bag

5,25 \$

Hummus

1,75 \$